

esome Tales

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

2018/19 Registrations

Registrations for the upcoming season are now open; follow the 'Registration' link on the Club website www.aw.org.au/. Note that a 2017/18 Athletics Wollongong Membership is only valid until 30th September. To participate in AW and ANSW events after this date you'll need to renew your membership.

Dual Membership - as per recent seasons, those U12-U17 athletes joining a Little A's Centre also receive a free additional membership with a Senior Club. Note that Athletics Wollongong is only made aware of who has specified us as their Senior Club once the data is exported en masse from the Little A's system. The first export is yet to occur, so if any of your friends new to our Club are worried about not having received a welcome from us, it's because we're yet to discover that they've joined AW. In a weeks' time that first export should happen and further exports will then continue periodically after that. If you know of anyone who has joined Little A's and did not specify a Senior Club, get them to contact their Little A's Registrar to update their member record ahead of the export. Changes made to Little A's records after they've been exported do not get propagated across.

Active Kids Voucher – as reported in previous newsletters, the NSW Government is offering \$100 annually to each school student under the age of 18 to help pay for sporting membership fees. This voucher can be used to purchase an Athletics Wollongong registration, but the process can't be performed online. To use a voucher you'll have to email your details to the ANSW office. If there is any remaining fee, they'll then contact you to arrange for its payment. Further info is available here: <https://bit.ly/2CAtwcm>

Uniforms

An Athletics Wollongong uniform isn't required to participate at our local Wednesday meets (starting October 10th, 5:30pm at Beaton Park) but if you're intending to compete elsewhere, it's necessary. AW singlets and crop tops are \$40. They can be purchased at our Wednesday meets or, ahead of their resumption, at the track office on Saturday mornings between 9am and 11am, when our Uniform Coordinator Nicole Lenartowicz will be on-hand (or over at the discus circle, give her a call on 0490 241 711 if necessary).

BBQ News

Our fundraising Bunnings BBQ was a big success: we had to dash to the shops to resupply. Twice! Thank you to all those who assisted throughout the day. The money we raised will go to athlete support: paying for relay teams, subsidising event entry fees, providing financial support to eligible athletes attending Nationals, etc.

Athletics Wollongong will be working the hotplates once more at the upcoming Australian Masters Winter Throwing Championships. This event returns to Beaton Park on September 29th – October 1st. If you're available over the lunch period to assist our BBQ Captain Adriana – who will also be competing - let us know. Similarly if you're interested in helping deliver the Championships, some extra hands are always welcome.

We've previously advertised the use of the BBQ on "off weeks" of our Summer Season program to Club members doing their own fundraising. Only one person has taken us up on the offer so far: Naomi Robinson, who will be raising money for the Relay For Life at our October 24th meet. Bring your appetite on that night for sure. If you're interested in running your own BBQ, check the Summer Season Calendar on the Club website for available dates.

World Masters Track and Field Championships

AW Life Member Adriana Van Bockel is currently in Malaga, Spain participating in the World Masters Track and Field Championships. Our Vice President Donna Hiscox is also there as one of the Australian team managers. We wish them both a fun and successful event, and a safe trip home.

NSW All Schools Championships

Hopefully you've been reading with keen interest the results of our Club members at their various school events, posted to the AW Facebook page. The one Championship that brings all competitors together is the All Schools. Over 1700 Secondary School athletes will be converging on Sydney Olympic Park from the 27th to 30th September. Make sure you get in ahead of the close of entries: 9am Wednesday, 12th September. Click [HERE](http://www.nswathletics.org.au/Events/Calendar/2018-2xu-nsw-all-schools-championships) for more details. (<http://www.nswathletics.org.au/Events/Calendar/2018-2xu-nsw-all-schools-championships>)

Winter Series

The inaugural Athletics Wollongong parkrun-based Winter Series Winner has been announced: Teresha Moxham. Members could participate in any of the free parkrun 5km races held at 8am on Saturdays throughout the local region. Their performance was compared to the respective world age record to gain a percentage figure. The six highest figures attained by each member over the months of competition were then averaged to give their final score. It was very tight at the top with Teresha finishing on 70.94%, quickly followed by Ros Perry on 69.25% and Saxby Morley on 69.06%. Teresha wins a gift voucher and will be the first to see her name on a new perpetual trophy. This event will return next Winter and we hope to see it continue to increase in popularity.

IAS Scholarships

Nominations are open for 2018/19 Scholarships from the Illawarra Academy of Sport. A number of our members have received these in the past and found them very beneficial. Track and Field athletes can nominate for a scholarship either under the "LoneStar" program or 'Athletes with a Disability', if eligible. Click [HERE](#) for more details. (<https://www.ias.org.au/page/Apply-to-be-a-Future-Star>)

60th Anniversary

Athletics Wollongong/Southern Flame's 60th Anniversary Celebration was recently held at the Tennis Club. Past and current members gathered to reminisce, reflect and celebrate six incredible decades of athletics. It was a great night and hopefully our next momentous occasion this Season will be just as enjoyable: at the 28th November Wednesday Meet, our Club will mark 60 years of competition at Beaton Park. Our first few comps were held at the old Wollongong Showground before we sought out a permanent home. On Saturday, 29th November 1958, the Southern Flame Club ran on a newly-mown strip of grass at Beaton Park for the first time. There have been a few changes over the intervening years – like our name and a synthetic track – but at heart we're still the same Club. We'll be holding some historic and retro events to mark the occasion, along with sharing some cake to celebrate.

Coming events

- 10th October - Athletics Wollongong returns
- 17th October - Athletics Wollongong pointscore begins
- 4th November - [MS Wellness Run](#)
- Pole vault training – Sunday mornings with Barry McClelland and Laurie Allison. For more information email athleticswollongong@gmail.com.

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](#).