

# Raymond Terrace Athletics Centre

## Newsletter 3 January 29, 2022

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

Cancellation No: 4983 1407

### TODAY IS WEEK 3 PROGRAM

#### WE ARE SHORT-HANDED AGAIN

We may need a hand again today as there are other competition events happening.

#### NSW COUNTRY CHAMPIONSHIPS LAST WEEKEND AT MAITLAND

Ten of our athletes took on Country athletes from around the State with numerous PB's and 6 of them brought home a total of 20 medals – 8 Gold, 8 Silver and 3 Bronze.

**Results: Oliver Gordon – U13** - 4<sup>th</sup> 1500m, 5<sup>th</sup> 800m and **U16** -10<sup>th</sup> 3000m, **Zane Edwards - U14** – Gold 90mH, Silver 100m, 200m and TJ, **Dixie Conlon – U15** – Gold TJ and LJ, **Ashlyn Wall – U15** – Silver 800m, Bronze 1500m, **Cody Hancock – U18** – Gold 100m and Discus, Silver LJ, Bronze 200m, **Ebony Newton – U18** Gold 100m, 200m and **Open** 100m Hurdles, **Elijah Walter – U20** 5<sup>th</sup> LJ, **Ben Edstein – Open** 4<sup>th</sup> 5000m, **Morgan Clifford – Open** Silver Discus, Bronze SP, **40-49 yrs** – Gold Javelin, Silver SP, Hammer, Bronze Discus. Well one to everyone!

#### WE ARE LOOKING FOR A HIGH JUMP COACH

Please see David or Deidre if you would like to find out about it.

#### DO YOU NEED SPIKES FOR THE LA REGION CHAMPIONSHIPS NEXT WEEKEND?

Call Margaret from the Coast Runners Shop on **4333 6064**. She will be more than happy to help and send your order postage-free **OR you could arrange to pick them up at Region as she will be selling shoes there on the weekend.**

#### REGION CHAMPIONSHIPS NEXT WEEKEND – FRI 4<sup>TH</sup> TO SUN 6<sup>TH</sup>

To be held at Mingara Recreation Centre, 12-14 Mingara Drive, **Tumbi Umbi**. Good luck in your events. We hope you enjoy the experience. **Please call or msg me (Deidre) on 0418 962 185 with results. I will be at the ground on Sunday.**

#### REGION PROGRAM ONLINE – Check that your athlete is listed in the correct event

Download the pages you need on:

<https://lansw.com.au/wp-content/uploads/sites/3/2022/01/2022-region-2-Program-Final.pdf>

Friday - First event call time 5.45pm First event start time 6.00pm

Saturday & Sunday – First event call time 7.45am First event start time 8.00am

When your event is called, you will be told where to marshal for it.

#### REGION ORDER OF EVENTS ONLINE

<https://lansw.com.au/wp-content/uploads/sites/3/2022/01/order-of-events-region-2-FINAL-website-no-before-time.pdf>

Check the “not before time” listed alongside your event. It guarantees you won't have to worry about an event starting early.

#### RTAC REGION MANAGER MATTHEW NEWTON

Matt will be with our RTAC tent, so keep an eye out for our teardrop banners with the tent. It's good to stay together as Matt will be keeping an eye out that you hear your event calls.

## PARENTS CAN'T GO ONTO THE COMPETITION AREA UNLESS THEY ARE ASSISTING

### HOW DO YOU QUALIFY FOR STATE CHAMPIONSHIPS?

The first 2 place getters in each final will automatically qualify and the next best 8 competitors from across the 8 regions. High jump, 300m and 1500m walk have performance based qualifying.

## OUR WEBSITE AND FACEBOOK WILL KEEP YOU UPDATED ON REGION DETAILS

### NSW OPEN & U23 CHAMPIONSHIPS ONLINE ENTRIES CLOSE FEB 9

This Championship is being held at SOPAC from **Fri 18 Feb till Sun 20 Feb**. Cost is \$25 per event with **online entries**. Go to [www.nswathletics.org.au/events/117361/](http://www.nswathletics.org.au/events/117361/).

### NSW JUNIOR CHAMPIONSHIPS ONLINE ENTRIES OPEN NEXT WEEKEND

Also being held at SOPAC from **Fri Feb 25 – Sun Feb 27**. See the **DRAFT TIMETABLE** on:

<https://cdn.revolutionise.com.au/cups/nswathletics/files/7zeul4bargwkpldz.pdf>

### UPCOMING EVENTS:

Fri Feb 4- Sun 6	LA Regional Championships	Tumbi Umbi
<b>Sat Feb 5</b>	<b>Centre Meet TBC</b>	
<b>Sat Feb 12</b>	<b>Centre Meet</b>	
Fri Feb 18 – Sun 20	NSW Open & U23 Champs	SOPAC
<b>Sat Feb 19</b>	<b>Centre Meet</b>	
Fri Feb 25 – Sun 27	ANSW Junior & Youth Champs	SOPAC
<b>Sat Feb 26</b>	<b>Centre Meet TBC</b>	
Sat Mar 5 – Sun 6	LA State Combined (Multi) Champs	Maitland
<b>Sat Mar 5</b>	<b>Centre Meet</b>	
Sat Mar 19 – Sun 20	LA State Championships	SOPAC

**BUSINESSES OF THE WEEK:** Please support the businesses that support us: **Check out our annual Handbook in colour on our website – [raymondterraceathletics.com.au](http://raymondterraceathletics.com.au).**

# Heatherbrae's Pies

Heatherbrae's Pies is located at the large roundabout on the corner of Masonite Rd and the Pacific Highway. They are open Mon to Thurs from 6am to 8pm and Fri to Sun from 6am to 9pm. **Times may vary during COVID.** As their slogan says, they are more than just a pie shop. Their cakes and pies are baked on the premises; and coffee beans are grown and roasted near Byron Bay. As well as coffee, they serve cappuccino, traditional milkshakes, croissants, banana bread with cinnamon butter, Danish, jaffles and have a drive-through where you can quickly pick up bread, milk, family pies and cakes. Their ad is on p20 of our Handbook.

# Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre