

esome Tales

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

Wednesday Meets To Commence

Athletics Wollongong's local Wednesday evening competition is about to kick off for Season 2018/19. Our first meet is *this* Wednesday, October 10th. This first round will be a combination warm-up, practice, information and trial night before our weekly pointscore competition begins on the following Wednesday. The order of events has already been posted to our facebook group – as will be the case on the weekend prior to each of our meets. To see a little further into the future: check the information under the Summer Season link on the Club webpage.

Given the current weather it might be pertinent to note that we rarely cancel our meets: lightning is the only condition that will bring us to a halt. We may have to alter the advertised program slightly due to infield closure or participant safety, but if people are keen enough to participate, we'll do our best to make it happen.

For those members who are yet to attend a Wednesday meet and are keen to give it a go, we start at 5:30pm. Note that track entry must be paid at Beaton Park's front desk. There are no competition fees, no need to pre-register your attendance, nor is there an athlete check-in. Just be at the events you wish to participate in. For more information, see our Membership Guide "The Red Book".

Dual Membership

Unfortunately the records for our Dual Members are yet to be imported by ANSW from the Little Athletics database. Consequently, we currently don't know who has specified us as their Senior Club this season. We ordinarily send out a welcome message to our new Duals, and a 'thank you' to those returning – if you're concerned about not having received one yet this season, this is the reason why. If you know of any Duals new to our Club, it would be appreciated if you could pass this newsletter on to them or update them regarding the situation. We hope that the import happens soon – certainly before our pointscore competition begins.

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 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, or if necessary to make other arrangements).

BBQ News

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. If you're interested in running your own BBQ, check the Summer Season Calendar on the Club website for available dates. We're hoping as people are selected for Representative Teams, e.g. National All Schools, they might take up this opportunity band together and fundraise for themselves.

World Masters Track and Field Championships

Adriana Van Bockel has safely returned from Spain after participating in the World Masters Track and Field Championships. While she may not have won any medals there she did have a tremendous experience and has her sights set on the next Worlds, to be held in Toronto, 2020. Donna Hiscox worked hard at the event to manage the Australian team and is currently enjoying a deserved European holiday. Lastly, though she might not be a current member, Club Legend and regular Wednesday invitational competitor Mary Thomas was presented the World Masters Thrower of the Year Award in Spain. Having subsequently returned to Wollongong she's now scheduled for a hip replacement, though we don't expect it will keep her away from the athletics track for too long afterward. We wish her all the best.

Australian Masters Winter Throwing Championships

Wollongong played host to this event over the October long weekend for the third consecutive year. Though numbers were slightly down on account of the timing of the World Championships, those who attended enjoyed themselves immensely. Athletics Wollongong members were key in delivering the event and in helping officiate over the three days. Thanks must go to Stuart Gyngell, Ada Van Bockel, Phil Frkovic, Ron & Ros Perry, Linus Sivills, Paula Swinbourne and Michael McClelland. AW also operated the BBQ over the course of the weekend, helping us to move towards our fundraising targets.

MS Wellness Run

New to the running calendar this year is the MS Wellness Run. Held alongside the popular MS Sydney to Gong Bike Ride, the event will also feature an expo area for fitness and wellness providers. Athletics Wollongong will have a booth so if you're one of the 10,000 cyclists, the anticipated 1,000 runners or just there to lend your support, come and say hello. To enter either the 5km or 10km and lend your support to Australians living with multiple sclerosis, check the website: <https://mswellnessrun.the-events.co/>.

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](#).