

Raymond Terrace Athletics Centre

Newsletter 15 January 25, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 5

CHOCOLATE BOXES

Please help us finish them off as soon as possible.

NSW COUNTRY CHAMPIONSHIPS LAST WEEKEND IN DUBBO

Thanks to Sam Conlon, Assistant Publicity Officer who put the following report together: We had a contingent of 11 Athletes travel to Dubbo to compete. Rain was forecast for the whole weekend, which of course everyone in Dubbo was praying for. Unfortunately except for one shower on Friday night, following a dust storm which halted competition for about an hour, the rain did not eventuate. It was an incredibly successful event for our competitors with every one of them coming home with medals! It was a huge haul of 36 medals and some new PB's too! This was a fabulous event in preparation for the Regional Championships which is coming up on the 1st & 2nd February at Glendale Athletics Track.

Congratulations to:

THOMAS MCKENNA - U10 Boys: 2nd Long Jump, 3rd 100m, 3rd 200m,

ZANE EDWARDS - U11 Boys: 1st 100m, 1st 200m.

DIXIE CONLON - U13 Girls: 1st up an age to u14, 1st 80m Hurdles Triple Jump, 2nd 100m, 2nd Long Jump.

COOPER MCKENNA - U13 Boys: 1st Long Jump, 1st 90m hurdles, 2nd 100m, 2nd 200m, 3rd High Jump. **SIENNA NEWTON** U14 Girls: 1st 200m Hurdles, 1st 80m hurdles, 3rd Long Jump.

MAX HAYNES - U14 Boys: 3rd 200m hurdles, 3rd Triple Jump.

EBONY NEWTON - U16 Girls: 1st 200m hurdles, 1st 90m hurdles, 2nd 100m, 2nd 200m.

CODY HANCOCK - U16 Mens: 1st High Jump, 2nd Long Jump. 2nd 200m Hurdles, 2nd Triple Jump, 2nd 100m hurdles & 3RD 100M.

BEN EDSTEIN - U20 Mens: 1st 5000m

MORGAN CLIFFORD - Mens 40-49: 3rd Hammer Throw, 3rd Shotput, 3rd Discus, 3rd Javelin

MATTHEW NEWTON - Mens 40-49: 3rd 100m

The U16 MENS 4X100m relay - 2nd Cody, Cooper, Max & Dixie. This was a thrilling race with 7 teams entered and it was a highlight, generating lots of cheering from the stands, with Raymond Terrace stealing 2nd place on the line from Armidale! Thrilling for a number of reasons it was a last minute entry that had been denied by the organisers earlier in the day only to be allowed entry just 1/2 an hour before the race, and because it was such a young team 2 x 11-year-olds- 1 a girl!, 1 x 12yr old & 1 x 14-year-old!

NSW COMBINED CHAMPIONSHIPS THIS WEEKEND AT HOMEBUSH

For any of our athletes competing at these Championships, we wish them well.

NSW MASTERS CHAMPIONSHIPS ENTRIES CLOSE WEDNESDAY

Any of our Masters athletes wishing to enter must have their online entries in by 10am next Wednesday 29 January. Go to <https://www.nswathletics.org.au/events/51666/> . Cost is \$20 per event and check in on the day is 1 hour before the event.

REGION CHAMPIONSHIPS NEXT WEEKEND AT GLENDALE

Our 38 Region athletes will be contesting 130 events against other talented athletes from our Region.

Results will be posted live. U8 athletes do not progress past Region Championships. The first 2

places in each event will automatically progress to State. LANSW then selects the next best 8 clear final performances across all Regions, making a total of up to 24 athletes in each event at State.

LA STATE COMBINED CHAMPIONSHIPS AT TAMWORTH 29th FEB – 1st MARCH

The Tamworth track is a brand new synthetic surface. **U7 to U11's will be given instruction/coaching during the event.** Athletes in the U11's and younger will have the opportunity to learn how to throw, jump, etc during the event. A more relaxed attitude to these age groups will occur with time for instruction / coaching from the officials. **Medals are awarded to the top 3 placegetters in all age groups.** Athletes in the U15 age group will be vying for selection into the LANSW State Team to compete at the Australian Little Athletics Championships, which will be held in Canberra in April. Online entries close Wednesday 12 Feb at a cost of \$25 per athlete entry.

ANSW JUNIOR & YOUTH CHAMPIONSHIPS 21- 23 FEB AT HOMEBUSH

See the noticeboard for the Timetable

NSW OPEN CHAMPIONSHIPS AT HOMEBUSH 6th – 8th MARCH

Athletes wishing to compete at the Australian Open Championships **MUST** compete at the NSW Junior Championships in order to be eligible for the Open. The NSW Open has Athletics Australia Permit Status enabling athletes to qualify for National and International competitions and set state and national records.

Go to <https://www.nswathletics.org.au/events/51672/>

SEE BARBARA FOR YOUR ZONE DEPOSIT REFUND

If you did your rostered duty at Zone, come in and see Barbara today.

UPCOMING EVENTS:

Wed 29 Jan	Entries close NSW Masters Championships	
Sat 1 Feb	NO CENTRE MEET	
Sat 1 Feb- Sun 2	LA Region Championships	Glendale
Mon 3	Entries close LA Combined Events	
Sat 8 Feb	RTAC Centre Championships Round 2	
Fri 7 - Sun 9	NSW Masters Champs	SOPAC (Homebush)
Mon 10 Feb	Late entries close LA State Combined Events	
Sat 15 Feb	Centre Meet	
Fri 21-Sun 23 Feb	ANSW Junior & Youth Champs	SOPAC
Sat 22 Feb	Centre Meet	
Sat 29 Feb – Sun 1 Mar	LA State Combined Events	Tamworth
Sat 29 Feb	Centre Meet	
Fri 6 Mar – Sun 8 Mar	NSW Open Championships	SOPAC

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 their ad on the inside back cover of our Handbook or call for more information **Mon to Fri from 5am to 11am and 3pm to 8pm on 0402 253 974.**

Select Fasteners 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, Alliance Air Tools, SP Tools, Souda, Klingspor Grange, Molytec and Champion. They're open Mon to Fri from 7am till 4:30pm. For enquiries call 4020 7951. Free ute delivery for purchases over \$50 and within 20km of the store. You can find their ad on p62 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