



# WOADY YALOOK ATHLETICS CLUB NEWSLETTER

OCTOBER, 2024

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

BY: BENITA MARTIN



On behalf of the committee, I warmly welcome all new and returning members to our 2024-25 Track and Field Summer Season.

The clubs 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 in a supportive environment.

The Committee have worked hard to respond to feedback received in our end of season survey for 2023-24. Some initiatives we are trialling include new instruction boards to provide clarity on measuring expectations, tips and technique advice. We'll also have more visible starting points at running events.

As always, we will be looking for helpers throughout the season and encourage all parents to help with roles on Friday nights, or during the week.

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

## TRACK & FIELD DETAILS

**Start date:** Friday 18th  
October 4.30pm

**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 page 3).

## GOLD SPONSORS



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 at each event
- 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

## Look the part

We now have Woody Yaloak Athletic Club hoodies! We'll let you know when the next ordering opportunity opens.

## 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 Friday 8th November. 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

# CLUB INFORMATION 2024

## 2024-25 TRACK AND FIELD SCHEDULE



### OCTOBER

18th Day 1

25th Day 2

### NOVEMBER

1st - **NO ATHLETICS**

8th Day 3 - Includes walking clinic

15th Day 4

22nd Day 5

29th Day 6

### DECEMBER

8th Handicap Night & Christmas breakup

### JANUARY

31st Day 7

### FEBRUARY

7th Day 8

14th Day 9

21st Championships 1

28th Championships 2

**MARCH 7th - NO ATHLETICS**

14th Runathon

21st Handicap Night

28th GRAND PRIX

FINAL/Breakup/Trophy night



## FULL LIST OF SPONSORS

- Begbies Contracting
- Wiltshire Auto Repairs
- Dela Landscaping Supplies
- ESR Transport Planning
- Inland Motor Body Works
- Morris Constructions
- Sinclair Meats
- Smythesdale Country Grocers
- UFS Pharmacies
- Emerson Financial Group
- Haddon General Store
- Hammonds Paints
- Haddon Primary School
- Little Wonders ELC
- Liversage Family
- Luke Family

## CONGRATULATIONS



Congratulations to Clover Roberts and Sullivan Martin for being recognised in the Golden Plains Youth Recognition Program for their contribution to the Woody Yaloak Athletic Club. They were the Young People of the month for May 2024.



## WOODY YALOK ATHLETICS CLUB COMMITTEE MEMBERS

PRESIDENT: Benita Martin

VICE PRESIDENT - Chloe Chattenton

SECRETARY - Cath Matthews

TREASURER - Lucy Finch

COORDINATOR - Peter Luke

COMMITTEE MEMBERS - Sarah

Widdowson, Brett Earl, Ross

Menhennet, Akala Menhennet,

Chantelle Harwood, Dion Howlett



# CROSS COUNTRY SEASON 2024



## FROM THE PRESIDENT

BY: BENITA MARTIN

The cold winter months saw a brave group of runners facing the elements during our cross country season. Cross country is a great way to connect with nature and our local bushland, while keeping warm running in the winter chill. Puddles are dodged, sticks collected, mud is also collected on shoes and legs! The weekly chocolate draw and occasional hot chips added a further smile to the faces of all. Thank you to the families who helped with setting out the runs, as this relieved some of the burden on Pete each week. To mark the end of a great season, a trophy night was held recently with lots of happy winners and smiling faces.



## CROSS COUNTRY WINNERS



JNR AGGREGATE WINNER – Alyssa E

SNR AGGREGATE WINNER – Huon A

U/6 Alyssa E

U/8 Theo E

U/10 Declan E

U/12 Huon A

U/14 Ava A



**Encouragement Award:** Aurora W, Lucas E, Leroy B, Fletcher M



## DID YOU KNOW?

The Woody Yaloak Athletic Club was founded by Peter Luke 26 years ago!