

Raymond Terrace Athletics Centre

Newsletter 19 March 7, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

ONLY 2 WEEKS TO GO!

TODAY IS WEEK 2

DOUBLE GOLD AT LA STATE COMBINED CHAMPIONSHIPS

Our 2 athletes who competed at the LA State Combined Championships last weekend, **U13 Sienna Newton** and **U15 Cody Hancock**, have each come home with a Gold medal. This is Cody's 2nd Gold medal at the Championships and Sienna's first. Sienna competed in the SP, LJ, hurdles, 100m, Disc and 800m against 18 other girls finishing with 3830 points, a margin of 372 points ahead of 2nd place. Against 16 other competitors in the 100m; 100m hurdles; 800m; long jump; discus; high jump and javelin, Cody's final score of 5379 was just 240 points ahead of the next place getter. We congratulate Sienna and Cody for their outstanding efforts.

Following the Championships, Cody was selected as 1 of only 3 U15 NSW boys and 3 girls to compete at the Australian LA Australian Championships in Canberra on the weekend of April 18 and 19. He may also have the opportunity to run as part of a mixed 4 x 100m relay team.

EASTER RAFFLE TICKET BOOKS

We have more tickets available if you need them. Tickets are \$2 each for 2 amazing prizes for Easter. 1st prize is a 7kg basket of Cadbury's chocolate products, 2nd prize is a 4.5kg bar of Toblerone. The family that sells the most tickets will receive a free book of 5 tickets.

OUR CHOCOLATE BOXES ARE FINISHED

Thank you for your support. Please return your envelopes as soon as you can.

STOP IN AT AUSSIE PIZZA FOR LUNCH ON THE WAY HOME

NEW RECORDS FOR FEBRUARY 29, 2020

Benjamin Edstein	U20 300H	45.1
Joshua Knott	Open 1500m	4-59.5
David Pisch	Masters 50-59yrs 400H	1-27.10
CASSANDRA TERRANOVA	OPEN GIRLS 3000m	17-21.70 set 11.02.2020

UPCOMING EVENTS:

Sat 14 Mar	Centre Meet	
Sat 14 – Sun 15 Mar	LA State Championships	SOPAC
Sat 21 Mar	Centre Special Event	
Sun 22 Mar	RTAC Presentation Day 4pm	RT Bowling Club
Sat 21 – Sun 29	Aust. Track & Field Champs	SOPAC
Fri 10 – Mon 13	Aust Masters Champs	Brisbane
Sat 18 – Sun 19	Aust LA Champs	Canberra
Tues 28 Apr	RTAC AGM 6:30pm	RT Bowling Club

REGION RESULTS

Congratulations to all of our competing athletes during what became a 5-day Championship with scorching heat and then cool, wet conditions. A true test of determination and resilience!

U8 - Paige Matthews - 2nd 70m 12.8, 5th LJ 2.92m, 5th 60H 13.40, 8th 100m 18.32,
Audrey Russell – 10th 400m 1:42.13, 13th 60H 14.59, **Mila Clarke** – 12th 60H 14.44,
Charleise Chivers – 10th SP 3.26m, **Boston Maloney** – 3rd 700m 2:39.6,
Hayden Gauci - 19th Disc 9.77m, 2th SP 3.78m,

U11 - Bela Clarke – 6th LJ 3.29m, 7th 80H 17.90, 10th 400m 1:16.93,
Hayley Ledwidge – 8th Jav 11.13m, 9th Disc 16.83m, 11th SP 6.34m,
Zane Edwards – 1st 100m 14.97, 3rd 200m 29.9, 10th LJ 3.60m,
Zachary Thomson – 1st 800m 2:32.00, 1st 1500m 5:03.89, 3rd 400m 1:08.90,

U12 - Dixie Conlon – 1st 80H 14.1, 2nd TJ 9.42m, 3rd LJ 4.29m, 6th 100m 14.9,
Ashlyn Wall – 2nd 800m 2:36.85, 4th 1500m 5:27.17,

U13 - Amelia Said – 3rd 400m 1:08.96, 3rd 800m 2:36.48, 3rd Disc 20.85m, 6th TJ - 8.50m,
5th Jav 18.02m, 7th SP 6.40m,

Sienna Newton – 1st 80H 14.9, 1st 200H 33.18, 2nd LJ 4.27m,

Hayden Clarke – 2nd Jav 25.92m, 7th 400m 1:11.38, 7th HJ 1.30m, 9th 200m 30.8, 11th SP 6.56m, **Max Haynes** – 7th 200m 30.3, 8th 200H 34.64, 8th TJ 8.36m, 9th 400m 1:12.25,

U14 – Conor Matthews - 2nd TJ 10.65m, 3rd 90H 15.1, 4th 200H 29.83, 4th LJ 5.00m,
6th 100m 13.64, **Bailey Whiting** – 5th 200m 26.3,

Dulshan Heenkenda – 5th 800m 2:30.92, 6th 400m 1:06.22, 9th 1500m 5:42.43,

U15 – Danielle Smith – 5th Jav 18.06m, 6th Disc 20.18m, 8th SP 6.68m, 10th TJ 8.04m,

Ebony Newton – 1st 300H 47.39 (Record), 2nd 90H 13.9, 2nd 100m 13.24, 2nd 200m 26.4,

Tyler Clarke – 4th HJ 1.62m, 4th SP 10.54m, 6th Disc 29.62m, 7th 200m 25.7, 7th LJ 5.23m,

Cody Hancock – 1st TJ 12.10m, 1st Disc 43.73m, 3rd 100H 14.7, 3rd LJ 5.77m, 4th 100m 12.52

U17 - Alana Pisch - 4th 100H 18.4, 5th LJ 4.18m, 5th TJ 9.07m, 7th 100m 14.97,

Dinithi Heenkenda – 6th 1500m 6:31.27, 9th 800m 2:49.52, 10th 200m 1:15.19,

Amy Summerville – 3rd 3000m 14:08.31, 10th 800m 2:58.93,

Chelsea Terranova – 5th 100H 21.4, 8th LJ 3.86m,

Ashley Smith – 3rd LJ 4.49m, 4th TJ 9.42m,

Leila Inglis-Monk – 3rd Jav 27.28m, 8th TJ 7.55m, 12th SP 6.93,

Nathan Swan – 4th 400m 55.30, 4th 800m 2:08.29, 5th 300H 44.80,

Mitchell Lightfoot – 1st 110H 13.6 (Record), 2nd 200m 23.1,

Thomas Bray – 2nd 110H 14.8, **Elijah Walter** - 7th LJ 5.48m, **Jack Kenny** – 1st Jav 52.19m

Senior Boys Relay – 2nd 49.4

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

Newcastle Camper Trailers sell only Australian-manufactured camper trailers.

They are located at Unit 1/2316 Pacific Highway, Heatherbrae and are open 9-5 Monday to Friday and 9-2 on Saturday. They have Cub Campers, Track Trailer TVAN and carry Korr lighting and solar panels. You'll find their ad on p 66.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre