



# WOODY YALOOK ATHLETICS CLUB NEWSLETTER

OCTOBER, 2023

[www.woodyathletics.org.au](http://www.woodyathletics.org.au)  
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## PRESIDENT'S WELCOME

BY: BENITA MARTIN



On behalf of the committee, I warmly (in spirit & hopefully in weather) welcome all new and returning members to our 2023-24 Track and Field Summer Season. We look forward to an exciting calendar full of fun and activity!

The club's focus is always on trying our best, not being the best. We record results of all activities and track personal best times and distances, so that participants can strive to improve their own times and focus on personal growth and development in a supportive environment.

The club's backbone is the support and generosity of all parents and spectators who volunteer each week to provide a great evening of activity each Friday. The committee encourages everyone to help throughout the season, whether that be cooking the bbq, setting up the oval, packing up the oval, measuring, recording, timing...all jobs assist the smooth running of the club and add up to a friendly and inclusive community club.

We can't wait to see the kids out on the oval again this season!

## TRACK & FIELD DETAILS

**Start date:** Friday 13th October  
4.30pm SHARP

**Season:** Fridays 4.30pm during  
Term 4 and Term 1

**Where:** Haddon Recreation  
Reserve, Sago Hill Rd

**Events:** High jump, triple jump,  
long jump, shot put,  
javelin, discus, sprints, distance  
running, walking, hurdles



## SPONSORS

Woody Yaloak Athletic Club is fortunate to have many generous sponsors. Without their donations, our club would not be viable. We thank **ALL** our sponsors for their contributions. Please see our website for all sponsors.

Below we are highlighting our GOLD sponsor. Thanks for your support.



New sponsors are always welcome!



## TRACK & FIELD NEED TO KNOW

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- Each age group needs at least 2 helpers
- Read the instructions in the clipboard for each event before undertaking
- Record all measurements and times on the recording sheet provided
- Measure throws and jumps to the nearest cm
- Use the stopwatches provided to time running and walking events

## Can you help?

We have a fundraising BBQ at Bunnings DTC on November 26th. Many hands make light work!

## WHAT'S COMING UP

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### BBQs

Barbeques will be held each Friday night. We aim to keep prices low to encourage families to congregate after competition. Helpers will be needed for cooking, serving and collecting money.

### Ribbon nights

There will be a number of club championship nights throughout the season. On these nights ribbons will be presented for 1st, 2nd and 3rd places.

### Runathon

This fun night sees participants completing as many laps of the oval as they can within an hour, all the while raising money for the club! Fun obstacles are set up for those not taking it too seriously.

### Walking clinic

A race walking clinic will be held one night during the season. As per previous years Darrel, from the Ballarat Race Walking Club, will come and guide members through the correct technique (which is not running!).

## COMMUNICATION

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The club communicates through Facebook and StackTeam App, with regular updates on scheduling, tips and tricks and photos shared. Please join these social channels to stay up to date with all the happenings at the club.



## GENERAL SAFETY

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### CHILD SAFE POLICY

Anyone in attendance MUST adhere to our Child Safe Policy. We are all responsible for protecting our children.



### FIRST AID

We have accredited first aiders and a first aid kit



### SLIP SLOP SLAP

Please wear hats, sunscreen and bring your water bottles

# CROSS COUNTRY SEASON 2023



## FROM THE PRESIDENT

BY: BENITA MARTIN

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We have just completed our winter cross country season and congratulate everyone on a terrific season. Our cross country runners show great dedication getting out in the cold and wet throughout winter and are rewarded with some beautiful scenic runs...and some occasional hot chips too! Thank you to all the parents who show up each week and support the season. I'd also like to acknowledge the adults runners who really add another dimension to cross country and demonstrate great active habits, even in our old age!



## CROSS COUNTRY WINNERS

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**JNR AGGREGATE WINNER** – Huon Anderson

**SNR AGGREGATE WINNER** – Brian Morris

U/6 Alyssa Earl

U/8 Theo Earl

U/10 Huon Anderson

U/12 Lucas Earl

U/14 Ava Ashmore

U/16—Open Brian Morris

**Encouragement Award:** Fletcher Morris,  
Declan Earl, Jed Burns



## ***DID YOU KNOW?***

The Woody Yaloak Athletic Club was founded by Peter Luke 25 years ago!

# CROSS COUNTRY SEASON 2023

## CROSS COUNTRY WINNERS CONTINUED.....



### **Smythesdale Handicap: Sponsored by Smythesdale IGA**

Junior race winner – WINTER MARTIN

Senior race winner – AVA ASHMORE

### **Scarsdale Handicap: Sponsored by Scarsdale Family Hotel**

Junior winner: DECLAN EARL

Senior winner: CHRIS EMMERSON & ELIZABETH WALSH

### **Golden Acres Sprint: Sponsored by Luke Family**

Junior race winner – THEO EARL

Senior race winner – PIPPA WHITE

### **Emmerson Handicap: Sponsored by Chris Emmerson**

Junior race winner – HUON ANDERSON

Senior race winner – LUCY FINCH

### **King/Queen of the Mountain:**

Junior Queen – GRACE MCKEE

Junior King – MICHAEL MCKEE

### **Sponsored by Avalon Nursery**

Junior Queen – RUBY ASHMORE

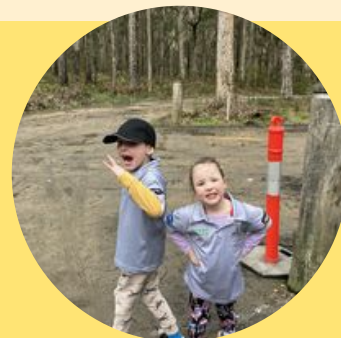
Senior King – LUCAS EARL

### **Sponsored by Smythesdale Post Office**

### **Ross Creek Handicap: Sponsored by Begbies Construction**

Junior race winner – ANABELLE FINCH

Senior race winner – SULLIVAN MARTIN



### **Liversage PINK RUN: Sponsored by Liversage Family**

Junior race winner – ALYSSA EARL

Senior race winner – PIPPA WHITE

### **CLUB CHAMPIONSHIP HANDICAP**

JNR HANDICAP WINNER – WINTER MARTIN

SNR HANDICAP WINNER – LUCAS EARL

U/6 – LACHLAN HATT

U/8 – LEROY BURNS

U/10 – HUON ANDERSON

U/12 – SULLIVAN MARTIN

U/14 – AVA ASHMORE

U/16 – Open – BRIAN MORRIS



## **WOADY YALOK ATHLETICS CLUB COMMITTEE MEMBERS**

PRESIDENT: Benita Martin

VICE PRESIDENT – Lucy Finch

SECRETARY – Cath Matthews

TREASURER – Tina Davidson

COORDINATOR – Peter Luke

COMMITTEE MEMBERS – Chloe

Chattenton, Jason Turkenburg, Sarah Luke, Chris Emmerson