

AW **esome Tales**

The Official Newsletter of Athletics Wollongong Inc, founded in 1958
April 2019

Australian Championships Results

Athletics Wollongong members had a tremendous amount of success at last week's Australian Track & Field Championships. Twenty-one AW representatives contested the event, with a number of those making their way onto the podium - and some even breaking meet records. While everyone should be congratulated for making it to the start line, special note must be made of our medallists:

Chelsea Ezeoke: *Gold* – U14 200m, 400m, 4x100m relay
Delta Amidzovski: *Gold* – U14 High, Long, 80mH, 4x100m; *Silver* – U15 200mH
James Gorham: *Silver* – U18 Pole Vault
James Turner: *Gold* - Open Para Ambulant 400m
Karlee Symonds: *Gold* – U20 Para Ambulant 100m, 200m, 400m
Rosie Tozer: *Gold* - U18 High
Tierney Dunne: *Bronze* – U18 100m, 200m

Well done to all athletes, along with their coaches and support networks. Athletics Wollongong is immensely proud to be a small part of your successes. Check out the [full results](#) from all of our members on the Club website.

Australian Junior Combined Event Championships Results

The National titles actually started two weeks earlier, with the Australian Junior Combined Event Championships in Hobart. AW's Lara Check contested the U17 Heptathlon and finished in 4th – an agonising 4 points away from the bronze medal, and only 22 from silver. An unlucky stumble in the hurdles – the very first event in the competition – had her on the back foot, but Lara showed tremendous fortitude to keep on fighting all the way to the finish.

Australian Masters Championships

To complete the National Championships, it'll soon be our Masters' turn in Melbourne, from the 26th through to the 29th April. We wish our competing members the best of luck. They've certainly received plenty of inspiration from their younger clubmates!

Annual General Meeting

The Club's Annual General Meeting is being held this Thursday (11th April) at the Beaton Park track, from 6pm. Following the meeting we'll have a brief break for a BBQ, thanking our outgoing Committee members and welcoming our new ones on board. We'll then hold our April Committee Meeting.

We've been lucky to receive nominations for most of the positions. People are still welcome to nominate themselves for any role (see the [Committee page](#) for a list of all the positions available) but we're especially keen to hear from people interested in the following current vacancies:

Publicity Officer – promote Athletics Wollongong and our athletes

Race Secretary – promote participation in events to our members

Submit your nomination or feel free to ask for more information by sending an email to athleticswollongong@gmail.com.

Presentation Evening – 4th May

Athletics Wollongong's Presentation Evening for the 2018/19 Season will be held 4th May at Keiraville Public School's hall. Kicking off at 6pm, it's a light-hearted evening where members are awarded for their performances through the season, get a free feed of pizza and enjoy each others' company. RSVPs – which we need for catering purposes - are now OPEN. Please fill in the survey (here: <https://www.surveymonkey.com/r/XTKMHT7>) to indicate how many people will be attending and their respective appetites/dietary requirements.

Note that each member's award eligibility is noted on the [Club website](#) so - if you're worried your attendance was patchy, for example – check out the list to see what's coming your way. There aren't any spoilers: it might say you're eligible for a pointscore award, but it won't actually say who's won. A similar surprise will be the winners of our 'Best Performance on a Wednesday' awards, where we use multi-event scoring and age scaling to determine the best effort in each event at our Club Meets this season.

Nominees for the Major Awards are also being announced in the lead-up to Presentation. Star Wars-themed videos ("May the 4th be with you") have already been posted to the AW facebook group with the nominees for the Encouragement Awards:

Male – Andy McHenry, Anthony Howlett, Oliver Maher

Female – Kaitlyn Williams, Mary-Ann McPherson, Savannah Wiki

The coming weeks will include the announcement of nominees for: Most Improved Male and Female, and the Most Outstanding awards for Junior, Masters, Track, and Field Athletes.

Arafura Games

The biennial Arafura Games, including the Oceania Paralympic Championships, are being held in Darwin, 27th – 29th April. Two of our Champion Para Athletes James Turner and Karlee Symonds will be at the event: best of luck!

Duals News

34 of our Duals Members contested the Little A's State Championships last month, with Charlize Colwell, Hamilton Tenkate, Chelsea Ezoeka and Delta Amidzovski also making their way onto the medal dais. The latter pair were subsequently rewarded with selection in the U13 NSW team for the Little A's Australian Championships. They'll join their previously-announced U15 team mates Eleanor Tozer and Lara Check in Hobart on April 27th and 28th: a busy weekend for our members, competing across Tasmania, Victoria and the NT!

Winter Activities

The second edition of Athletics Wollongong's new Winter competition will soon be underway. Once again we will participate as part of the free and popular parkrun events, with the competitive period starting from May and going through 'til the end of August. More details will follow in the next Club newsletter.

Coming events

- 11th April, AW's AGM, Beaton Park track, 6pm
- 26th to 29th April, Australian Masters Championships, Melbourne
- 27th to 28th April, Little Athletics National Championships, Hobart
- 27th to 29th April, Oceania Paralympic Championships, Darwin
- 4th May – Athletics Wollongong Presentation Night, Keiraville Public, 6pm

Contact details

Email Dave Ross at davidrosswollongong@hotmail.com with athletics results to include in our regular Wollongong Advertiser & Lake Times column. Send other enquiries to athleticswollongong@gmail.com.

Current news is posted to Facebook - just search for '[Athletics Wollongong](#)'. We're also on [instagram](#).