

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 5 PROGRAM

THE RUNNERS' SHOP IS HERE TODAY

Check out the shoes Charlie has brought today if you are after some good prices. We appreciate him making the time to travel here to help our athletes update their shoes and spikes. **There is also a special today 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 order. Any orders over \$100 will be shipped at no extra charge.

ROUND 1 CENTRE CHAMPIONSHIPS IS DECEMBER 5. More details next week.

OUR FINAL MEET BEFORE CHRISTMAS IS DECEMBER 19

ATHLETES CAN COMPETE AT OTHER CENTRES TOO

If you are after some additional competition at any time, you are able to compete at other centres. You just need to see someone when you arrive and maybe pay ground fees. Medowie (U6 to U17) competes on Fridays at 5pm at their field at 10 Laurina St.

IF WE HAVE PROLONGED CANCELLATIONS DUE TO A WET TRACK

Don't forget that if we experience these conditions, we may relocate to Medowie Little Athletics Centre for the cancelled Saturday, if Medowie is dry. The notification will be on our website and facebook. We appreciate Medowie's support.

NO NEW RECORDS FOR NOVEMBER 14, 2020

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

Leo's Take Away is located at the pedestrian crossing on William St. It's a family owned business that serves great fish and chips, wraps, yummy hamburgers and much more. They have been a supporter of our Centre for years advertising with us and providing vouchers for our Presentation Day raffles. They're open 6 days a week from 8am till 7pm (7:30 on Fridays). Phone orders are welcome on 4987 1533.

King St Confectionery located opposite the Marriage Trees at 15 King St, stocks a range of lollies that will transport you back to the lolly counter of every general store in the country 50 years ago. Buy them by the piece or by weight, all the old school favourites like musk sticks, sherbet cones, peanut brittle, rocky road and coconut ice. No preservatives are used and the majority of their products are gluten free. Their signature chocolate, *Lemon Myrtle in Dark*, contains lemon myrtle sourced from one of their customer's gardens. Their base chocolate is Belgian Couverture Chocolate and ganache centres are made using traditional recipes and fresh, natural ingredients. They also offer a free customising service for special events. **With Christmas just around the corner, drop in to see them or visit online** at www.kingstreetconfectionery.com.au. Open Mon – Fri 6am till 2pm and Sat 7am till noon.

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