

# EPPING ATHLETE

Newsletter – September 2018



## Bendigo Community Bank Sponsorship

We are pleased to announce a sponsorship arrangement with Bendigo Bank - Epping Community Bank Branch. Your Club relies on the support of organisations like Bendigo Bank to help fund our activities and promote athletics in the local community.

A presentation was made last Thursday with a cheque for \$2,500 handed to the club by their Branch Manager

Stephen Hu and Liaison Officer Stefan Sojka.

EDAC and Bendigo Bank - Epping Community Bank Branch look forward to working with each other to promote each parties activities.

## Pick Up and Drop Off.

Mum's and Dad's please ensure a coach or club official is present at the Centre before leaving your child at training.



## Coaching Update

Allan & Larissa have been back from Estonia for a few weeks.

Larissa picked up some valuable experience whilst competing at local championships.



## Current Session Times

**Mondays:** 4.30 – 6.30 Do your own thing, track or gym. Baerbel is away until October.

**Tuesdays:** 4.30 – 6.30 with Allan, Larissa & James

**Thursday:** 4.30 – 6.30 with Larissa, Margaret & James

**Sundays:** 8.30 – 11.00 with Allan

*Allan has requested that for Tuesday and Thursday sessions all athletes should be warmed up and ready to start by 5.00pm*

*Allan says "Don't be late or you are in Big Trouble!!"*

## Social Running Group

This group meets every Thursday at 6.20 pm.

Check our Facebook page for Trevor's weekly program which can include Street Runs, Mini Boot Camps, Bush Runs and soon to be yoga.

## World Masters Championships



Baerbel Koribalski and Ellena Cubban are currently in Europe where they will compete in the World Masters Athletics

Championships which are being held in Malaga Spain from 4<sup>th</sup> to 16<sup>th</sup> September.

Good luck and bring back some medals!!

## Dual Athlete Registration Process

- 1) Dual aged Athletes will register once through the LANSW website.
- 2) During their registration on the LANSW website, athletes will also pick their senior club (**Hopefully Epping!!**).
- 3) All athletes will receive their set of bibs from their LANSW centre. This set of bibs will double up as their Athletics NSW Competition Bib.

### Bibs



For the 2018/19 season, there will be two different types of Competition Bibs:

- A Dual Athlete Bib
- A Standard Athlete Bib

The Dual Bib will be worn by all Little Athletics NSW athletes between the ages of 11 and 17 years.

This Bib will be worn at both LANSW and ANSW events/competitions on their Little Athletics uniform and will come in a set of two. The Standard Athlete Bib will serve all Athletics NSW Members (excluding Dual Athletes).

## Distribution of Bibs for Senior Athletes

The distribution of bibs will be made by Athletics NSW at Athletics NSW events.

Bibs will not be distributed by clubs as in previous years.

Bibs will be available for athletes at Athlete Check-In for collection and will be marked off a master list. Bib numbers will be automatically allocated by the Athletics NSW system.



27-30 SEP	NSW All Schools Championships
6 OCT	NSW 10000m Championships
10 NOV	NSW 3000m Championships
24-25 NOV	NSW Relay Championships
15 DEC	NSW Club Championships
24-27 JAN	NSW Country Championships
25 JAN	Hunter Track Classic
2 FEB	NSW 5000m Championships
2-3 FEB	Combined Events Championships
8-10 FEB	NSW Masters Championships
22-24 FEB	NSW Junior/Para Championships
23 FEB	Sydney Track Classic
8-10 MAR	NSW Open Championships



# 2018-19 SUMMER EVENT CALENDAR

## 2018 EVENTS

	DATE	EVENT	VENUE
October	6th	All Comers / 10,000m Championships	BANKSTOWN
	13th	Treloar Shield 1	BLACKTOWN
	20th	Treloar Shield 2	SOPAC
	27th	Club All-Comers	REGIONS
November	3rd	Treloar Shield 3	CAMPBELLTOWN
	10th	Treloar Shield 4 / 3,000m Championships	SOPAC
	17th	Club All-Comers	REGIONS
	24-25th	NSW Relays	SOPAC
December	1st	Treloar Shield 5	CAMPBELLTOWN
	15th	Club Championships	SOPAC
	22nd	Albie Thomas	BANKSTOWN

## 2019 EVENTS

	DATE	EVENT	VENUE
January	5th	Treloar Shield 6	SOPAC
	12th	Illawarra TC	WOLLONGONG
	12th	All-Comers	NEWCASTLE
	19th	Treloar Shield 7	SOPAC
	24-27th	NSW Country Championships	NEWCASTLE
	25th	Hunter Track Classic	NEWCASTLE
February	2nd	All-Comers / 5000m Championships	BANKSTOWN
	2-3rd	NSW Combined Events Championships / All-Comers	BANKSTOWN
	8-10th	NSW Masters Championships	SOPAC
	16th	All-Comers	ILLAWONG
	22-24th	NSW Junior and Para Championships	SOPAC
March	23rd	Sydney Track Classic	SOPAC
	2nd	All-Comers	CAMPBELLTOWN
	8-10th	NSW Open and Para Championships	SOPAC
	16th	All-Comers	BANKSTOWN
	23rd	All-Comers	SOPAC

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