

esome Tales

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

60th Anniversary

Special commemorative merchandise is now available! To honour those who have made Athletics Wollongong great these past 60 years – our members - we've included every member's name ever, in a special design. It's presented on either a T-shirt or a tea towel and can be purchased from our 60th Anniversary store: <https://athleticswollongong.shopdesq.com/60th>. Merchandise will then be available for pickup at either Athletics Wollongong meets or the 60th Anniversary Celebration.

As previously noted, Athletics Wollongong's 60th Anniversary Celebration will be held on 25th 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. There'll be a special limited edition gift for attendees as well as plenty of finger food, drinks, birthday cake and good times (so good that we only recommend the event for those 16 years and over!). There are people travelling from interstate to be there and we'd love to see you there too. Tickets are \$40 and available from the link above.

To feel the buzz, be sure to be a part of the 60th Anniversary facebook group: www.facebook.com/groups/AW60th. There's material posted there from the very earliest years of Southern Flame Amateur Athletic Club (our original name) and plenty of pictures and stories being shared, documenting athletes and other happenings from throughout our history.

Cross Country Competition

The parkrun-based Cross Country competition continues through to the end of the August. Times achieved are compared to a world age-best and then converted to a percentage. Each member's six best performances are averaged and the highest average wins. There's a logjam currently at the top of the leader board with Ros Perry, Saxby Morley and Teresha Moxham all within 1% of each other. There's only 7 more possible weeks to compete so go to parkrun.com.au to find details on your nearest one.

Winter Throwers

We can't let our runners have all the fun, so another Winter Throwers Meet has been scheduled for Saturday, July 28th at Beaton Park. It will kick-off at 10am and comprise of a Throws Pentathlon (hammer, shot, discus, javelin, and weight throw). Note that there will be a maximum of three attempts allowed per discipline to ensure we'll be done by lunch.

Little A's regos

Little Athletics registrations will open on August 1st. As per recent years, those in U12-U17 age groups will automatically receive a Dual membership with both Little A's and Athletics NSW. For those who were Dual members last year, we hope to see you again next season and also ask you to be ambassadors for Athletics Wollongong. There'll be a whole new group of U12s who might not know that AW is the best senior club – and they'd love to hear it from you!

For our non-Duals, we're yet to receive word on when registrations will open. ANSW is still focussed on this season's Winter events. For those, check their [event calendar](#).

New Program

The new Summer Season will commence for Athletics Wollongong on October 10th. The 2018-19 Season Calendar has now been uploaded to the Club website. There has also been some minor tweaking to the events held each round. We've even already set the date for Presentation Night, just to make sure people know about it well ahead of time. To see all of the details, check the [Summer Season](#) link at www.aw.org.au/.

Host a BBQ

The nights where we'll have a BBQ running are also noted on the Calendar. For the "off" weeks, the Committee has decided to open the hot plate up to our members. If you wish to do some fundraising ahead of an event you're competing in, or for a specific cause (i.e. not just 'cause you want some pocket money), you can elect to run the BBQ on a Wednesday night. Send an email to athleticswollongong@gmail.com to book your date.

Bunnings BBQ

Speaking of BBQs, our annual Bunnings BBQ fundraiser has been set for Saturday, September 1st. 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. Come next newsletter we'll be doing a call for volunteers, please try and keep some of your day free for now. Note that to receive Financial Assistance from the Club later this season you need to have helped at a fundraising event. This is a perfect chance to get it over and done with early.

Beaton Park Master Plan

Wollongong City Council has been working on determining the future of Beaton Park. While it had been reported previously that there was a chance of a synthetic soccer pitch in the centre of the track and throwing areas moved elsewhere, the Master Plan shows very little changes are in store for athletics. While positive in some respects, the Club had hoped to see scope for more storage and office space - at the *least* - in a plan meant to cover the facility's next 20 years. The Beaton Park Regional Precinct Master Plan can be viewed here: www.haveyoursaywollongong.com.au. Public comments on the proposal close on August 6th.

Coaching

The Summer Season isn't far away and the higher-level school athletics carnivals are even sooner. If you're aiming to be your best, work with the best: you can find a list of accredited track and field coaches on our website. For most coaches training is already underway, so jump on board now.

Coming Events

- 28th July – Winter Throwers Meet, Beaton Park, 10am
- 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 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](#).