

Raymond Terrace Athletics Centre

Newsletter 5 September 30, 2017

www.raymondterraceathletics.com.au

TODAY IS WEEK 5 PROGRAM

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

12 BOXES OF FREDDOS LEFT

These are the last of our boxes, so if you'd like another, stop in on your way home.

WERE YOU BORN BETWEEN 1999 AND 2006?

If so, you could qualify for the 2018 Australian Junior Championships to be held at Homebush, Sydney, from March 14–18, 2018. Age groups are U14, U15, U16, U17, U18 and U20 based on the age you turn in 2018. Qualifying times, heights and distances for the 2018 Championships can be taken from January 2017 at NSW sanctioned events, eg Country Championships or regular Sydney competitions. Call Katie, our Athlete Liaison Officer, on 0417 240 120 with any enquiries. On the noticeboard are the 2017 entry standards that you can use as a guide until the 2018 standards are released.

ATHLETE RESULT FOR SCHOOL PRIMARY CHAMPIONSHIPS

Congratulations to U9 **Cooper McKenna** who finished 2nd in 100m and 1st in the Junior Boys 4 x 100m relay for Wirreanda at School Zone; and 5th in the heat of the 100m and 5th in the 4 x 100m relay at School Region.

ATHLETE RESULTS FOR SCHOOL STATE CHAMPIONSHIPS (CHS)

14yr Jack Kenny – 1st Jav at High School Zone and High School Region, 2nd at CHS (40.43m). This is Jack's first season of athletics with him only throwing javelin in school sport!

16 yr Ellen Ditton – 8th 90m hurdles at CHS in 15.15 secs.

17yr Duncan Ackerman – 2nd SP at CHS with a PB of 13.7m. Coached by Scott Clarke.

17yr Belle Leonard – 3rd 100m hurdles at CHS in 15.95 secs.

ATHLETE RESULTS FOR NSW CCC

12yr Ebony Newton – 1st 400m, 80m hurdles, 4 x 100m relay, 2nd 100m, 200m, 3rd LJ,

15yr Ben Edstein – 6th 1500m in 4mins 36secs

16yr Victoria Allen – 1st 100m hurdles in 16.69 secs

ATHLETE RESULTS FOR NSW CIS AND CSSA

11yr Keira McGregor – 1st 100m, 200m and LJ (CIS and CSSA) and awarded Female Athlete of the Meet

12yr Alana Pisch – 1st 4 x 100m relay (CIS)

13yr Grace Gray – 6th 800m with a 2 second PB, 7th 400m (CIS), 2nd 400m and 800m (CSSA)

Congratulations to everyone for such fantastic results! Please let me know if there are any other athletes.

ENTRIES CLOSE OCTOBER 14 FOR THE ZONE MULTI AT MEDOWIE

This is for U6's to U17's on Sunday October 22 and entry 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.**

COME TO OUR ANNUAL PENTATHLON ON SATURDAY OCTOBER 28

We hold our usual Saturday morning competition prior to the Pentathlon. 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). It's a great day of competition with athletes coming from Sydney, Port Macquarie and Central Coast. This carnival is a bit different from our Saturday meets as athletes and families are able to sit and wait for events to be called. **Five bonus points will be awarded to RTAC athletes, for the end of season's point scores. Entries close October 25.**

TRANS TASMAN TOUR 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 but 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 23, 2017

Ashlyn Wall	U10 1500m	6-21.1
Sienna Newton	U11 800m	2-54.5
Ebony Newton	U13 200m	27.6
Duncan Ackerman	U17 Discus	33.4m
Victoria Allen	U17 100H	16.2

UPCOMING EVENTS:

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
Fri 27 Oct	Entries close Trans Tasman Trials
Sat 28 Oct	Centre Meet
Sat 28 Oct	RTAC Annual Twilight Pentathlon – 2pm first event

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

Raymond Terrace Ten Pin is an ideal place to spend some of your school holiday time. They have holiday specials on offer and are open 9am to 11pm every day. You can bowl in airconditioned comfort and enjoy something light to eat too. There is cosmic bowling, special deals and group prices. It's an excellent place for a birthday party too. Call 4987 7544 for bookings.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre