

Raymond Terrace Athletics Centre

Newsletter 3 September 169, 2017

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 3 PROGRAM

Your lists of events are on the back of the age board.

FREDDOS ARE BACK IN

We've had another delivery of Freddos. We appreciate your support with this popular fundraiser. There may be just one more delivery next week, depending on demand. We hope to have all monies returned by the end of October.

COAST RUNNERS SHOP IS HERE TODAY WITH RUNNING SHOES AND SPIKES

Charlie can organise to ship to you for free, anything they don't have tomorrow.

LAST SUNDAY'S GREATER RAYMOND TERRACE FUN RUN

The weather was great and while numbers weren't as high as expected, the day went well. Thanks to our members who were either able to assist or compete.

ARE YOU COMPETING AT OUTSIDE COMPETITIONS?

See Deidre if you are competing in outside Championships or competitions to give her your results. We like to acknowledge the performances of our athletes in the Newsletter. The NSW Combined High Schools Championships and NSW Catholic High Schools were held over the last 2 weeks and we've heard of personal bests and medals won by our athletes. Please see Deidre with your results.

SKILLS COACHING CLINIC AT ADAMSTOWN NEW LAMBTON FOR U9 TO U17

Date: Tuesday, 26 September 2017

Venue: Alder Park, Bridges Road, New Lambton

Time: 9.00am - 2.30pm (sign on from 8.45am)

Age: U9-U17 (DOB: 1 Oct 2000 - 30 Sept 2009)

Events: Hurdles, High Jump/Scissors, Discus, Shot Put, Long Jump, Sprints/Relays

Cost: \$45 per athlete

Closing Date: Friday, 22 September 2017. Go to www.lansw.com.au to register.

PORT HUNTER ZONE MULTI AT MEDOWIE FOR U6 TO U17'S ON SUNDAY OCTOBER 22

It's rare for us to have an event so close to home so it's well worth entering. **Cost is just \$3 for an U6 and \$5 for U7 to U17, with a maximum of \$18 for a family entry.** There are 6 events and points are awarded on a multi event point score, so the better your result, the more points you get. **RTAC athletes receive 5 bonus points towards their end of season point score.** We have to provide 4 parents for the day for long jump but we will roster those through the day. Entries close October 14.

RTAC ANNUAL TWILIGHT PENTATHLON SATURDAY OCTOBER 28

Our 18th annual Pentathlon is being held here Saturday October 28 from 1:45pm, following our Centre Meet. We hope to have many of our athletes competing at this fun event. Athletes come from as far as Sydney, Port Macquarie and Singleton. There are medals for the first 3 girls and boys in each age group. Entry forms are on our website and on the verandah. **Cost is \$8 per athlete or \$20 per family (up to 3 athletes).** **Entries close Oct 25.**

TRANS TASMAN TRIALS ENTRIES CLOSE OCT 27

See information sheets on the verandah table. Tour dates are from January 4 to 16. This is primarily an educational tour with participation in the Colgate Games in Auckland (one of the biggest Athletics meets in Auckland) on January 6 and the Trans Tasman Challenge on January 14, also in Auckland. **A team of 25 girls and 25 boys from each of the U11 and U12, plus 4 reserves from each, will be selected based on performances from Oct 1, 2016 and Oct 21, 2017. Interested athletes should be at least STATE STANDARD and must** nominate with their event performances no later than Wednesday October 21 together with a deposit of \$200 (final payment of all costs, totaling approx \$3000 is due by Nov 24). **For Information bulletins, see www.lansw.com.au.**

NEW RECORDS FOR SEPTEMBER 9, 2017

Amelia Said	U10 1100W	6-40.4
Ebony Newton	U13 100m	13.2
Benjamin Edstein	U17 3000m	10-14.2
Belle Leonard	U17 100H	16.9
David Pisch	Masters 50-59 3000m	13-48.4

UPCOMING EVENTS:

Sat 23 Sept	Centre Meet
Sat 30 Sept	Centre Meet
Sat 7 Oct	Centre Meet
Sat 14 Oct	Centre Meet
Sat 14 Oct	Entries close Port Hunter Zone Multi
Sat 21 Oct	Centre Meet
Sun 22 Oct	Port Hunter Zone Multi
Wed 25 Oct	Entries close RTAC Pentathlon
Sat 28 Oct	Centre Meet
Sat 28 Oct	RTAC Annual Twilight Pentathlon – 2pm first event

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre