

# esome Tales

**The Official Newsletter of Athletics Wollongong Inc, founded in 1958  
June 2018**

## **60<sup>th</sup> Anniversary Celebrations News**

Preparations for Athletics Wollongong's 60<sup>th</sup> Anniversary are well underway. Foremost amongst the celebrations will be an event on 25<sup>th</sup> August at Wollongong Tennis Club. It will serve as both a reunion for past members marking our six decades of achievement, and an opportunity for our newer members to steep themselves in our club's culture in preparation for our *next* sixty years. As is the case for all AW activities, it will be a relaxed and informal occasion so if you simply want to enjoy finger food and drinks in good company this is your evening also. Tickets will be available very soon; we're just lining up some final details. The on-sale announcement will be widely advertised on the Club website, facebook and every other avenue we can think of.

Our upcoming Summer Season calendar will also include a special Wednesday competition that will mark our 60-year residency of Beaton Park. Some 'ye olde time' events will return and I daresay that we may hold a *sixty* metre event...

In the meantime, there is some incredible historical material being posted to the 60<sup>th</sup> Anniversary facebook group: [www.facebook.com/groups/AW60th](http://www.facebook.com/groups/AW60th). Take a trip down memory lane and Like the group to be notified of each new post.

## **Member Survey**

Athletics NSW has developed a member satisfaction survey for each Club to distribute. The survey advertised in the previous newsletter was Athletics Wollongong's own and focussed upon our local competition programming. This one is a little broader and ANSW will use it to identify areas of improvement and gain some hints as to what can make Clubs more successful. It's anonymous, takes a couple of minutes to complete, and is available here:

<https://goo.gl/forms/yizh1MuowxqaG7Jp1>

## **Melanesian Championships**

Rosie Tozer came away from her first international competition, the Melanesian Championships in Vanuatu, with a silver medal. She cleared 1.73m in the U18 High Jump and gained some invaluable experience – along with some new pen pals! Athletics Wollongong congratulates Rosie and eagerly anticipates her next representative honour.

## **NSW Masters Awards**

Ron Simcock won the Throws award at the NSW Masters Annual Awards Lunch. Joining him on-stage was Adriana Van Bockel, who deservedly received the President's Award. The next assignment for Adriana is the 2018 World Masters Athletics Championships in Malaga, Spain this September.

### **Parkrun**

Athletics Wollongong's first season of Winter Cross Country competition held alongside parkrun continued through May. Doing particularly well so far is Saxby Morley who, in three of the last four weeks, has won the North Wollongong parkrun. The AW pointscore award winner however is determined using the 'Age Grade %' for each course. Remarkably, though she finishes much farther back in the field, Ros Perry's performances are less than 1% away from those attained by Saxby. Anyone can win it!

To be eligible to take out the pointscore competition, a minimum of six parkruns must be completed between May and August. There are only twelve more available Saturdays mornings, so it's time to get on it. For more details on AW's Winter Running season, see: <https://goo.gl/XGFiJP>

### **ANSW Cross Country**

If you're searching for some cross country variety there are some upcoming local events which may be of interest. The Waratah Series first comes to Nowra's Willandra course on 23<sup>rd</sup> June and continues at West Dapto on 8<sup>th</sup> July. This latter event also includes the NSW Short Course Cross Country Championships and the Little A's NSW Cross Country Championships. Full members of Athletics Wollongong are eligible for half price entry fees and online entry is available now.

### **ANSW Winter Track & Field Series**

Three of our members contested the ANSW Winter Track & Field Meet at Campbelltown last month – Chelsea Ezeoke, Jett Link and Holly Rea - and another competition is set for Bankstown on 17<sup>th</sup> June. Online entries are now open and the program also includes some unusual offerings like overhead shot put and cricket ball throw (!)

### **AW Throwers' Meet**

The above event is a little light on traditional throwing events so in lieu of Phil Frkovic's usual Saturday morning coaching sessions, Athletics Wollongong will be holding an informal competition. Hammer, Shot and Discus will be offered to all comers from 10am through to around 12pm on 16<sup>th</sup> June.

### **Best of luck to Naomi Robinson**

Our reigning Club Person of the Year Naomi Robinson has struggled badly with a hip injury this season. The good news is that she's scheduled for surgery to correct the issue early next month. The Club gives our best wishes for her recovery.

### **Bunnings BBQ**

Our allocated date for this season's Bunnings BBQ fundraiser is September 1<sup>st</sup>. While it may be challenging to coordinate volunteers - as our main Summer Season will be yet to commence - on the plus side: it's the day before Father's Day! We anticipate doing a roaring trade as people stream in for last minute gift cards. Just keep the date in mind for now, a call for volunteers will be put out as the BBQ comes closer.

## Coaching

School athletics carnival season is well and truly underway; perhaps you'd like to receive some coaching and guidance prior to competing. Or maybe you're a senior athlete seeking to take the next step in Season 2018/19. You can find a list of accredited track and field coaches on our website. The current look will soon undergo a refresh in an effort to make it even easier to find the coach that best suits. For most coaches training is back underway, so jump on board now.

## Coming events

- 16th June - AW Throwers' Meet, Beaton Park
- 17th June - ANSW Winter Track & Field Series Meet, Bankstown
- 23rd June - Waratah Cross Country Series, Willandra Course
- 8th July - NSW Short Course Cross Country Championships, West Dapto
- 25th August - AW/WSF 60th Anniversary Celebration, Wollongong Tennis Club
- 1st September - Bunnings BBQ Fundraiser, Wollongong
- 10th October - Athletics Wollongong returns
- 17th October - Athletics Wollongong pointscore begins

## Contact details

Email Dave Ross at [davidrosswollongong@hotmail.com](mailto:davidrosswollongong@hotmail.com) with athletics results to include in our regular Wollongong Advertiser & Lake Times column.

Send other enquiries to [athleticswollongong@gmail.com](mailto:athleticswollongong@gmail.com)

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