

AW Awesome Tales

**The Official Newsletter of Athletics Wollongong Inc, founded in 1958
March 2019**

The End.

There's only one more Wednesday left in AW's Summer Series of meets, but it's a good one: it's our "End of Season Special". On the 13th March we'll be saying farewell to 2018/19 with a free BBQ at the track for our members and their supporters. We'll also be holding a special edition of the 60m Skins which will feature a "Champion of Champions" round where, thanks to Club member Anthony Howlett, cash prizes will be up for grabs. Chocolate is also on the cards in the ever-popular handicapped 800m Chocolate Run along with some other fun, supporting events. We hope to see a big turnout (please also bring a plate to share!).

AGM & Committee Openings

The Club's Annual General Meeting is set to be held on Thursday, 11th April. We have a great Committee but are always on the lookout for fresh members. We're particularly keen to fill the Publicity Officer and Fundraising Officer roles as the existing holders won't be returning next season. Race Secretary is a position that has been vacant for a number of seasons, with other Committee members fulfilling the 'must-do' tasks in addition to their own duties; unfortunately this means that some 'nice-to-do' tasks don't get done and our athletes miss out. See the [Committee page](#) for a list of the positions available; express your interest or ask for more information by sending an email to athleticswollongong@gmail.com or by speaking with a Committee Member

Presentation Evening

Athletics Wollongong's Presentation Evening for the 2018/19 Season will be held 4th May at Keiraville Public School's hall. It's a light-hearted evening where members are awarded for their performances through the season, get a free feed of pizza and enjoy each others' company. Stay tuned for details on how to RSVP. At this stage, keep the evening free in your calendar and – if you received a perpetual award last season – please return it to a Committee member as soon as able.

Open State Championships

The Open State Championships are now underway at Sydney Olympic Park and will continue throughout this weekend. 11 members will be representing AW, including several Juniors as part of their preparation for the National titles. Best of luck to all competitors! Share your well wishes, or keep an eye on current results, on the live thread in the Club facebook group. Full results will also be uploaded to the website at the conclusion of the event.

Junior State Championships Results

Athletics Wollongong members shared in some incredible results at the NSW Junior State Championships. 23 AW representatives contested the event, bringing home a stunning 11 gold, 7 silver and 3 bronze medals. Full results are available on the [Club website](#) but special congratulations must go to our 2019 State Champions:

- Delta Amidzovski (U14 80m Hurdles, 200m Hurdles, High Jump, Long Jump)
- Karlee Symonds (U20 Para 100m, 200m, 400m – in Australian T11 Record Time!)
- Chelsea Ezeoke (U14 200m, 400m)
- Rosie Tozer (U18 High Jump)
- James Gorham (U18 Pole Vault)

There were also 44 qualifying performances at the Championships for the Australian titles, to be held in Sydney from 31st March. Nominations for inclusion in the NSW team for Nationals close on Monday. Keep an eye on AW's website/facebook soon afterward to see how many of our members will be taking on the Nation's best.

Little A's Success

Our Dual members have been doing exceedingly well of late: 34 have progressed from Regionals in Griffith to qualify for the NSW Little Athletics State Championships being held next weekend. In other news, the recently-announced U15 NSW team for the Australian Champs features two AW members: Lara Check and Eleanor Tozer. The U13 team is yet to be finalised but may include more AW athletes: Chelsea Ezeoke would be a likely candidate after her win at the Little A's State Combined Event Championships in Dubbo.

Sydney Track Classic

Jumper Rosie Tozer flew high at the recent Sydney Track Classic, clearing a new competition PB of 1.82m. This is the 4th highest jump by any Australian female this year and must give her confidence going into some major events. Karen Clarke was our only other member to feature at the Classic, finishing 4th in the javelin with a distance of 46.91m.

Wednesday Winners

Gabriel Bickel and Delta Amidzovski won the inaugural running of the 200m Zoom. To celebrate the Club's 60th Anniversary, \$60 went into each of their pockets, courtesy of our generous sponsor Process Integrations (via Club Legend Peter Gandy). Luke Thorn and Kristin Mercer won the same amount, as our 'lucky lane draw' winners.

The Turkey Run (where competitors try to complete two 80m races at the exact same pace) was taken out by Peter Kidd. He had only a 0.05 second discrepancy between his two efforts.

Thank you to Wollongong Splash helpers

Helpers were up bright and early on 2nd March to assist in delivering a great local event: the Wollongong Splash. AW members looked after athlete check-in and were also out on the run course as marshals. Thanks to our labours here and at the earlier Australia Day Aquathon, Athletics Wollongong was the gracious recipient of a donation from the organisers, Activate Events. The money will go to support our athletes, including at the upcoming Australian Championships. To be eligible for financial assistance applicants must have helped at either of these events or at our earlier fundraiser, the Bunnings BBQ. To make your application, see the [Competition](#) page on the Club website.

Coming events

- 8th to 10th March – State Open Championships
- 13th March – Athletics Wollongong End of Season Special
- 15th to 17th March – Australian Junior Multi-Event Championships, Hobart
- 16th and 17th March – NSW Little Athletics State Championships, SOPAC
- 16th March – All Comers, Bankstown
- 23rd March – All Comers, SOPAC
- 31st March to 7th April – Australian Championships, SOPAC
- 26th to 29th April, Australian Masters Championships, Melbourne
- 27th to 28th April, Little Athletics National Championships
- 4th May – Athletics Wollongong Presentation Night, Keiraville Public

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](#).