

Raymond Terrace Athletics Centre

Newsletter 14 February 2, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

WELCOME BACK AGAIN THIS WEEK!

And next week we're away from the track again with Regional Championships. What a crazy time!

TODAY WE HAVE NO POWER

Yesterday, our power pole fell over and Council can't replace it until Monday!

NO CANTEEN HELPERS NEEDED TODAY

We just have lollies and warm drinks if you are interested. **Help yourself to cold water from the table.**

TODAY IS ROUND 2 CENTRE CHAMPIONSHIPS

Please check you have correct uniform and all patches.

SOME INFORMATION FOR REGION CHAMPIONSHIPS NEXT WEEKEND

- **Athletes** – there will be a **uniform check** before you go on the field. If it's not correct, you will not be allowed to compete.
 - **There is a 30 second time limit** for a field athlete to be at their event start point once their name is called, otherwise they will be fouled for that round.
- Our **club duties** are Field Marshalling Sunday. Check the rosters on the table. For this duty you just need to check athlete uniforms before they go on the field and escort them to their field event as a group.
- All events are again “**not before**” times like Zone.
- Saturday and Sunday, **first event calls are 7:45am, first events commence at 8am.**
- There will be confirmation today before you go as to the pick-up point for **Region shirts and programs** that were ordered at Zone.
- **There is no gate fee.** RTAC has paid the \$12 per athlete.
- **Our RTAC shades will be opposite the grandstand under trees.** It's much cooler there than in the grandstand.

PLEASE RETURN CHOCOLATE MONEY ASAP

THE HUNTER'S FASTEST U15 KID LAST WEEKEND DURING THE HUNTER TRACK CLASSIC

Congratulations to Ebony Newton who won this 100m challenge in 12.96. Well done also to U13 **Keira McGregor** who was the next fastest girl with a time of 13.17. It must have been an amazing race with both boys and girls from these 2 age groups!

COUNTRY CHAMPIONSHIPS RESULTS

From Thursday till Sunday of the Australia Day long weekend, 15 of our athletes braved horrendous heat conditions at the annual NSW Country Championships which were held at Glendale. Their efforts are amazing and should be congratulated not only for completing their events, but bringing home a total of 22 medals. Congratulations to:

U12 - Dixie Conlon- Gold LJ & 200m, Silver 100m, **Cooper McKenna** – Bronze LJ, 4th 200m, 5th 100m

U13 - Amelia Said – Bronze Disc, 7th 800m, **Max Haynes** - 6th 200m & LJ, 7th 100m

U14 - Keira McGregor – Gold 100m, Silver TJ & LJ, **Sienna Newton** - 4th 400m

U15 - Ebony Newton – Gold 100m, 200m & 200H

U17 – Nathan Swan - Silver 400H, 5th 400m, **Jack Kenny** – Gold Javelin,

U18 – Benjamin Edstein – Gold 3000m,

U20 - Belle Leonard – Silver 100H (missed 1st by 0.01), **Gemma Hancock** – Bronze 400H & 400m, 6th 100m,

40-49 yrs – Matthew Newton - Bronze 100m, 6th TJ, **Morgan Clifford** – Silver Jav, 4th SP, 8th Disc,

50-59yrs – David Pisch – Silver TJ, Bronze – 100H & HJ, 4th LJ,

NSW JUNIOR CHAMPIONSHIPS FEB 22 TO FEB 24

For athletes born between 2000 and 2007, age groups are from U14 to U20. Online entries close 9am Feb 13. Go to www.nswathletics.org.au

NEW RECORDS FOR JANUARY 19, 2019

Keira McGregor	U13 TJ	10.0m
Benjamin Edstein	U17 3000m	10-08.7
Jack Kenny	U17 Jav	49.5m
Leila Inglis-Monk	U17 Jav	21.3m
David Marsh	69-79yrs Disc	24.06m

UPCOMING EVENTS:

Fri 8 Feb – 10 Feb	NSW Masters Championships	Homebush
Sat 9 Feb	NO CENTRE MEET	
Sat 9 & Sun 10 Feb	LA Region Championships	Glendale
Wed 13 Feb	Entries close NSW Junior Championships 9am	
Fri 22 Feb – 24 Feb	NSW Junior Championships	Homebush

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre