

esome Tales

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

State Relays

The NSW State Relay Championships are being held 24th & 25th November. There are relays available in both track and field events. Note that all Club members - except those with a Community Membership - are able to nominate for a team. We'd love it if people made up their own teams, so see if your friends or training buddies are also interested. Note that nominations will close on Sunday night, so as to leave us a couple of days to finalise things and perhaps work with the other local Clubs to form South Coast Region teams from those left over, if necessary. Athletics Wollongong will pay the relay team entry fee but competitors will need to pay any Gate Entry Fees. For more details on the event or how to nominate, see the News item on the Club website (<https://bit.ly/2SSJVgg>).

Mango Fundraising Drive

A Mango Drive was floated as a fundraising idea recently in the AW Facebook group and there was a HUGE level of interest! Consequently, the Committee have gone ahead and ordered some trays of Bowen's farm-fresh finest; now it's up to you! We're expecting the 7kg \$25 trays to arrive in Wollongong sometime between Dec 10th and 14th (ideally in time for pickup at our Dec 12th Meet). We have 64 trays up for grabs and it will be first in best dressed. You can either place your order at a Wednesday Club Meet or pay via direct debit (BSB: 032-695, Westpac Account: 524332; leave your name and contacts in the transaction details). We'll keep a running tally of paid-for trays on our facebook page so you know when it's time to stop spruiking them to your friends and work colleagues 😊

The Athletics Wollongong Gift

The AW Gift is a handicapped 100m race that we'll be holding as part of our regular Wednesday Meets on 21st November. The Club's fastest sprinter will run the full 100m while everyone else will get a head start, based on their performances on Wednesdays or while representing AW elsewhere. Members have been urged to attend our Wednesday meets to earn an accurate handicap by contesting sprint events. If you've been unable to do so thus far, you can send us an email and direct the Club Handicapper to some of your performances reported online. Participants will need to progress through heats (for which there will also be a prize for the winner of the fastest) before making their way to the final. Thanks to our sponsor Dennis Bindon, Club Member and owner of Bump Products, 1st across the line in the final will receive \$100, while 2nd and 3rd will earn \$30 and \$20 respectively. Simply tick your name on the noticeboard to participate on the night. Remember: it's handicapped, so everyone has a chance to win!

60th Anniversary Celebration

On a Saturday afternoon in 1958, Southern Flame Amateur Athletic Club ran their first race at Beaton Park. Six decades on – minus one day - Athletics Wollongong (as we're now known) will be celebrating that momentous occasion. We'll have a FREE BBQ, cake, some special guests, commemorative gifts and retro events. Be part of history and be sure to attend our Wednesday, November 28th Meet.

Uniforms and Clothing

An Athletics Wollongong uniform isn't required to participate at our local meets but if you're intending to compete elsewhere – like State Relays, Treloar Shield, All Comers, etc. - it's necessary. AW singlets and crop tops are \$40. With all the stuff happening on Wednesdays over the next few weeks, there are plenty of reasons to come in and pick one up while you're there.

We also have limited stock of club-branded beanies and spike bags available for \$15 each.

School Athletics News

It's hard to keep track of all the various school systems and their sporting events but it's not difficult to recognise the achievement of Delta Amidzovski. She was just awarded the Outstanding Athlete of the Meet Award at last week's State PSSA Athletics Championships. Amazingly, given the numbers in the public school system, her Club mate Chelsea Ezeoke was presented the award *last* year. Delta won the 100m, 200m, High and Long, breaking records in the jumps events. Eight AW members managed to make it to State; what a tremendous effort.

Naomi's Fundraising BBQ

Naomi Robinson and her family took the opportunity to run a BBQ at one of our Wednesdays. Nearly \$200 was raised for a cause very dear to Naomi's heart: the Relay For Life. If anyone else wishes to run a BBQ on one of our 'off weeks' for a charity, fundraising to get to Championships, etc. send us an email.

MS Wellness Run

Athletics Wollongong had a stall in the Fitness Expo at the Sydney to Gong Bike Ride and MS Wellness Run. We waved the flag and answered peoples' queries about track and field in the region. Former member and friend of the Club, Rob Battocchio, was one of the event organisers and we'll be working with him again in the near-future. For the past few years' AW has assisted with athlete check-in and late entries at both the Illawarra Aquathon and the Splash 'n' Dash. Rob thinks kindly enough of AW to give the Club a donation each year. If you're not making your way to Glendale for the NSW Country Championships on the Australia Day weekend, we'll be hoping to call on you for a few short hours to assist.

Dual Members

Problems with the Dual Membership system are ongoing. U12-U17 Little A's Members who specified us as their Senior Club are still yet to have their data imported into the ANSW database. We have however, just been sent a spreadsheet with all our Dual members' details! If this is your first contact from us: WELCOME 😊

Rego Number Reminder

It's getting to the time of season when athletes' thoughts turn to Championship competition. If you're intending to compete at a Championship event (or Treloar Shield, All Comers, etc) not only will you need an AW uniform, you'll also need some rego numbers. Dual members use the same bibs that they received from their Little A's centre. Everyone else picks their numbers up at the first ANSW event they attend. When you go and check in, you collect your bibs at the same time. Note that if you do an online entry ahead of collecting your numbers, you should put '0' in the rego number field.

Coaching

Athletics Wollongong has a number of affiliated coaches, check our website for details. Of particular note, we have free coaching sessions each weekend (subject to Beaton Park availability):

- Saturdays, 9am-11am: throws training with Phil Frkovic
- Sundays, 8am-10am: pole vault training with Barry McClelland and co.

Coming events

- 21st November – AW Gift (courtesy of Bump Products)
- 28th November – 60th Anniversary Spectacular
- 19th December – Christmas Special
- 9th January – AW Meets resume
- 12th January – Illawarra Track Challenge
- 24th to 27th January – NSW Country Championships, Glendale (Newcastle)

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](#).