

# AW Awesome Tales

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

## 200m Zoom

This Wednesday at Athletics Wollongong we're holding the inaugural 200m Zoom. Our generous sponsor Process Integrations are putting up a prize pool for our fastest male and female athletes over the 200m distance. To celebrate the Club's 60<sup>th</sup> Anniversary, \$60 will be going to each winner, as well as to two lucky runners whose lanes are randomly drawn from among the heats. **Everyone has a chance to win!**

The Director of Process Integrations is current member *and* Club Legend, Peter Gandy. The 200m was his signature event: Peter won National Championships, represented at the Commonwealth Games, was selected for the Olympics and is on the Australian All-Time Ranking Lists to this day. He hopes to inspire the next generation of sprinters in the region and holds hopes that this event will only get bigger and better in the future. The timing is perfect for those preparing for State Titles and we hope to see a big turn-out.

## Athletes' Choice

The supporting program for the 200m Zoom is being chosen by popular vote. The polls close tomorrow afternoon, so VOTE NOW. Click here to cast your ballot:

<https://www.surveymonkey.com/r/8M36PS6>.

## State Championships

It's the business end of the athletic season and the State Championships are underway! This weekend are the State Multis, with the Masters set for the weekend following. Note that due to the ongoing problems with online entry, the closing date for Masters has been extended until this Monday at 9am. Our remaining athletes will then get their opportunity to battle the rest of NSW over the next few weeks: the Junior State Championships are 22<sup>nd</sup>-24<sup>th</sup> February (entries close 13<sup>th</sup> Feb) and Opens will be held 8<sup>th</sup>-10<sup>th</sup> March (entries close 27<sup>th</sup> Feb). In each instance, see Athletics NSW's website for more details:

<http://nswathletics.org.au/Events/Calendar>.

## **Bibs and Uniforms**

A reminder that you'll need an Athletics Wollongong uniform if you're intending to compete at the State Championships or any other upcoming ANSW event. You can purchase singlets and crop tops from us for \$40. Come in on a Wednesday and pick them up, else get in contact to arrange an alternative time. We leave it to athletes to supply their own pants, given the wide range available and wearer preference. They should be plain royal blue but people have been able to get away with wearing plain black for many years now, if you find that colour easier to source.

If you're intending to compete at an event where you need an AW uniform, you'll also need to be wearing your rego numbers front and back. Dual members use the same bibs that they received from their Little A's centre (if one's sewn onto your Little A's uniform we've been told that you can pick up a replacement from athlete check-in). Everyone else now picks their numbers up at the first ANSW event they attend: when you go and check in, you collect your bibs at the same time. Note that if you do an online entry ahead of collecting your numbers, you should put '0' in the rego number field.

## **Illawarra Aquathon & Wollongong Splash**

A big thank you to those who were able to assist at the Illawarra Aquathon on Australia Day! For the last few years Athletics Wollongong has helped with check-in and late entries. The race organiser is a former Club member and gives us a donation for our assistance. We did such a good job that he's asked us to back up at the Wollongong Splash on March 2<sup>nd</sup> (<http://splashdash.com.au/>). The money we raise from these efforts goes to athlete support, including helping those who qualify for the National Championships. Note however, that to receive financial assistance it's a requirement to have helped at a Club fundraising event. This will definitely be the last chance for this season so, if you're yet to assist, get your name in quick. Details are yet to be finalised, but it's likely that we'll be required from around 6:30am to 10:30am. Send an expression of interest to [athleticswollongong@gmail.com](mailto:athleticswollongong@gmail.com) and we'll keep you updated.

## **Wednesday Competition Update**

A quick squiz at our Competition Calendar will show that there are only 6 more weeks of our local meets. Following this Wednesday's 200m Zoom and Athletes' Choice, we'll do one more rotation through the program: a final chance for members to set a season best in each event or claim a Club record! Along the way we'll also hold the popular Turkey Run on the 20<sup>th</sup> February. In this event athletes are tested on judging pace: they run a race twice, trying to complete it in exactly the same time; whoever's closest, wins. Our final Wednesday meet is on 13<sup>th</sup> March which will include a FREE BBQ for members and their supporters, as well as some handicapped events. Lastly, don't forget to keep the evening of **Saturday, 4<sup>th</sup> May** free for our **Presentation and Awards Evening**.

## **The LONG Weekend Review**

A large contingent of Athletics Wollongong members made the trek to Newcastle for the NSW Country Championships over the Australia Day weekend. They were met with stifling conditions, the program being called to a halt a number of times due to temperatures exceeding safety guidelines. Given the heat, special note must be made of Anthony Howlett competing in ten events (winning a medal in all but one) and – close behind – Tim Martin contesting nine (including doing a 3000m walk and a 3000m steeplechase back to back!). Delta Amidzovski had some stunning performances among her seven events, breaking three records, and winning six gold and a silver. Full results of our members' performances are available on the Club website.

Our members were also in action at the Canberra Grand Prix. World and Paralympic Champion James Turner showed his form over the shorter 100m distance to great effect. As did Karlee Symonds who, in her first ever senior competition, broke the Australian and Oceania T11 100m records in the U18s, U20s and Open categories. Stay tuned for more from both of these athletes!

## **Coaching**

There is a list of AW-affiliated coaches on the Club website: check it out! Note that we have free coaching sessions each weekend (subject to Beaton Park availability):

- Saturdays, 9am-11am: throws training with Phil Frkovic
- Sundays, 8am-10am: pole vault training with Barry McClelland and co.

## **Coming events**

- 6th February – Process Integrations 200m Zoom + Athletes' Choice
- 8th to 10th February – NSW Masters Championships
- 22nd – 24th February – NSW Junior Championships
- 8th – 10th March – NSW Open Championships

## **Contact details**

Email Dave Ross at [davidrosswollongong@hotmail.com](mailto:davidrosswollongong@hotmail.com) with athletics results to include in our regular Wollongong Advertiser & Lake Times column. Send other enquiries to [athleticswollongong@gmail.com](mailto:athleticswollongong@gmail.com).

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