



WOODY YALOEK ATHLETICS CLUB NEWSLETTER

OCTOBER, 2025

www.woodyathletics.org.au
Email: info@woodyathletics.org.au

PRESIDENT'S WELCOME

BY: BENITA MARTIN



I would like to extend a very warm welcome to the Woody Yaloak Athletics Club Track and Field Season 2025 – 2026. On behalf of the committee, welcome to all new and returning participants, volunteers, sponsors and spectators to the summer season. Our club continues to grow in numbers and opportunities for participants and we can't wait to share another jam-packed season with you. Thanks to our continued fundraising efforts, we have some new equipment to give us the opportunity to run three high jump stations, as well as three shot put stations. As a development club, our focus is always on trying our best, not being the best. We record results and track personal best times and distances, so participants can strive to improve their own times and focus on personal growth and development in a supportive environment. Check out our Facebook posts to celebrate these amazing improvements each week.

I sincerely thank all the wonderful businesses who offer support and sponsorship to the club, and I encourage everyone to support these businesses. We always welcome new sponsors, so if your business or another that you know would be interested in supporting the club, please see any committee member. I look forward to meeting all current and new members of the club over the season out on the oval.

TRACK & FIELD DETAILS

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



Look the part

Along with singlets, and t-shirts, we now have Woody Yaloak Athletic Club hoodies! We'll let you know when the next ordering opportunity opens.



TRACK & FIELD NEED TO KNOW

- Each age group needs at least 2 helpers
- Read the instructions on the A-frames 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

WHAT'S COMING UP

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.

Specialist clinics

Throughout the season we will have specialist clinics scheduled where experts will volunteer their time to teach athletes the correct technique and provide specialised coaching. These include Race Walking, Javelin and Triple Jump (with a few others in the works).

COMMUNICATION



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



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 2025

2025-26 TRACK AND FIELD SCHEDULE



OCTOBER

17th Week 1

24th Week 2

31st **NO ATHLETICS** - Long weekend

NOVEMBER

7th Week 3 - Javelin clinic

14th Week 4 - 1500m & Javelin clinic

21st Week 5 - Walk clinic

28th Week 6 - Hurdles & Triple Jump clinic

DECEMBER

5th Week 7 - Triple Jump clinic

12th Week 8 - Christmas breakup

FEBRUARY

6th Week 9

13th Week 10 - Walk clinic

20th Week 11 - Championships 1

27th Week 12 - Championships 2

MARCH

6th **NO ATHLETICS** - Long weekend

13th Week 13 - Handicap Night

20th Runathon

27th Trophy night



SPONSORS 2024-2025

We are fortunate to have many generous sponsors. Without their donations, our club would not be viable.

THANK YOU

- Begbies Civil Contracting
- Haddon Primary School
- Sinclair Meats
- Smythesdale Country Grocer
- Bunnings Warehouse
- Wiltshire Auto Repairs
- Liversage Family
- Haddon General Store
- Morris Construction
- Dela Landscaping
- Inland Motor Bodyworks
- ESR Transport Planning

WOADY 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, Sally

Collins, Vanessa Cameron, Nathan

Bastock

We want you!

We always welcome new sponsors, so if you know of a business that would be interested in supporting us go to

<https://woadyathletics.org.au/sponsors-and-supporters/>

Sponsorship starts from \$250 per year

CROSS COUNTRY SEASON 2025

SEASON REVIEW

BY: SARAH WIDDOWSON

Throughout term 2 and term 3 we participated in the Cross Country season. We ran different courses out in the Woody Yaloak region including Haddon, Smythesdale, Scarsdale and Ross Creek. We had a couple of wet weeks but made the most of the good weather! It was so good seeing the kids (and adults) have a run, and then play in the bush nearby. Even some puddles were jumped in! We finished a few nights with hot chips and a sweet drink. Oh and we can't forget the wonderful chocolate/lolly game we played after every run. Every child that ran got their name in the draw to win either a bag of lollies or chocolates. By the end of the season the children and families had become closer and everyone was happy walking away with an award. A small but great Cross Country season.



DID YOU KNOW?

The Woody Yaloak Athletic Club was founded by Peter Luke 27 years ago!



CROSS COUNTRY WINNERS



JNR AGGREGATE WINNER – Ruby S

SNR AGGREGATE WINNER – Huon A

U/6 Lacey B

U/8 Ruby S

U/10 Leroy B

U/12 Huon A

U/14/16 Ava A

