

AW Awesome Tales

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

Presentation Night Results

Athletics Wollongong celebrated the conclusion of the 2018/19 Summer Season on Star Wars Day: May 4th. Our Presentation Night was held once again at Keiraville Public School and those in attendance enjoyed pizza and cake, while showing each other appreciation for their respective efforts this past year.

Major Award Winners included:

- Most Improved Male Athlete - Alistar Swinbourne
- Most Improved Female Athlete - Chloe Vickery
- Male Encouragement Award for New Members - Andy McHenry
- Female Encouragement Award for New Members - Savannah Wiki
- Most Outstanding Field Athlete - Rosie Tozer
- Most Outstanding Track Athlete - Chelsea Ezeoke
- Most Outstanding Junior Athlete - Delta Amidzovski
- Most Outstanding Masters Athlete - Anthony Howlett
- President's Award - Karlee Symonds
- Clubperson of the Year - Barry McClelland

Life Membership was also awarded to former Club President Des Comer.

A full list of award winners may be viewed [HERE](#).

Oceania Championships Team

Three Athletics Wollongong members will be representing Australia at the upcoming Oceania Championships, to be held in Townsville, June 25th to 28th. James Gorham was first to be announced as part of the U18 team, following his silver medal-winning performance at Nationals in the Pole Vault. Also making her debut in the green and gold will be multiple National U20 Champion Karlee Symonds, selected in the Open Para 100m. Rounding out our representatives will be reigning World and Paralympic Champion James Turner. He'll be contesting the Open Para 400m, no doubt hoping to add another T36 World Record to his collection!

Arafura Games

The biennial Arafura Games were held in Darwin over the last weekend of April. The Games are a multi-sport event with track and field competition for developing juniors and Open Para athletes. It's also a rare opportunity for Para athletes to gain an international classification, which is necessary to compete in events beyond the national level.

Karlee Symonds (T11) continued her rise through the ranks, making the finals of the Para 100m and 400m, despite only being 16 years of age. James Turner (T36) returned to the 800m for the first time since he triumphed over the distance at the London 2017 World Para Championships. Though his focus has since shifted to shorter events (specifically the 200m, ahead of the Tokyo 2020 Paralympics), he would have been encouraged in taking out the 800m here, less than 3 seconds off his own World Record.

Little A's National Championships

At the same time as James and Karlee were sweltering in Darwin, some of our Duals were freezing in Hobart at the Australian Little Athletics Championships. Lara Check and Eleanor Tozer contested the U15 Heptathlon with Lara taking the overall win: just three points ahead of second place! Both joined to contest the Mixed 4x100m Relay - finishing in the silver medal position - with the U15 NSW team as a whole triumphing in the pointscore competition.

In the U13 division, Delta Amidzovski and Chelsea Ezeoke were part of another NSW team win. Individually, Delta broke meet records in the Long Jump and 80m Hurdles, as well as winning gold in the 200m Hurdles, silver in the Medley Relay and bronze in the High Jump. Chelsea took out the 200m-400m double, was part of the victorious NSW 4x100m Relay and won bronze in the 100m.

Masters National Championships

Rounding out a big weekend of competition around the nation, it was the turn of our Masters athletes in Melbourne. Will Tyler was our sole National Champion, with a 2.70m clearance in the 60-64 Men's Pole Vault. Incredibly, this was Will's seventeenth consecutive appearance at the Australian Championships! Montse Ros also cleared 2.70m in the 40-44 Women's Pole Vault, returning home with a silver medal. Anthony Howlett claimed three silvers across the 50-54 Triple Jump, 400m Hurdles and Outdoor Pentathlon. Over the long weekend Anthony competed in eight events, including two pentathlons, which made for a busy few days! Adriana Van Bockel rounded out our medallists, winning three bronze across the 65-69 Women's Discus, Hammer and Weight Throw. Full results from all our athletes are available on the [Club website](#).

AW Winter Competition

Athletics Wollongong's Winter Competition is now underway. Participants will need to register with parkrun (for free) at parkrun.com.au, remembering to specify 'Athletics Wollongong' as their nominated club. The results of the Illawarra-based parkruns (Sandon Point, North Wollongong and Shellharbour) will be checked weekly to identify AW competitors. Note that if a member competes in a parkrun outside of the Illawarra, or they have not nominated Athletics Wollongong as their club, they must email <mailto:athleticswollongong@gmail.com> to alert Winter Competition Coordinator, Ron Perry.

The competitive period lasts from the start of May 'til the end of August. Each runner's six best performances (as determined by 'Age Grade %') will then be averaged to determine the overall winner. We'll also have a Most Improved category, which will compare athletes' performances between this season and the last.

Parkruns are held each Saturday morning and are free to participate in. Members can choose to run in whichever parkrun is most convenient for them, though the first parkrun of the month will have a 'preferred' location, to promote a 'catch up' of AW folk. June's preferred parkrun will be North Wollongong. See parkrun.com.au for course details and more info.

AGM Results

Athletics Wollongong's Annual General Meeting was held on 11th April where a [new Committee](#) was elected. Thank you to those moving on and a warm welcome to our new faces. Race Secretary is the only remaining vacancy so, if you're familiar with participating in ANSW events and/or interested in coordinating AW teams, please get in contact.

Coming events

- 25th May, [ANSW Cross Country Relays](#), Miranda
- 22nd June, [NSW Cross Country Championships](#), Nowra
- 23rd June, [NSW Road Walking Championships](#), Chipping Norton
- 13th July, [RunNSW Street Relays](#), Ourimbah
- 21st July, [NSW Trail Championships](#), Port Macquarie
- 31st August – 7th September, [Oceania Masters Championships](#), Mackay

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](#).