

# *Raymond Terrace Athletics Centre*

## *Newsletter 16 February 15, 2020*

[www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)

Cancellation No: 4983 1407

### **WELCOME BACK!**

What weather we've had with extreme heat, torrential rain and smoke from devastating fires! Hopefully we can get through the next few weeks unscathed.

Our Region athletes, parents and Officials endured 2 weekends of extreme weather. Those of our athletes who competed on the first Saturday and Sunday morning were phenomenal in enduring the heat. I know it was disappointing for them not to be able to perform at their best. But then the rescheduled events last weekend saw them in downpours that were also testing. We congratulate our athletes for their resilience and grit in striving to achieve their best in the conditions.

### **WE'RE EXTENDING THE SEASON BY 2 WEEKS**

Because we've all been frustrated this season with no real continuity due to such checkered weather, the Committee has decided to extend the season by 2 weeks to try and make it up. We will compete on the State weekend and the following week. Our State athletes will still be awarded their 5 competition points. We used to be able to compete this long until the State Championships were moved forward. The following weekend, the 21<sup>st</sup>, will be a special event that we will announce soon. We realise some athletes will have to decide whether they will finish the season with us or head to their winter pre-season sports, but this is unavoidable. It's disappointing that the winter sports continue to eat into the beginning and end of our seasons.

### **REGION RESULTS NOT YET AVAILABLE**

There are still 3 Regions that have been unable to complete their Championships, so results won't be published until then.

### **TODAY IS ROUND 2 CENTRE CHAMPIONSHIPS**

The 2 rounds of Centre Championships are the only days in our season where results matter. The faster you run and the further your jump or throw, the more points you earn towards the end of season Club Championship. Athletes need to be in full uniform including patches.

### **WE'RE ON THE TAIL END OF THE CHOCOLATE BOXES!**

Please help us finish them off as soon as possible.

### **VISIT AUSSIE PIZZA TODAY BEFORE 2PM FOR A GREAT DEAL FOR OUR ATHLETES**

Don't forget Aussie Pizza's special offer in our Handbook on p40. Located at the Hub near the Plaza, if our athletes go in store on a Saturday, **IN UNIFORM**, before 2pm you can order pizzas from \$6.50 (Surcharges may apply).

### **ANSW JUNIOR & YOUTH CHAMPIONSHIPS 21- 23 FEB AT HOMEBUSH**

Good luck to any of our athletes competing there. Please give me a call with your results and bring any medals on the 29<sup>th</sup>. See the noticeboard for the Timetable. Good luck!

### **NSW OPEN CHAMPIONSHIPS AT HOMEBUSH 6<sup>TH</sup> – 8<sup>TH</sup> 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/>

## NEW RECORD FOR JANUARY 25, 2020

Ebony Newton U15 300H 50.6

### UPCOMING EVENTS:

Fri 21-Sun 23 Feb	ANSW Junior & Youth Champs	SOPAC
<b>Sat 22 Feb</b>	<b>Centre Meet</b>	
Sat 29 Feb – Sun 1 Mar	LA State Combined Events	Tamworth
<b>Sat 29 Feb</b>	<b>Centre Meet</b>	
Fri 6 Mar – Sun 8 Mar	NSW Open Championships	SOPAC
<b>Sat 7 Mar</b>	<b>Centre Meet</b>	
<b>Sat 14 Mar</b>	<b>Centre Meet</b>	
Sat 14 – Sun 15 Mar	LA State Championships	SOPAC
<b>Sat 21 Mar</b>	<b>Centre Special Event</b>	
<b>Sun 22 Mar</b>	<b>RTAC Presentation Day 4pm</b>	<b>RT Bowling Club</b>

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

*Plus Fitness Medowie* – located at 58 Ferodale Rd, Plus Fitness offers no lock-in contracts, free virtual classes, free fitness programs; and 24 hour access. Join online at [plusfitness.com.au](http://plusfitness.com.au) or call on 4981 7300 or just drop in to check it out. See their ad on Handbook p4.

*The Pegman* – is locally owned and operated and is part of H&D Timber. Located at 1 Archibald Pl, Heathbrae, they supply surveyors, concreters, landscapers, real estate agents and the home handyman at competitive prices and are open Mon to Fri from 7am – 4pm. Check out their ad on p34

*Medowie Family & Sports Physio* – provides Medowie and Port Stephens with the most current, up to date and best physiotherapy treatment. They help you move better, feel better and be better. Find them in the Medowie Sports and Business Centre at 58 Ferodale Rd. Call 4981 7999 for an appointment or see their ad on Handbook p22.

## *Raymond Terrace Bowling Club*

Proud to be supporting Raymond Terrace Athletics Centre