

Raymond Terrace Athletics Centre

Newsletter 3 November 14, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 4 PROGRAM

WELL DONE MORGAN CLIFFORD!

On Sunday November 1st, Morgan competed at the inaugural NSW Masters Indoor State Championships where he placed 1st in the SP, weight throw; and super weight throw events. He is our first Indoor Champion and our first to compete in weight throws. Such amazing results in such tough events.

THROWS COACHING BEGINS MONDAY AT 5PM

Our Throws Coach (and Groundsman), Scott Clarke will be coaching discus, shot put and javelin this week. Don't forget that all our sessions are free to RTAC athletes.

THE RUNNERS' SHOP WILL BE HERE NEXT SATURDAY

We're really pleased to again have the Runners' Shop come to us from Killarney Vale with their usual great variety of shoes and rubber and metal spikes. **They also have a special on Asics LD and some older models for \$65.** Check out their website coastrunnersshop.com.au and if there is a particular shoe you would like to try, give Margaret or Charlie a call and they will bring them up for you if they have them in stock. Any orders over \$100 can also be shipped at no extra charge. Contact them on - 4333 6064

CANCELLED MEETS DUE TO OUR WET FIELD

It's been frustrating missing 2 weeks due to our wet field, but since the new public toilets on the levee bank were recently built we've had more drainage issues than we used to. We've requested Council to improve the situation but they've been slow to react.

MEDOWIE LITTLE ATHLETICS CENTRE HAS AGREED TO HELP

If we are again faced with more than one consecutive cancellation, we will consider holding our cancelled meet at Medowie Athletics Centre on the Saturday (as long as their field is dry). We really appreciate their support. If we have to make that decision, we'll need you to check our website or landline (see top of page) or facebook.

LA STATE CHAMPIONSHIPS

We've been notified that although Zone and Region Championships have been cancelled due to COVID, the State Championships will go ahead but over 2 weekends and with different titles. The LANSW Littles Championships for U9 to U12 will be held on **March 20-21** and the LANSW Youth State Championships for the U13 to U17's, on **March 27-28**. By next week we will find out how athletes will qualify to compete at these. **For the U9 to U12's**, a State Qualifying Meet will take place in each Region, with a date, venue and qualifying standards to be confirmed. **For the U13 to U17's** a direct entry process will take place with qualification standards which will allow representatives from all Regions. This process will open mid-January and close in late February.

WEEKLY COACHING SESSIONS ARE FREE TO RTAC ATHLETES

MONDAY – 4:30pm - Middle Distance - David Marsh – 4987 2810
5:00pm - Throws (Discus, Shot Put & Jav) - Scott Clarke - 0475 087 354
5.00pm - Long and Triple Jump - David Summerville - 0458 999 429

WEDNESDAY - 4:30pm – Middle Distance – David Marsh. Walks with David are by request
5:00pm – Long and Triple Jump – David Summerville
5.00pm - Hurdles - Belle Leonard - 0459 320972

SUNDAY - 4:00pm - Sprints - Kylie/Matt Newton

NEW RECORDS FOR OCTOBER 24, 2020

Ashlyn Wall	U13 800m	2-40.3
Dixie Conlon	U13 TJ	10.05m
Cody Hancock	U17 200m	24.2
Ebony Newton	U17 200m	26.3
Joshua Serrett	Open 800m	2-10.3

BUSINESSES OF THE WEEK: Please support these businesses that support us:

Ram is a long-term supporter of our Centre and has been in town since 1982. Their great range of surf and skate gear and jeans is competitively priced; and could solve some of your **Christmas present dilemmas**. Ram is located in the Marketplace and you can reach them on 4987 4751.

Terrace Mowers is another of our long-term supporters. They not only carry quality mowers at competitive prices, but quality outdoor power products as well. Check out their generators too. These days, storms can hit at any time of year. Terrace Mowers is open 6 days per week and located in Port Stephens St. Don't forget to tell Sue that you are one of our members!

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre