

## CLUB HISTORY

Terrigal Wamberal Little Athletics had its inaugural season at Duffy's Oval in 1984-1985. Richard Clark was a founding member and the Club's first, and long serving, President. David Small, John Bramwell and David Knox also had significant terms as President and saw the Club through its glory days in the 1990s to early 2000s - a time period from which a significant number of Club Records still stand and in which a majority of the Club's state level medalists competed.

In 2000, clearly inspired by the Sydney Olympic Games, 25 athletes attended the State Championships - the most ever in one year for the Club. Sprinter Owen Martin is a four-time State Championships gold medalist who achieved an Australian record in 2001. And Warrick Whitmore received three gold medals in middle distance events in back to back State Championships in 2004 and 2005.

Another prominent athlete, Mitchell Knox, won gold at the State Multi Event (now called State Combined Events) five times between 1995 and 2000 - one performance of which included a State Record. An impressive record of achievement. He was also a part of the gold medal winning Junior Boys relay team at the 1998 State Championships. Jade Roughan is another extremely talented athlete from this era - winning gold and setting a state record and winning one other gold and one bronze medal at the State Multi between 1997 and 2003. During the same time period she also won four bronze medals at the State Championships.

Kylie Palmer also deserves a special mention as she is the athlete who has competed in the all time most events on behalf of the Club - 1143 events between 1994 and 2003. Not far behind Kylie is our own Rebecca Knowles (one of our newest Committee members) - known in the record books by her maiden name Rebecca Daly. Bec competed in 1131 events on behalf of Terrigal Wamberal Little Athletics and now has three of her own children enrolled with the Club.

Since its earliest days, the Club has been supported by community sponsors. None was more dedicated than Harry Comninos of Freedom Pools - a major sponsor for over 15 years. Harry was also a Club coach, dedicated Committee member and father of Aristides and Anastasia Comninos - athletes whose event count totals remain at third and fourth of all time more than 20 years after they participated in their last events for Terrigal Wamberal. Recognised as a Life Member for all his efforts, Harry has recently returned to the Club to once again assist with coaching and officiating. We are very grateful for his continued association with Terrigal Wamberal Little Athletics.

Of course many, many others have contributed to Terrigal Wamberal's overall success - in looking back through the club's paperwork, the Committee at times consisted of more than 20 hard-working parents and volunteers (many of whom continued to serve even after their own children had left Little Athletics!)

The Committee has always worked closely with the local Council as well as the Sports Council to improve the facilities at Duffy's. In 1988 the shot put and discus areas were concreted, in 1996 permanent nets were built around the discus areas and in 1998 the synthetic triple jump area was built. In the early days, Committee members had to store equipment at their houses in the offseason. Luckily, in 1998 the Club was able to fund an extension to the original small room that served as the Clubhouse to gain valuable storage space. Now some 20+ years later, the entire facility is undergoing a renovation which should be complete by the start of season 2020-21.

Interestingly, the location of the major LANSW championships has changed over the years. Originally, the member clubs in the Central Coast Zone took turns hosting the Zone Championships at their Friday night competition location. Later, these championships would move to Adcock Park and then eventually to the purpose built athletics track at Mingara. Early Region Championships were held in Narrabeen as Terrigal Wamberal was then part of the Northern Metropolitan Region. This event now takes place at either the Hunter Regional Sports Complex in Glendale or Mingara and the club no longer competes against Sydney-based Clubs at this event.

The Club struggled with membership numbers for a period of time in the late naughties and early 2010s and was dealt a further blow when Duffy's Oval was closed for resurfacing - forcing season 2014-15 to take place in conjunction with Gosford Little Athletics at Adcock Park. However, Troy Sheary took on the role of President when nobody else would and saw the Club's numbers bounce back to healthy levels once competition returned to Duffy's Oval.

Most recently, the Club has been in growth mode under the partnership of President Michele Simos and Vice President Carmen Fleming. Supported by a very collaborative, active and growing Committee, the two have added income streams (through grants and sponsorships), expanded training opportunities, energized the volunteer base, substantially increased championships participation, encouraged development opportunities for coaches and officials and embraced the use of technology to promote the Club, eliminate cumbersome manual processes and better engage with members. Athletes from this modern era are also setting many Club Records and the numbers at our Friday night competitions remain strong.

The Club takes pride in its reputation as the best run on the Central Coast and a sense of community flows strongly amongst our members. We welcome all new members to join in and become part of the Club's longstanding history of hard work and achievement in the sport of athletics.