

Raymond Terrace Athletics Centre

Newsletter 11 November 23, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

THERE IS NO CENTRE MEET NEXT SATURDAY DUE TO THE PORT HUNTER ZONE CHAMPIONSHIPS HERE

TODAY IS WEEK 2

COLES LITTLE ATHLETICS BIG DREAMS PROGRAM VISIT TODAY FROM 8:30 TILL 9:30

We are really excited to have our Centre selected for a visit under this program, especially to have the opportunity to meet former Olympian Sally Pearson and at our field.

SALLY PEARSON'S ACHIEVEMENTS

Sally Pearson, OAM is the 2011 and 2017 World Champion and 2012 Olympic Champion in the 100m hurdles. She also won a silver medal in the 100m hurdles at the 2008 Summer Olympics and the 2013 World Championships.

Today's session will be:

- **10 minutes** – Sally introduced to our athletes for questions and answers, conducted by a Coles representative.
- **10 minutes** – athletes head to their first events.
- **40 minutes** – Sally escorted around the different groups for photos or to provide tips to the athletes.

Coles has been the most supportive sponsor Little Athletics has had, with the most recent support for us being a successful \$3,5000 equipment grant which has resulted in the new javelin trolley, the new starting system, new sand covers for the long jump pits; and some training equipment.

CHOCOLATE BOXES ONLY AVAILABLE FOR THE NEXT FEW WEEKS

Come in and collect a box on the way home if you haven't had a chance to do so. We need to have all the boxes signed out by our last meet in December. Thanks to those families that have returned their money.

LA PORT HUNTER ZONE CHAMPIONSHIPS NEXT WEEKEND AT OUR FIELD

Good luck to all of our athletes that are competing at these Championships. The U7's who place in a final will be presented with medals at the Championships as they do not progress to Region Championships. **There will be no programs for sale next weekend**, but you can download and print it from the Port Hunter Zone website. The Zone schedule is on the notice board. The blocks of events in the Program have a **"NOT BEFORE TIME"** that guarantees events will not start earlier than stated.

WHAT TIME DOES ZONE START?

Saturday:

- 8:20 am - Show of Colours – a couple of athletes are required from each Centre to carry their Centre banners.
- 8:30 am – Official Opening

Saturday and Sunday:

- 8:45 am – 1st call of events
- 9am – 1st events begin

YOUR DEPOSITS CAN BE RETURNED BEFORE CHRISTMAS

If you do your rostered duty next weekend, you'll be able to see Barbara over the next couple of weeks to have your deposit returned

HOW ATHLETES PROGRESS FROM ZONE TO REGION

The first four event places getters will automatically progress to Region. Then a maximum of the four next best qualifiers from each region will also be taken through to Region, making a total of **up to 16** athletes in each event at each region.

LIVE RESULTS FOR ZONE AVAILABLE

Results will be uploaded to the web for viewing at www.littleareresults.com/PHZ/ OR www.littleareresults.com/ and scroll down to Port Hunter Zone Championship.

PORT HUNTER ZONE CHAMPIONSHIPS DUTIES

Allocated duties for the Zone Championships are now available. Parents are allocated 1 duty per competing athlete. In order for your deposit to be returned to you before Christmas, parents will need to fulfil their duty. If you don't do your duty or fail to arrange a swap, your deposit will be forfeited and paid to the parent who, after having done their own duty, does yours as well. Because we have 9 of our Committee taking on Officials duties, our parent roster has been reduced. We have 1 hour of canteen each day and long jump.

ORDER YOUR REGION SHIRTS AND PROGRAMS NEXT WEEKEND

For athletes who qualify for Region and would like to order a Region shirt or program, orders must be placed next weekend. There will be sample sizes to try on.

REGION CHAMPIONSHIPS WILL BE HELD AT HUNTER SPORTS CENTRE GLENDALE

These Championships are scheduled for Saturday and Sunday 1st and 2nd February, 2020.

IF YOU ARE NOT ABLE TO COMPETE AT REGION CHAMPIONSHIPS

If you qualify for Region but know that you will be unable to compete, you need to notify our Team Managers Matt Newton or Mark Said as soon as you can so that the next qualifying athlete can compete.

LAST WEEKEND'S PENTATHLON

Our athletes did an amazing job last week, turning in some great performances; and the weather was probably the best we've had for the Pentathlon. Many thanks to the parents who assisted. This Pentathlon had the most competitors we've had with many travelling considerable distances. Congratulations to:

U7 – Jasper Papworth – Gold – 3068, Darcy Chivers – 8th 2227.

U8 – Boston Maloney – Gold – 3093, Hayden Gaucci – 5th – 1419, Paige Matthews – Gold – 3046, Audrey Russell – Bronze 2600, Charleise Chivers – 5th - 1953, Olivia Cotterill – 7th 1854, Mila Clarke – 8th 979

U9 – Zane Case – 7th – 2316, Archie Bennett – 8th – 2206, Branxton Clarke – 11th - 1461,

U10 – Thomas McKenna – 6th - 1851,

U11 – Zane Edwards – Gold – 2861, Bela Clarke – Gold - 2925, Hayley Ledwidge – 7th – 1149,

U12– Cooper McKenna – Bronze 2586, Dixie Conlon – Gold 5764, Ashlyn Wall – Bronze 5255, Evie Purukamu – 4th - 4149, Maisie Bennett – 6th 4108,

U13 – Max Haynes – Gold - 2436, Hayden Clarke – Silver 2360, Mitchell Hawes – 6th – 1466, Jaiden Cooper – 7th – 735, Sienna Newton – Gold - 3207, Amelia Said – 2nd - 2878,

U14 – Connor Matthews – Silver -3031,

U15 - Tyler Clarke – Bronze - 3532, Connor Hawes – 4th – 2918, Ebony Newton – Gold 3624, Tayla Grimes – Bronze – 2617,

U17 – Alana Pisch – Bronze – 2222, Chelsea Terranova – 4th -1229,

U20 – Kirra Terranova – Gold – 1158,

Masters 40+ - David Pisch – Bronze – 1871, Geoffrey McLaren – 4th – 1253.

NEW RECORDS FOR NOVEMBER 16, 2019

Amelia Said	U13 1500m	5-37.4
Cody Hancock	U15 300H	45.1
Ebony Newton	U15 300H	50.7
Leila Inglis-Monk	U17 Jav	23.53m
Benjamin Edstein	U20 300H	45.9
Joshua Knott	Open 1500m	5-03.3

UPCOMING EVENTS:

Sat Nov 30	NO CENTRE MEET	
Sat Nov 30-Sun Dec 1	Port Hunter Zone Little A Championships	RTAC
Sat Dec 8	Centre Meet	
Sat Dec 15	Final 2019 Centre Meet	
Sat Jan 11	First Centre Meet for 2020	
Fri 17 Jan – Sun 19	NSW Country Championships	Dubbo
Sat 25 Jan – Sun 26	NSW Combined Championships (Multi)	TBA
Sat 1 Feb	NO CENTRE MEET	
Sat 1 Feb- Sun 2	LA Region Championships	Glendale

BUSINESS 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 his ad on p72 of our Handbook or call for more information on 0402 253 974.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre