

Raymond Terrace Athletics Centre

Newsletter 7 October 26, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS CENTRE CHAMPIONSHIPS ROUND 1

Athletes must be in full correct uniform including all patches. See Barbara if you are missing age or Coles patches. Shorts should be plain black with no brands on them. **The main difference today is that points will be awarded based on performances, so the faster you run, the further you jump or throw, the more points you earn towards the end of season Championship trophy.**

MORE RONALD MCDONALD SOCKS TO SUPPORT RONALD MCDONALD HOUSE TODAY

We have some more small sizes and plenty for 10 year olds to adults. Our hope is that today we have as many athletes, siblings and parents as possible wearing the socks during competition. All funds raised go directly to Ronald McDonald House. October is "Show Us Your Stripes Month" and Little Athletics is encouraging every Little A's Centre in NSW to support this wonderful charity that is about keeping families together under the one roof and close to the hospital at their most difficult time. It costs Ronald McDonald House Charities \$160 to accommodate a family with a seriously ill child for one night. The more we can support this, the more families that can be helped.

CHOCOLATE BOXES ARE AVAILABLE

PORT HUNTER ZONE MULTI EVENT ENTRIES CLOSE TODAY

To be held at **Alder Park, Adamstown** on Nov 6, this annual Championship is a 6-event competition for U7 to U17 athletes from the 11 Centres in our Port Hunter Zone. Entry fee is \$6 (maximum of \$20 per family). U6's can enter for a full day of fun events at a cost of \$5. **See Barbara to enter.** The program of events is on the noticeboard. Our competing athletes will receive **5 bonus points** towards Presentation Day awards.

OUR ANNUAL PENTATHLON SATURDAY NOVEMBER 9

This competition is for U6's to Masters. First call is 1:45pm with first events beginning at 2pm. **Entries close Nov 6. Forms are available on the verandah table.** Medals are awarded to the first 3 males and females in each age group. Any of our athletes that compete will be awarded **5 bonus points** to go towards their end of season point scores. If we have to reschedule, the alternate date is Saturday November 16.

WE STILL COMPETE AS USUAL ON THE SATURDAY MORNING.

LAST WEEK'S SPECIAL MASTER CLASS COACHING IN HIGH JUMP

The sessions went well with attending athletes gaining some valuable knowledge.

NEW RECORDS FOR OCTOBER 19, 2019

Ebony Newton	U15 300H	53.6
Mitchell Lightfoot	U17 100m	11.3
Mitchell Lightfoot	U17 200m	24.4
Duncan Akerman	U20 Discus	37.02m
David Pisch	Masters 50-59yrs 300mh	60.0

UPCOMING EVENTS:

Sun Nov 3

Zone Multi Event – Alder Park, Bridges Rd, New Lambton

Wed Nov 6

Entries close RTAC Pentathlon

Sat Nov 9	RTAC Pentathlon from 1:45pm	
Sat Nov 16	Centre Meet	
Sat Nov 23	Centre Meet	
Sat Nov 30	NO CENTRE MEET	
Sat Nov 30-Sun Dec 1	Port Hunter Zone Little A Championships	RTAC

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

The Active Diner - Medowie's American 50's Diner is a new supporter of our Centre Is open 6 days a week and is located at 58 Ferodale Rd at the Sports & Business Centre. The Diner features burgers, coffee, shakes, hot dogs, pancakes and smoked meats. They also serve yummy Cupcake Espresso & cater events. You can reach them on 0427 820 520 and their ad is on p12 of our Handbook. See facebook at Menu + specials @activedinermedowie .

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