

Raymond Terrace Athletics Centre

Newsletter 15 February 16, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 1

CANTEEN HELPERS TODAY

Our helpers today are: 9 till 9:45 - Michelle Vetter (U10, U12), 9:45 till 10:30 - Jolene Smith (U17)

PLEASE RETURN CHOCOLATE MONEY ASAP

GOOD LUCK TO OUR ATHLETES AT THE NSW JUNIOR CHAMPIONSHIPS NEXT WEEKEND

Information is on the table.

REGION 2019 RESULTS

Last weekend 39 of our athletes competed against athletes from 36 Little Athletics Centres throughout the Region at Glendale. Those who finished in the first 2 places have automatically qualified for State, with the next best 8 athletes from all of the 8 NSW Regions also qualifying. Saturday was terribly hot with temperatures in the low 40's and a track temperature of 60.

By the end of the weekend, our athletes had dozens of personal best performances and a total tally of 41 individual medals made up of 12 Gold, 14 Silver and 15 Bronze. The Senior Girls and Junior Girls relay teams also won Silver. Under 13 Keira McGregor was the sole record breaker in the 100m. Congratulations to:

U9 – Halo Atkin – 7th 100m (ht),

Kaydence Hostler – Bronze SP, 5th 200m, LJ and HJ, 7th 100m,

Jake Moore – 9th SP,

U10 – Bela Clarke – 13th LJ,

U11 – Grace Moore – 5th Jav, 14th 1500m (pb), 7th 100m (ht) (pb), 400m (ht) (pb),

Dixie Conlon – Gold 60H(pb) and TJ, Silver LJ, Bronze 200m,

Evie Purukamu – Bronze Jav (pb), 6th – 60H (ht), 9th 200m (ht),

Ashlyn Wall – Gold 800m, Silver 1500m and HJ, 6th 200m (ht),

Cooper McKenna – 5th 100m (ht), 200m and TJ, 7th LJ,

U12 – Sienna Newton – Gold LJ, Silver 60H, 4th 200m and 400m,

Ashley Vetter – 5th 800m,

Amelia Said – Silver Discus (pb), 6th SP, 7th 800m (pb),

Max Haynes – 7th 100m (pb), 5th TJ, 6th 200m (ht), 15th LJ,

Hayden Clarke – Silver Jav, 12th Discus,

U13 – Keira McGregor – Gold 100m (new record) 200m and LJ, Silver TJ,

William Beal-Attwood – 5th 100m, 5th 200m (ht), 9th KJ,

Dulshan Heenkenda – Bronze 400m (pb), 800m (pb), 1500m (pb)

U14 – Ebony Newton – Gold 100m (pb), 200m and 200H,

Tayla Grimes – 7th SP (pb), 14th LJ, 8th Discus and 200m (ht) (pb),

Harper Collins – Bronze 100m, 200m and LJ, 5th TJ,

Cody Hancock – Silver 90H and LJ, Bronze TJ, 5th HJ and Discus, 8th 100m,

Tyler Clarke – 5th 200H, 5th Discus, 7th HJ, 9th Jav,

U15 – Chelsea Terranova – 6th 200m (ht) and 60H, 7th 100m (ht),
Dinithi Heenkenda – 5th 200m (ht), 6th 800m (pb),
Rylee Wall – 10th 800m,
Alana Pisch – Gold 300H (pb), Silver 60H (pb), 10th TJ, 7th LJ,
Jai Holland – Bronze 1500m, 4th 800m, 6th TJ.

U17 – Baylee Holland - Silver 800m, Bronze 400m, 5th 1500m,
Amy Summerville – 4th 3000m,
Ashley Smith – 6th TJ,
Leila Inglis-Monk – 7th Jav,
Nathan Swan – Silver 300H (pb), 4th 400m (pb) and 800m,
Lachlan Atkins – Bronze SP, 5th Discus and Jav, 9th 400m,
Ben Edstein – Silver 3000m, 5th 1500m (pb), 7th 800m,
Thomas Bray – Silver TJ, Bronze 110H,
Elijah Walter – 5th HJ,
Liam Fairweather – Bronze LJ,
Jack Kenny – Gold Jav

Junior Girls Relay – Silver – **Halo Atkin** (U10), **Kaydence Hostler** (U9), **Sienna Newton** (U12), **Dixie Conlon** (U11),

Junior Boys Relay – 8th – **Jake Moore** (U9), **Kai Morgan** (U9), **Max Haynes** (U12), **Cooper McKenna** (U11),

Senior Girls Relay – Silver – **Alana Pisch** (U15), **Keira McGregor** (U13), **Baylee Holland** (U17), **Ebony Newton** – (U14),

Senior Boys Relay – (did not finish – dropped baton) **William Beal-Attwood** (U13), **Cody Hancock** (U14), **Harper Collins** (U14), **Liam Fairweather** (U15)

AMENDED 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,

NEW RECORD FOR FEBRUARY 2, 2019
Harper Collins U14 LJ 5.85m

UPCOMING EVENTS:

Fri 22 Feb – 24 Feb	NSW Junior Championships	Homebush
Sat 23	Centre Meet	
Sat 23	Sydney Track Classic	Homebush
Sat 2 Mar	Centre Meet	
Sat 2- Sun 3	LA State Multi	Dubbo
Fri 8-Sun 10	NSW & Para Champs	Homebush
Sat 9	Centre Meet	
Sat 16 – Sun 17	LA State Champs	Homebush

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

Syked Personal Training – are you looking for a personal fitness program tailored for you needs and in a comfortable atmosphere? Session times are flexible around your schedule. AND they are child friendly! Ty is one of our former athletes and specializes in weight loss, muscle gain, toning, strength and conditioning, injury rehabilitation, healthy lifestyle coaching and competition prep. Check out their ad on the inside back cover of our Handbook or call for more information on 0402 253 974.

Select Fasteners is one of our new advertisers and is located at 11 Clayton Rd, Heatherbrae (opposite KFC). They stock quality products from suppliers such as Bremick Fasteners, Hobson Engineering, Icons, Bordo Industrial Tools, James Glen, SP Tools, Soudal and Klingspor. They're open Mon to Fri from 7am till 4:30pm. For enquiries call 4020 7951> You can find their ad on p58 of our Handbook.

Mr Ho's Chinese Take Away is another of our new businesses. They offer quality Chinese food and are located at Shop 5, 42 William St, opposite the Police Station. Opening hours are for lunch Monday to Friday from 11:30 till 2pm and for dinner Monday to Saturday from 4pm to 8:30pm. Their ad is on p8 of our Handbook or call them on 4987 5015 to place an order.

Raymond Terrace Bowling Club
Proud to be supporting Raymond Terrace Athletics Centre