



CLUB SPOTLIGHT - NOWRA (COUNTRY)

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Nowra Athletics Club began in 1960. There have been thousands of members pass through the Club over the last sixty years and whilst members often come and go, moving on for a host of varying reasons, the Club remains strong and there are a large number of longstanding members still active within the Club. Peter Dooley, life member of Nowra Athletics Club, once said "the Nowra Athletics Club has been built to last".

We believe the key to the overall enduring success of the Club is being family oriented. We offer athletics to people of all ages and ability, catering for the tiny tots through to Master's athletes, focusing on the importance of participation and effort, not just winning. Our Club emphasises that enjoyment, personal improvement and satisfaction are imperative. Our cross country competition operates on a handicap start system so all runners have an opportunity to shine at the front of the field. This handicap system often sees parents standing on the podium alongside their children at season's end collecting their hard-earned trophies. As Publicity Officer, I make a point of praising not just the winners, but also the athletes who don't necessarily come first, drawing attention to how hard an athlete tried or how much they've improved, or complimenting those who are known as good sports. We have an annual junior and senior encouragement award especially for recognising a Club member who competes regularly, tries hard and shows improvement.

Very few sporting clubs are able to offer competition for all family members at the same time and venue and we are proud to be able to do this. Parents and masters athletes competing alongside juniors serve as role models, and teaches the young athletes the importance of having fun, having a go and being active. At times the inter-family rivalry produces its own motivation! NSW Country Championships features on our athletics calendar as a major highlight. It is always one of the friendliest, and inclusive events where all ages can share the athletic competition and social atmosphere. This year we had 50 athletes competing and it was a family affair for many, with multiple family members competing.



It's always great to see our young and masters athletes cheering each other on. As a Club we try hard to keep all our members engaged. We recognise how important it is for everyone to stay active for their physical and mental health and wellbeing. So, we hold community events and promote community spirit and hope that the connections we build encourage a lifelong love of athletics and physical activity. Last year, coming out of Covid lock down athletes were missing 'big competitions' so we introduced a new Championship event dubbed the Covid Cross Country Championships to inspire some local competition. The event attracted huge numbers and the community/family atmosphere was great. We followed this up with another championship event in the South Coast Ten and Three, an event intended to encourage cross country runners to merge with track running with a 10km and 3km race on the track. It was another big success.

Nowra Athletics Club conduct programs all year round including Cross Country, Track & Field and Road Running. Our Master numbers continue to grow with more athletes inspired to compete at a competition level, and many with great success! Kerrie Jones continues to grow in the throwing arena and Erin Smart is one of the most talented master athletes ever, winning state titles across a range of events from 60m up to 10,000m. Peter Dooley is another masters athlete who features prominently on the podium.

