



MINGARA ATHLETICS CLUB

*Founded 1997 as Tuggerah Lakes Mingara Athletics Club by Tuggerah Lakes Mingara Little Athletics Club Inc
Became Mingara Athletics Club 2002 Affiliated with Athletics NSW*

HISTORY

The club began as a small training group for young aspiring Triathletes at Central Coast Grammar and about 6mths later moved to Killarney Vale 300m Grass oval. The group was coached by Margaret Beardslee. In April 1997, Tuggerah Lakes Mingara Little Athletics Club agreed to nominate the club to Athletics NSW thereby setting up a pathway from Little A's to Seniors. The club now boasts its home at the Regional Synthetic Track at Mingara and has over 100 members, including 15 ANSW accredited Officials and 10 Australian Track and Field Certified Coaches.

There have been some backbone members of the club and these people have continued to support the administration of the club since its inception. Ristuccia family: Tom Barbara and son Rob. Tom was the original President as he was the President of Little A's in 1997, and it was thought that the 2 clubs could work well together, and they did. The Beaton Family made any get together an event as Wendy who was the 2nd President had 4 daughters and the girls Nicole Jennifer Lenore and Ellen all talented athletes certainly helped make up numbers. Lenore and Ellen have just put their hands up to go on the committee this year. Trudy Rae then took the Presidency for 3 years and through her the club managed to work more closely with the Terrigal Trotters group. Trudy has moved to Sydney but remains a member of the club and one of our Patrons. During this time the Treasurers role has moved from other long term loyal members Greg Nielsen, Tony Murhpy Annette Nowlan and now rests with Anne Porta. The Secretary role has stayed with Margaret Beardslee. Robert and Margaret Beardslee founding members of the club have backboneed the coaching program since the beginning of the club.

Mingara Athletics Club is an all year round club with XC in the Winter and Track and Field in the Summer. The club has supported many events on the coast and as part of the Central Coast Region of Athletics hosted Country Championships, Metropolitan Club Premierships, State and local XC, and Athletic League Finals. Athletes from the club now attend Local, State, National, including the Telstra A Series events, and International Meets. Last year 4 athletes represented Australia in New Zealand, Spain, The Netherlands and Youth Olympics Sydney. The club attends Winter Road Races XC, Fun Runs up to Marathons, Road Track and XC Relays. Athletes from the club represented at nearly every Zone Region State and National level of both Summer and Winter School Athletics and X-Country

Mingara Athletics Club has been awarded a number of Premiership Awards

2002-2003 NSW Metro Track and Field Premiers
2002-2005 Runners Up Mingara Recreation Club of the Year
2006 / 2007 / 2008 Mingara Recreation Club of the Year
2006-2007 Silver Status Athletics NSW
2007-2008 Athletics NSW Gold Status
2005-2006 / 2007-2008 3rd Country Championships
2005-2006 Country Club Premiership Runners Up
2006-2007 / 2007-2008 Country Club Premiership Bronze

MEMBERSHIP

A wide range of membership has been targeted from Elite to General Fitness. Members can register to Athletics NSW or join as training members. . Membership is diverse as there are 14 disciplines of Track and Field Athletics. Pole Vault and Hammer are not currently on offer. In addition to the disciplines, are age groups: U16 U18 U20 U23 Open and Masters in categories of 10 year brackets. There are also Official and Coach only memberships. MEMBERSHIP is on an annual basis

and is due April 1st and expires March 31st. The NSW Sports Injury Insurance Scheme allows the club to take training members and include athletes who are not covered by Athletics NSW membership

SPONSORSHIP

Mingara Athletics Club is able to provide a graduated sponsorship programme for its athletes, thanks to funding from Mingara Recreation Club.

The club is also grateful for many local sponsors:

Killarney Vale Bakery Make Time Massage Krispy Kremes The Runners Shop Central Coast Cycles Bateau Bay Surf Shop

COMPETITION

Monthly Competition

Mingara Athletics Club organizes a monthly Track Competition on the First Tuesday of each Month at the Gatorade Regional Athletic Centre at Mingara. First race 5.45pm

Summer

Local Summer Track and Field program Mingara Officials and Athletes officiate and compete at the weekly Saturday morning at the Regional Athletics Centre from October until March.

