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Newsletter

28th March 2020

President's Message:

With the Coronavirus disrupting our normal way of life, it is very important that we stay safe and healthy during this health crisis. We must ensure distancing of 1.5m is strictly followed and there is many things that need to be followed e.g. washing hands for 20 seconds with soap and water.

The Australian Track and Field Athletics Championships have been cancelled and the Olympics postponed until next year, I know it is very disappointing for our athletes, but we will get through this if we follow the health warnings. Without the support of family and friends this will not happen.

The AGM and presentation which was to be held on Sunday 24th May 2020 at Brothers Leagues Club at 11.00am has **been postponed**.

The Winter Carnival for 2020 has been cancelled.

Canteen convener is still required for when life gets back to normality.

The Sausage sizzle at Bunnings on 14th March 2020 was a great success, thank you to all who contributed and volunteered. At this moment all Bunnings Sausage sizzles are cancelled until further notice. So our next BBQ is doubtful.

Vic

QLD Track & Field Championships 5th March - 8th March 2020

Many of the athletes who have qualified are now disappointed that the Australian 2020 Track & Field Championships have been cancelled.

To gain a place into the final ten was a marvelous achievement for our athletes. They are a wonderful group of youngsters.

Abbie Severinsen	U/14yrs	High Jump	7 th	1.25m	
		Long Jump	12 th	3.81m	PB
		Triple Jump	7 th	8.12m	
		80m Hurdles	6 th	16.19	PB
		200m Hurdles	8 th	38.66	PB
Rylee Novinetz	U14yrs	800m	10 th	2.32.20	PB
Hayley Condon	U/14yrs	Discus	4 th	26.45m	PB
		Javelin	1st	27.59m	PB
		Shot Put	3rd	9.84m	PB
		Hammer	4 th	24.75m	PB
Maddie Newham	U/14yrs	Triple Jump	6 th	8.62m	PB
		200m	18 th	30.78	PB

Mackenzie Crowley	U14yrs	Javelin	2 nd	26.40m	PB
		Shot Put	4 th	9.22m	
		Discus	5 th	22.61m	
Kali Taylor	U14yrs	Long Jump	3 rd	4.51m	=PB
		High jump	1 st	1.55m	
Indiana Platen	U14yrs	Long Jump	10 th	4.03m	PB
		High Jump	3 rd	1.45m	=PB
Isabella Willshire	U14yrs	100m	15 th	14.49	PB
		400m	7 th	65.29	
		Long Jump	13 th	3.50m	
Sophie Dunne	U15yrs	Discus	9 th	23.10m	PB PB
		Javelin	6 th	23.21m	
		Shot Put	6 th	9.85m	
Sienna Coulson	U15yrs	High Jump	1 st	1.55m	
Lily Vine	U15yrs	100m	5 th	13.68	PB PB
		Long Jump	1 st	5.07m	
		Triple jump	4 th	10.29m	
Charlize Goody	U/15yrs	High Jump	3 rd	1.55m	PB PB PB heat 29.10 PB PB
		Discus	3 rd	35.17m	
		Long Jump	5 th	4.73m	
		Shot Put	2 nd	12.20m	
		Javelin	1 st	40.87m	
		90m Hurdles	3 rd	15.53	
		200m	8 th	29.94	
		Hammer	3 rd	42.80m	
		Javelin	3 rd	40.36m	
Jessica Rowe	U/16yrs	Hammer	1 st	46.46m	PB PB PB PB
		Discus	2 nd	36.05m	
		Javelin	2 nd	34.56m	
		Shot Put	2 nd	12.44m	
	U/17yrs	Hammer	2 nd	45.86m	
Sophie Wilkins	U/16yrs	Shot Put	4 th	11.45m	PB
		Javelin	3 rd	31.46m	
		90m Hurdles	9 th	15.06	
Aldora Tuilaepa	U/16yrs	Discus	3 rd	32.23m	PB PB
		Shot Put	5 th	10.44m	
		Hammer	3 rd	32.03m	
Mikaela Doneley	U16yrs	200m Hurdles	3 rd	31.33	PB
		400m Hurdles	5 th	77.38	
		90m Hurdles	6 th	14.30	
		Javelin	5 th	20.41m	
		High Jump	6 th	1.45m	
		Long Jump	8 th	4.50m	

Mickeelie Johnson	U17yrs	100m	15 th	13.79		
Taya Beckers	U/17yrs	400m	7 th	64.05 Final	Heat 63.75	PB
Kiara Condon	U/17yrs	Shot Put	3 rd	12.29m		
Erin Wright	U/17yrs	100m Hurdles	1 st	15.14		
Camyrn Novinetz	U/18yrs	5000m Walk	1 st	25.02.74		
		10,000m Walk	2 nd	53.04.31		
Laylani Va'ai	U/18yrs	Discus	2 nd	40.63m		
	U/18yrs	Shot Put	2 nd	13.00m		
	U20yrs	Shot Put	4 th	11.25m		PB
Dahniella Pedroni	U/18yrs	High Jump	--	NH		
		Triple Jump	2 nd	11.36m		
		Long Jump	10 th	4.80m		
Haley Webber	U20yrs	Long Jump	4 th	4.98m		PB
		Triple Jump	2 nd	10.83m		PB
Hayley Wright	U/20yrs	100m hurdles	3 rd	15.84		
Carley Stieler	Open	High Jump	5 th	1.60m		
Kyra Domrow F12	Open Ambulant	Shot Put	2 nd	9.84m	65.38%	
	Open Ambulant	Discus	2 nd	29.66m	62.57%	
Pharrell Eliu	U/16yrs	Triple Jump	3 rd	12.28m		
		Long Jump	7 th	5.88m		PB
Kobe Blake	U/15yrs	200m Hurdles	6 th	33.68m		PB
		2000m Steeplechase	6 th	7.29.92		PB
		800m	8 th	2.19.49		PB
		1500m	12 th	5.01.21		PB
Cooper Blake	U/15yrs	800m	10 th	2.28.72		BP
		1500m	13 th	5.32.45		PB
		2000m Steeplechase	9 th	7.58.67		PB
		High Jump	8 th	1.35m		PB
Ethan Platen	U15yrs	100m		13 th	13.47	
		200m	6 th	27.30		
		400m	3 rd	58.76		PB
		Long Jump	7 th	4.77m		PB
		High Jump	6 th	1.50m		
Hugo Newham	U16yrs	Long Jump	11 th	5.11m		PB

Alex Davies	U20yrs	1500m	5 th	4.08.09
Benjamin Thomas	U/20yrs	100m	1st	10.93
		200m	1st	22.38
2019	8 Gold	13 Silver	8 Bronze	
2020	10 Gold	13 Silver	14 Bronze	

Below is a few pictures that you may like, if you do, please email me and they can be forwarded.

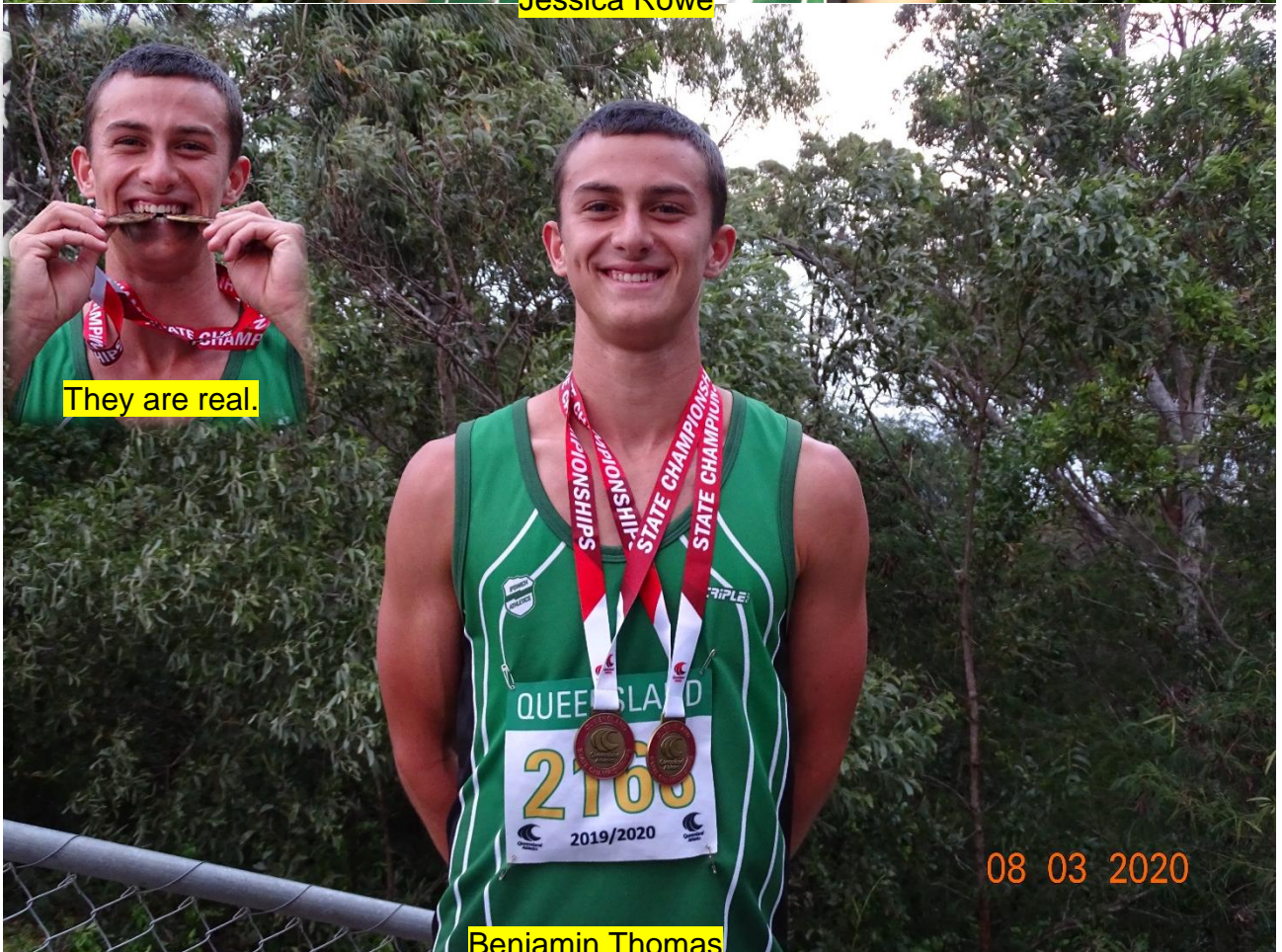


Charlize Goody



08 03 2020

Jessica Rowe



08 03 2020

Benjamin Thomas

They are real.



It is real.

Camryn Novinetz

Erin Wright



Yes it's real.

Hayley Condon

Aldora Tuilaepa & Jessica Rowe



Yes it's real.

Yes it's real.

Kali Taylor and Lily Vine



Charlize Goody

Kali Taylor

Siena Coulson

They are real medals.

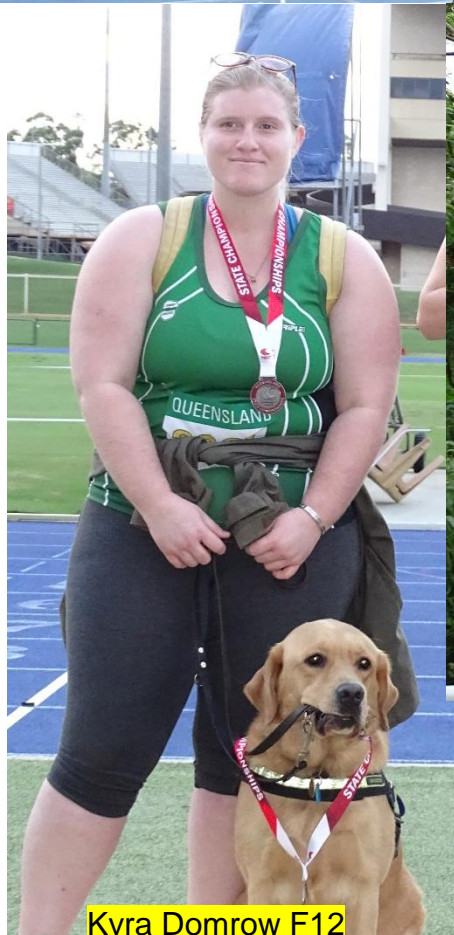


Haley Webber

Dahniella Pedroni



Hayley Wright



Kyra Domrow F12



Pharrell Eliu



Mickeelie Johnson



Maddie Newham



Isabella Willshire



Rylee Novinetz



Jennifer Ethan Indiana and Varian Platen



07 03 2020

Abbie Severinsen

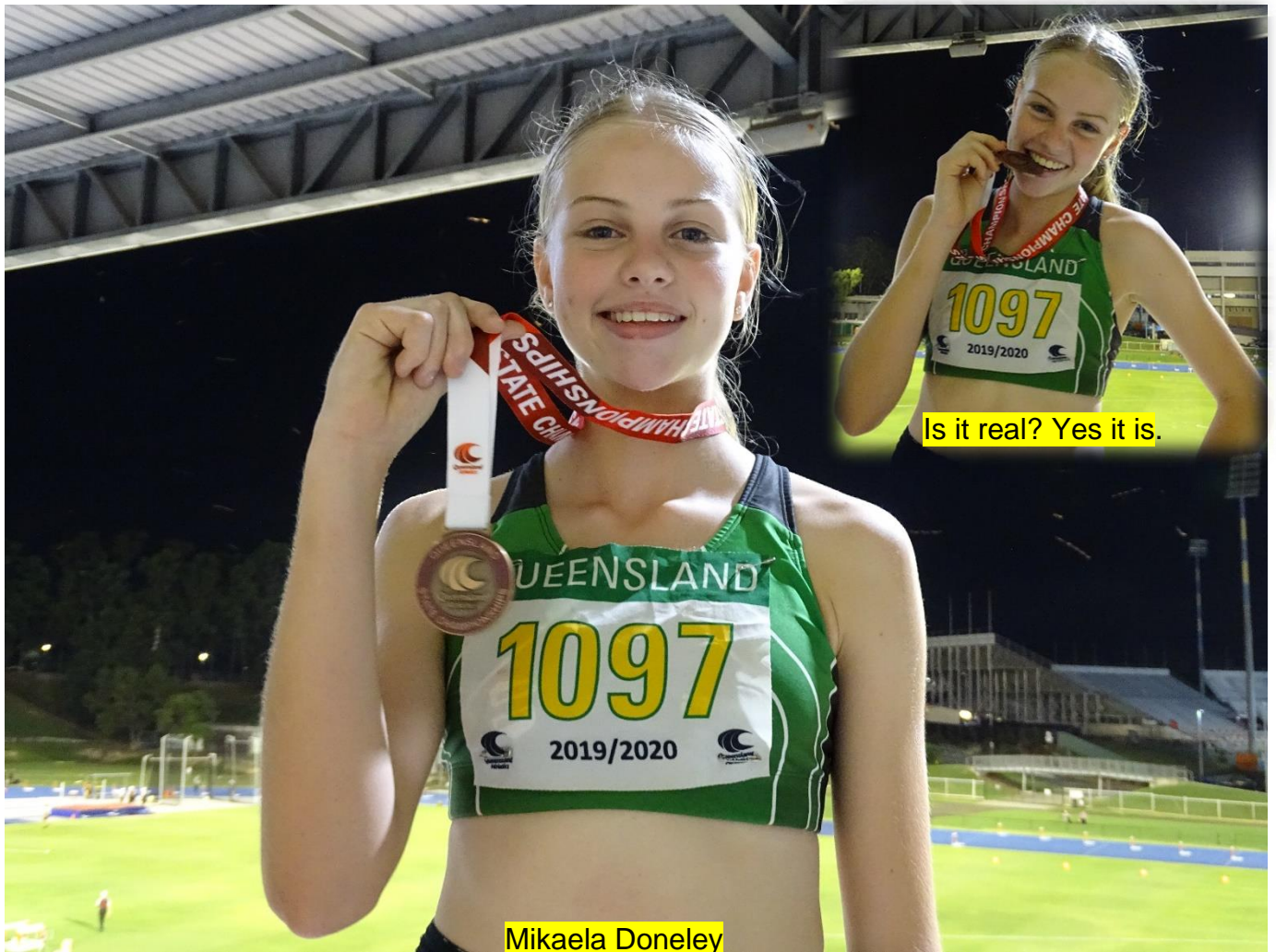
Kali Taylor

Indiana Platen



08 03 2020

Sophie Dunne



Mikaela Doneley

Presentation for Australian 10km Race Walking Championship in Adelaide



Camryn Novinetz

Brad Robinson

Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th April 2020** at 7pm. All welcome.

This will be done via a video hookup.

Just a Thought'

**I've learned that Move out of your
comfort zone to help those needier than you.**

Track & Field InterClub Competition

All Track and Field events are now scheduled on the **Queensland Athletics website** have been either postponed or cancelled

www.qldathletics.org.au

QAL now has several events scheduled on their website www.qal.org.au

Most have been postponed or cancelled.

Happy March Birthdays

Isabella Willshire Olivia Windolf Kiara Condon Dahniella Pedroni

Jude Thomas Michael Thomas Dakota Stewart Hayley Wright

Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. All comers at St. Lucia, QSAC and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

Answer to the Question

The winner of the **February** question was

No correct answers

The correct answer was: **“Levers!”**

First, second, and third are the classes of levers based on the position of the fulcrum, input force, and load. Moving of one of these factors on the lever can increase or decrease the mechanical advantage of the lever.

A new question is as follows:

Unscramble these words. Category – Flowers

oietvl

nulforews

roidch

nyeop

olrewfyam

Think carefully!

The **first two** club members to reply by **email** with the correct answer wins a prize. Must be from different families.

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Training sessions on a Monday and Wednesday night at the Bill Paterson have been cancelled until further notice.

The Bill Paterson track will be closed during April 2020 for maintenance, however we can exercise on the top oval. Throwers and jumpers hopefully will not be affected.

Any other extra fitness sessions can be arranged with your Coach.

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

This month's Healthy Tip Things that help your Immune system.

So I thought I'd share this Immunity Checklist:

1.) Stop panicking. Excess stress can raise sympathetic hormone function, which directly reduces your immune function. We can better manage our stress through various relaxation techniques such as intentional breathing, gentle exercise, getting restful sleep, reading or enjoying calm music. Keeping a gratitude journal is also helpful to mitigate stress and promote a greater sense of wellbeing.

2.) Upgrade your hygiene. Aside from managing stress, the next line of defence is to keep germs at bay by following good personal hygiene habits. Stop infection before it begins and avoid spreading it to others with these easy measures:

*** Wash your hands with soap and water (20 secs) before preparing food and after using the bathroom.**

* Cover your mouth and nose with a tissue when you sneeze or cough, or cough into your elbow rather than your hand.

* Sanitize common touch points: door knobs, light switches, your steering wheel, etc.

* Do not pick at healing wounds or blemishes or squeeze pimples. Doing so allows germs to enter.

3.) Get some sunlight on any sunny days when you can. Getting out in the natural light is one of the major contributors to the production of Vitamin D in our body. Vitamin D is essential for healthy functioning of the immune system as it helps the body to produce antibodies. Low levels of Vitamin D in the body has been termed as one of the major reasons for respiratory problems, and the main reason that more sickness happens in the winter.

A brisk walk in the sunlight for at least 10–20 minutes a day (with as much skin exposed as possible depending on how warm it is in your area) will ensure that enough Vitamin D is produced in your body to give you a significant immune system boost. Although supplemental vitamin D can help, it is believed by researchers that getting it from the sun is more powerful for your immune strength.

4.) Eat more immune-boosting foods. According to research, certain nutrients within our diet can actually accelerate the activity of our vital immune cells, helping us to steer clear of contracting life-threatening illnesses.

Supplements of Zinc, Vitamin C, Vitamin E and Omega-3 Fatty Acids can help to improve your immune system.

Focus on dropping weight, fixing health problems like Diabetes, and stopping smoking too.

Stay safe.

CLUB BREAKUP

Please note that the Club **has postponed** its annual **Trophy Breakup** which was set down on Sunday 24th May 2020 at Brothers league Club, Raceview. Due to the Coronavirus, Brothers Leagues Club is closed until further notice and this impacts on when the presentation day can be held. Many trophies are given out on this day, **so please wait for further announcements.**

Club Champion award

Achiever of the Year award

Les Scott Encouragement Award

Bremer Chiropractic U/20yrs award male & female

Rookie of the year award male and female

Most Club Participation award

Highest points for X-Country, Track and Field, male and female and many more.

A guest speaker will be commencing the breakup, be ready with your questions! Watch this space.

At the breakup our Club's **Annual General Meeting** will be held. **All positions** are declared vacant and this is your opportunity to become part of the Committee. Nomination forms for positions are available. **Ph. 0409 754 884.**



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