

Raymond Terrace Athletics Centre

Newsletter 19 February 17, 2018

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS ROUND 5

THERE ARE JUST 3 CENTRE MEETS TO GO TILL THE END OF THE SEASON!

That means that today is your last chance for improvement points in personal bests and records for Round 5 events; and then for Round 6, Round 1 and Round 2 to finish the season.

THERE IS NO CENTRE MEET NEXT SATURDAY

Because of the large numbers of qualifiers for the Regional Championships, we will not be able to hold our meet next Saturday. All Committee members and numerous parents will be on the Central Coast with their athletes. Please check the notice board for the schedule days and times for your events. The times listed are to assure athletes that the events will not commence before that time **We have been allocated duties for some of the long and triple jump events. Good luck to everyone!**

TODAY'S CANTEEN ROSTER

9 till 9:45 – O'Loughlin family (U8) 9:45 till 10:30 - Wall family (U10)

CANTEEN ROSTER FOR MARCH 3

9 till 9:45 – Volunteer needed 9:45 till 10:30 - Carroll family (U11)

SCISSORS HIGH JUMP COACHING SATURDAYS AT 7:30

ANSW JUNIOR CHAMPIONSHIPS LAST WEEKEND

Four of our athletes and families travelled to Homebush last weekend to contest the ANSW Junior Championships. Competing at these Championships is compulsory for those who are going to compete at Nationals and is also their last opportunity to qualify for them if they haven't already. Despite the standard of competition being incredibly tough as expected, these athletes turned in exceptional performances. Congratulations to: **U14 – Ebony Newton** – 4th 200m & 80H, 6th 100m, **Keira McGregor** – 4th LJ, 5th TJ, 8th 100m, **U18 – Duncan Akerman** – 8th SP, 9th Disc, **U20 – Belle Leonard** – Gold 100H.

NEW RECORDS FOR FEBRUARY 10, 2018

Ashlyn Wall	U10 1500m	5-48.8
Duncan Akerman	U17 Disc	40.45m

UPCOMING EVENTS:

Sat 17 Feb	Centre Meet	
Fri 23 – Sun 25	LA Region Championships	Mingara, Tumby Umbi
Sat 24 Feb	NO Centre Meet	
Sat 3 March	LA State Multi	Wagga Wagga
Sat 10 March	Centre Meet	
Sat 17 March	Final Centre Meet for the season / BBQ	
Fri 23 – Sun 25	LA State Championships	Homebush
Sun 8 April	RTAC Presentation Day	RT Bowling Club
Wed 4-Sun 15 April	Commonwealth Games	
Tues 8 May	RTAC AGM & General Meeting	

BUSINESS OF THE WEEK: Please support these businesses that support us:

Cups N Saucers is a yummy place to enjoy something different in Raymond Terrace.

Tucked away downstairs in William St, near the Dentist, Cups N Saucers serves scrumptious savoury and sweet crepes with an amazing variety of traditional and surprising fillings, delicious hot breakfasts, including Eggs Benedict or Dutch pancakes; and fondue for 2 with strawberries, fruits and marshmallow skewers with Belgian Chocolate. The owners are formers RTAC parents and they previously owned the popular Cups N Crepes in Morpeth. They're open Mon to Fri from 7 till 3 and Saturday from 7 till 1. Check them out at www.cupansaucers.com or call them on 4983 1777. Their ad is on p14 of our Handbook.

Get It Off Men's Barbershop is located at 31 William St and is open 9 to 5 Monday to Friday and 8 to 11 Saturdays. Trudy offers great cuts for men and boys at a reasonable price, so keep her in mind if you need that back to school haircut. Bookings aren't necessary and her ad is on p 16 of the Handbook.

Nielsens Hire is a locally owned and operated hire company located at 299 Pacific Highway, Heatherbrae, just before Heather St. Nielsens specialises in earthmoving, access equipment, mowers, mini loaders and general builders' equipment and much more. They also offer affordable delivery rates to most areas; and are open 5 ½ days from 7am to 5pm Mon to Fri and 7am to Noon on Saturdays. Their ad is on p22 of our Handbook and you can reach them on 4987 4900. Don't forget to mention our Centre if you decide to hire from them.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre