

esome Tales

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

AW at the Oceania Championships

It's almost time for the Oceania Championships in Townsville! Twenty-three countries will compete in the event with Australia sending along a strong team, including such stars of athletics as Olympic Champion Sally Pearson. Winning an Oceania title can now help athletes qualify for the upcoming World Championships, set to be held in Qatar this September/October. Marching under the Australian team banner will be some of our very own Athletics Wollongong clubmates:

- James Gorham will be one of the first competitors in the field, in the U18 Pole Vault set for 2pm, June 25th.
- Karlee Symonds hits the track later that day (5:20pm) in the Open Para 100m.
- James Turner finally gets his turn at 4:55pm on June 26th in the Open Para 400m.

Keep an eye on Athletics Wollongong's facebook group where we'll post livestream details, results and photos. Best of luck to our representatives!

Turner selected for Worlds

AW's James Turner was recently announced as an automatic selection in the Australian team for the World Para Athletics Championships, being held in Dubai this November. For those new to the Club: James is the reigning World Champion in the T36 200m, 400m and 800m. He holds the World Records in the 200m and 800m, and - all being well - that official 400m World Record is on borrowed time! Having moved to Canberra to train at the Australian Institute of Sport we don't see James at our Club meets anymore, but he remains a proud Athletics Wollongong member. He's a tremendous role model and we're all going to have a lot of fun cheering for him at Worlds and - hopefully - on to the Tokyo Paralympics in 2020. If you'd like to keep abreast of his journey on social media, you can follow him both on Facebook (<https://www.facebook.com/JimmyT36>) and Instagram (@jimmy_t36).

Club Uniform range expansion

Last season we received some requests for an AW uniform in a T-shirt style. Investigation has begun, with further information to become available ahead of the new season starting.

Club Jacket

The AW Jacket is making a comeback: if we receive at least twenty orders. Priced at \$45 and available in Dark Grey, Red or Royal Blue, it's a stylish cut and will have our Club logo embroidered on the left breast. Please check the [manufacturer's website](#) for pictures and sizing details. We hope to submit our order early in the Summer Season - or as soon as we reach the required numbers. Make sure you don't miss out by sending your order to athleticswollongong@gmail.com; we'll reply back with our bank details so that you can make a funds transfer. If we subsequently fall short of the target, it's your money back.

Active Kids Vouchers x 2

The popular Active Kids Voucher program has been expanded. *Two* \$100 vouchers will now be available each year for school-enrolled children to put towards sports membership and registration costs. The second voucher will become available on 1st July, with the NSW Government's Office of Sport hoping it will encourage kids to remain active year-round. Once our registration period opens (in August/September) we'll let you know how to apply your voucher towards your Athletics Wollongong membership. We've been told that a new registration portal and online entry system will be in place next season - hopefully redeeming the voucher will be better integrated. For more information on the Active Kids Voucher scheme, see the [Office of Sport's website](#).

AW Winter Competition

Athletics Wollongong's Winter Competition is now into its second month and will continue through until the end of August. The comp is held alongside the popular – and free! - parkrun series of events. These 5km runs are held all throughout the world - and locally at 8am each Saturday morning at Sandon Point, North Wollongong and Shellharbour. The first parkrun of the month will have a 'preferred' location, to promote a catch-up of AW folk. July's preferred parkrun will be at Shellharbour. See the link on our Competition page for more details on the [Winter Competition](#) and find course information at [parkrun's website](#).

ANSW Winter Series

Current members may be eligible to participate in Athletics NSW's Winter program of Cross Country, Road Races and Walks Championships. Those with a Full membership have already been emailed an entry code from ANSW to receive free or discounted entry to these events. Interested Club and Community members may upgrade their membership – and gain eligibility for these events - by contacting the ANSW office. Finally, Duals will have to check [ANSW's calendar](#): they receive free entry into the Waratah Run Series, but will have to purchase a \$45 RunNSW membership to get the discounts in the Greater Bank Fun Runs.

NSWPSSA National Championships Selection

School Athletics Carnivals are well underway and those in the NSWPSSA system may have the Australian Championships as a target. The 2019 edition is being held in Darwin and – given the extreme temperatures at the time of year that they’re typically contested – the Champs have been brought forward to September. This is *before* the State Championships and consequently there is a new way to qualify for nationals: a separate selection trial to be held at SOPAC on August 8th. Interested athletes need to apply by 5pm, Wednesday 26th June. See more details for the event on the [Department of Education website](#).

Coaching

Athletes progressing through school carnivals, or perhaps those with a view towards the upcoming season, could gain great benefit from coaching. You needn’t be a superstar to be coached; you just have to hold an interest in personal improvement. Athletics Wollongong is affiliated with coaches of all disciplines. See the list on the [Club website](#) and begin the journey of becoming the best version of your athletic self, today!

Coming events

- 22nd June, [NSW Cross Country Championships](#), Nowra
- 23rd June, [NSW Road Walking Championships](#), Chipping Norton
- 13th July, [RunNSW Street Relays](#), Ourimbah
- 21st July, [NSW Trail Championships](#), Port Macquarie
- 28th July, [Long Walks Championships](#), Chipping Norton
- 3rd August, [Short Course and LANSW Cross Country Championships](#), Rydalmere
- 25th August, [NSW Half Marathon Championships](#), Olympic Park
- 31st August – 7th September, [Oceania Masters Championships](#), Mackay
- 11th September, [Sydney Schools Nitro Challenge](#), SOPAC
- 15th September, [NSW Marathon Championships](#), Milsons Point to Opera House
- 17th September, [Schools Relays](#), TBA
- 26th – 29th September, [NSW All Schools Championships](#), SOPAC

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](#).