

Raygmond Terrace Athletics Centre

Newsletter 6 February 19, 2022

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 6 PROGRAM

TODAY IS COLES COMMUNITY ROUND

We hope everyone has been able to wear something red and even dressed up if possible. Coles is a very committed sponsor and has provide numerous merchandise to Centres such as baskets, vests a portable shade, bananas each Saturday (before COVID struck) and equipment grants. **We are very happy to be able to hold a special event to publicly acknowledge their support.**

There will be some \$10 Coles vouchers to hand out during the morning. There will be lots of photos taken that will be put on our facebook and sent to Coles and Little A's. A selfie frame is also available today. **Athletes can choose to compete in their fancy dress. There will be a couple of novelty races too. So listen for any announcements about that.** The Medowie Coles Manager has been invited to attend if he is able.

BANANAS ARE BACK!

And just in time! We will be enjoying some of them for athletic purposes today. **We may have a basket and banana relay** instead of egg and spoon relay, **instead of an orange race – a banana race, bananas as lap counters**, to mark the **take offs for jumps**, instead of discus – **a banana throw** (there will be 2 discus throws first for athletes!) **If bananas are harmed in the running of our meet, we can make banana bread!!** I'm sure we can find other uses. We hope to have lots of fun and photos.

YOU NEED TO ORDER OUR NEW HOT FOOD BEFORE GOING ONTO THE FIELD

As mentioned last week, we are now selling some different flavours in pies and sausage rolls. We ask you to order them so that we don't waste any. We now have:

- Beef, bacon and cheese pies - \$3.30
- Chicken and bacon roadies - \$3.30
- Cheese and bacon sausage rolls - \$3.00
- Spinach & ricotta rolls - \$3.00
- Vegetable pastie - \$3.00
- Quiche Lorraine - \$3.30

THE FINAL LA NEXT QUALIFIERS TO BE ANNOUNCED NEXT WEEK

We have some of our Region athletes who have not automatically qualified in some events for the State Championships. But after the last of the 8 Regions are finished on tomorrow the next best results will be determined. Athletes will then be notified. We are hopeful of more good news.

NSW OPEN & U23 CHAMPIONSHIPS ARE ON THIS WEEKEND

It's going to be tough competition but hopefully favourable weather.

NSW JUNIOR CHAMPIONSHIPS ON FRI FEB 25 – SUN FEB 27

Spectator tickets available. The DRAFT TIMETABLE is on:

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

KUMON LA STATE COMBINED (State Multi) CARNIVAL AT MAITLAND MARCH 5 & 6

Go to lansw.com.au for competition details.

ATHLETICS NSW MASTERS CHAMPIONSHIPS AT SOPAC WARM UP TRACK ON MARCH 11 - 13

<https://www.nswathletics.org.au/events/125118/>

UPCOMING EVENTS:

Fri Feb 25 – Sun 27	ANSW Junior & Youth Champs	SOPAC
Sat Feb 26	Centre Meet	
Sat Mar 5 – Sun 6	LA State Combined (Multi) Champs	Maitland
Sat Mar 5	Centre Meet	
Sat Mar 12	Centre Meet	
Sat Mar 19	Centre Meet	
Sat Mar 19 – Sun 20	LA State Championships	SOPAC
Sat Mar 26	Final Centre Meet and Presentation	
Fr 1 Ap – Mon 4 Apr	Aust Masters Championships	Brisbane
Sat 23 Ap – Sun 24 Ap	Australian LA Championships	Melbourne
Tues 26 Apr	AGM & General Meeting 6:30PM	RT Bowling Club

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

Raymond Terrace Bowling Club has been proud supporters of our Centre for many years. They provide, free of charge, their Board Room for our Committee meetings and Auditorium for Presentation Day and any other functions we have held over the years. They also contribute funds to us as part of their community support. They have meat raffles every Friday and Sunday from 6pm, a courtesy bus every day from 4pm to Medowie, Brandy Hill, Thornton, Tomago Seaham and Balickera, and free live entertainment every Sunday afternoon from 5pm till 8pm. Their onsite Restaurant “Always Tastes Best” is open 7 days for lunch from 11:30am and Dinner from 5:30pm. There are week-night specials, \$10 lunch specials every day and a semi-private function area. Kids are welcome and there are 2 indoor kids’ play areas. Also on offer is barefoot bowls for groups which we are considering as a RTAC social function. It’s lots of fun. Please patronize the Bowling Club as they have been good to us for many years. Their ad is on Handbook p14.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre