

# National Cross Country Championships a success

On August 23 Albany came to life as 2,450 athletes, officials and spectators travelled from across the country to Albany for the Go for 2&5 2014 Australian Cross Country Championships.

Two main competitions were staged over the five day event with the Australian Cross Country Championships and Australian All Schools Cross Country Championships held on August 23 at Great Southern Grammar and the Australian Road Walking Championships and Australian Junior Road Walking Championships held on August 24 at Middleton Beach.

Albany Mayor Dennis Wellington attended the opening ceremony of the event and said Albany was very proud to be the host destination.

"It was great to see so many aspiring athletes competing. The energy and atmosphere of the event was astounding and excellent for the local economy," Mr Wellington said.

Local accommodation was at high capacity over the weekend and the CBD was bustling with competitors and their families.

Many competitors spent their Sunday sightseeing, with Discovery Bay reporting high visitation rates.

"The City has received positive feedback from event organisers and competitors about the high customer service standards offered by our local businesses," Mr Wellington said.

"We would like to thank all those



Competitors leaving the starting point at the National Cross Country Championships.

Photo credit to: John Forbes, MetroPhoto Australia

involved in the organisation of the event, and Great Southern Grammar for being such a good host."

Eventscorp analysis suggests more than \$2.3 million could be injected into the local economy as a result of the event.

The City of Albany is committed to attracting major events to Albany and making Albany a premier destination to live, work and visit.

## ATTENTION LOCAL BUSINESS OPERATORS

### Last chance to advertise in 2015 Amazing Albany Holiday Planner

The Amazing Albany Holiday Planner is the primary marketing brochure for Albany businesses looking to promote their services to as wide an audience as possible.

65,000 copies will be distributed

to the WA Visitor Centre, Regional Visitor Centres, domestic airports, the Perth Caravan and Camping Show, Perth Holiday and Travel Show, media, industry groups and as part of targeted marketing and promotional campaigns.

The deadline for advertising in the 2015 Amazing Albany Holiday Planner is Monday September 8.

Please email [advertising@amazingalbany.com](mailto:advertising@amazingalbany.com) for more details or to book.

## Get involved in stay on Your Feet Week 2014

The City of Albany would like to encourage the community to stand up and participate in Stay on Your Feet Week this September.

Stay on Your Feet Week aims to promote healthy, active ageing to reduce falls and the severity of fall related injuries among seniors.

Executive Director Community Services Cameron Woods said the City valued the health and wellbeing of seniors. "The City strives to provide programs and services for seniors that are not only enjoyable but also highly social," he said. Albany Public Library offers Stay on Your Feet fitness packs for loan, comprising of hand-held weights and a resistance band in two different strengths.

Albany Leisure and Aquatic Centre provides 'Fab 50s', an aqua-aerobics class which is ideal for older people along with 'Strong Seniors', a gym circuit class involving the use of low levels weights.

For more information on the Stay on Your Feet fitness packs please contact the Albany Public Library on 9841 9390 and for information on the fitness classes at the Albany Leisure and Aquatic Centre please call 9844 2250.

Stay on Your Feet Week takes place from 8 to 14 September.



## City of Albany Art Prize EXHIBITION OPENS TOMORROW



2013 Winner Overall Acquisitive Award: Reko Rennie. Bunbury Street (2013) acrylic and ink on linen

The coveted City of Albany Art Prize is back for 2014, with artworks from across Australia to be exhibited in a national showcase of contemporary painting.

Twenty nine finalists from Western Australia, New South Wales, Northern Territory, Victoria, South Australia and Tasmania will display their work at Albany Town Hall between 5 September and 12 October, following the announcement of the winners tonight.

The City of Albany Art Prize is a national survey of Australian painting currently in its seventh year and is fast becoming a major date on the Australian creative calendar.

It is open to living artists working in Australia and features a \$25,000 Major Acquisitive Prize sponsored by the Jack Family Charitable Trust. This prize also includes a four week studio residency in a self-contained cottage at the Vancouver Arts Centre in Albany with \$2,500 for associated expenses.

In addition to the Major Acquisitive Prize, a \$2500 non-acquisitive Commendation Award and \$2500 People's Choice Award are also available. The People's Choice Prize will be awarded via votes from visitors throughout the exhibition period.

Several public events are scheduled including two tomorrow Friday September 5.

See [www.albany.wa.gov.au](http://www.albany.wa.gov.au).

## Cycle City Albany Strategy adopted

A bold plan to transform Albany into one of Australia's primary cycling destinations has been adopted by Council.

The Cycle City Albany Strategy, which has been in development for more than 12 months, includes a variety of initiatives to promote cycling throughout Albany.

The vision is for Albany to "become one of Australia's primary cycling destinations – a Cycling City where the community embraces the social, health, economic and environmental benefits provided by cycling".

City of Albany Community Services Executive Director Cameron Woods said the Strategy was a result of positive collaboration with a range of community stakeholders over many months.

"This plan has received passionate support from the community and it is great to see it finally adopted by Council," he said.

Mr Woods said the Strategy was a bold vision which would take several years to fully realise.

"Making improvements to our cycling infrastructure is a key aspect, but equally as important is our aim of developing and promoting a positive culture surrounding cycling so that it is seen as a legitimate and normal use of the road, and boosting cycle tourism."

Some initial projects planned for 2014-15 include as a result of community feedback are below. These four projects were identified as a high priority, from the extensive consultation with the community and key stakeholders and are part of a three year co-funding agreement with Department of Transport.

Priority projects:

- A Feasibility Study for Hanrahan Road/Princess Royal Drive (including arterial routes into the CBD).
- Albany Hwy Shared Path (Western Alignment) - project funded by COA, Main Roads and Department of Transport.
- Barnesby Road Shared Path – linking school zone to Centennial Park/North Road precinct.
- Middleton Road on-road cycle lane (Stage 1) from St Emilies to Tasman Street.



City of Albany Councillor Bill Hollingworth, Project Control Group member Nikki Poulis and City of Albany Recreation Services Manager Sam Stevens.

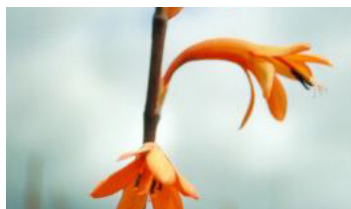
## Become involved in the eradication of weeds within the City of Albany

The City of Albany would like to encourage the community to assist with the eradication of weeds.

Albany Bushcarers Group is aiming to raise awareness and to actively involve community in on-ground projects including weed control, seed collecting and revegetation programs.

Weeds are a serious threat to Australia's primary industry production and natural environment, reducing farm and forest productivity, displacing natural species and contributing to land degradation.

Watsonia (Watsonia sp.) is flowering this month; this plant grows from corms and has many coloured varieties with flowers



in pink, white and orange.

Dense, sword-like leaves appear in winter followed by flowers on a long spike in spring, the flower stalks dry as the seed and bulb develop.

To control Watsonia you can dig up isolated plants and burn the corms and bulbs or dispose at a landfill site or in

general rubbish bins.

Chemical controlling Watsonia consists of spraying 100g 2,2 – DPA plus 25mL of wetting agent in 10L of water. If you require any further information about weeds or the Albany Bushcarers group please email [bushcarersgroup@gmail.com](mailto:bushcarersgroup@gmail.com)