The club and its athletes and Officials participate in:

The Country Club Email Premiership, whereby 4 or 5 local meet results are emailed to Athletics NSW and then scored against other clubs competing around the State.

The Country Championships a two day meet held at 2 year rotating venues of Glendale Wollongong and Central Coast.

Club Championships a one day meet in Sydney against any other club sending a male or female team to compete across 10 events.

Metropolitan Premiership: Usually 6 or 7 competitions and around in Sydney up until Christmas. Limited attendance to these meets due to qualifying standards for point scoring.

Allcomers Meets: General high level competition in Sydney for all athletes

State and National Championships: Many club athletes aspire to State and National standard. These meets are held in various age categories starting from January and ending with the Masters Championships March or April.

Grand Prix Meets: A number of our most talented athletes are invited and or qualify to compete at the National Series.

Winter

Local XC Competition April to September

Athletics NSW Winter competitions including:

State 10km Road Champs, ½ Marathon Champs, Walk Champs

Short and Long Course XC Championships

State Road and XC Relay Championships

COMMUNITY INITIATIVES

Thanks to the sponsorship of Mingara Recreation Club and cooperation of Tuggerah College, Mingara Athletics club is able to offer a school coaching program on Monday and Wednesday. The program runs for all four terms throughout the year and offers twice weekly coaching with certified professional coaches. Students are able to attend at a small cost. The program has been very successful in introducing new disciplines to the students.

Club Patrons

Werner Gross



Has a great interest in Athletics and is a Life Member of Western Suburbs Athletic Club. Was also a mutual friend of Frank McCaffrey who prompted Margaret to start the local club. Werner wanted to support the growth of Athletics here on the Coast and became a member.

Werner was Treasurer of the Region for a year and earned his Official accreditation and has helped at many local events, including all the Fun Runs early on when funds were being raised for the Track. Werner has been a quiet but staunch supporter over the years.

Trudy Rae



Has run 20 marathons including 11 ultra-marathons, (PB 3:20)

won Kempsey Marathon in 1994

won The Entrance Half in 1997

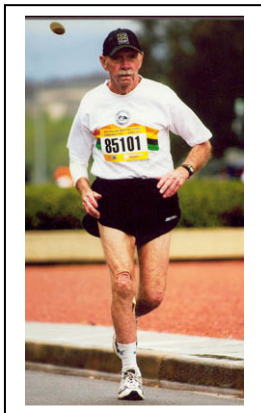
ran The Sydney Half in 90:00 flat.

joined Tuggerah Lakes Athletics in 1997 after a 17 year break from the track

ran favourite 200m distance against Nova Peris-Kneebone in 26.4. That race was captured live on Fox. Luckily I ran well for the camera.

In 1999, I conquered my most challenging achievement. I ran my own charity run from Terrigal to Westmead Childrens Hospital – running 100km in 1 day in 15hrs 29min, raising \$17,517 for the Cancer Care Appeal and Childrens Hospital. It was the most unselfish activity I have ever attempted. I trained solidly for 8 months, running daily/twice daily + 7 hour runs on Sundays, not to mention the piles of paperwork for fundraising. For this, she was awarded an Australian Sports Medal, presented by the Mayor of Gosford, initiated by the Queen, and endorsed by the Governor-General and Prime Minister of Australia.

Bill Fenney 11.03.1917



Our longest serving Patron from 1998 – 2009. First Ran Surf to City, at the age of 67 in a fantastic time of 59.04. Came to our attention after winning 9 Gold Medals at the Masters Games in Alice Springs in 1997. Events varied from 100m Track to ½ Marathon and Field Events.

Has regularly attends meetings Award Ceremonies, donated Annual Summer and Winter Trophies, and assisted at major Carnivals and fundraising activities.

Now 92 remains an inspiration to all members with his continual excellence in achievements and aspirations. He competes in distances from 100m to the Half Marathon at 21.2km. Readily assists athletes with injury and recovery massage advice. He is a model of physical health for all to admire and aspire to be

- At 88 Bill was honoured with a position in the Queens Baton Relay for the Commonwealth Games.

- He was Central Coast Express / 2GO Senior Athlete of the Year in 1994 and 1997 for his excellent performances at the Alice Springs Masters Games and the National Masters Games. He was also nominated in 2003 and 2004.
- In 1987 he was nominated for Australia Day Wyong Shire Sportsperson Award.