

Raymond Terrace Athletics Centre

Newsletter 11 15 February, 2025

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS ROUND 2 CENTRE CHAMPIONSHIPS

Points are awarded to athletes for their results today. The faster their times and the further or higher they jump or throw, the more points they will score. The total points today will be added to those from Round 1 to determine the Centre Champions in various categories – Sub-Junior (U6 - U8), Junior (U9 & U10), Sub-Senior (U11 & U12), Senior U13 – U15), U17-U20, Open; and Masters Champions for which trophies will be awarded at Presentation Day.

NEW RTAC RECORDS

We have 4 new records and 3 record breakers that we haven't yet acknowledged. 13's Audrey Russell was our first record breaker of the season on 19 October last year in the 1500m walk. Since then, 17's Ashlyn Wall has broken the 800m on 14 Dec and the 3000m on 7 Dec and 12's Callum Langlois the Javelin on 1 Feb, Congratulations to you for your amazing efforts!

REGION CHAMPIONSHIPS LAST WEEKEND AT MAITLAND

We had 25 athletes compete last weekend at Maitland in very hot conditions against athletes from 26 other Centres from the Central Coast, Lake Macquarie, Hunter and our Port Hunter Zone. Our athletes put in amazing efforts against the punishing weather and intense competition, bringing home a swag of medals and recording many personal bests.

Congratulations to:

- 8's - Georges Catteau** – 9th Disc, 10th 400m, 12th LJ, **Robin Siedler** – 3rd 60mH,
 - **Scarlett Lodge** – Silver 100m, Bronze 70m, 5th 200m, 8th LJ,
 - **Riley Dowse** – Silver 100m, 3rd 60m H, 4th 200m, **Kobi Gentle** – 6th 200m, 11th (ht) 70m,
- 9's - Winter Robson** – Gold HJ, Bronze LJ, 5th 70m, **Amelia Pilgrim** – 15th SP,
 - **Matilda Shawyer** – 4th 70m, 4th (ht) 200m, 6th (ht) 100m, **Aiden Langlois** – 5th Disc,
- 10's - Evie Gentle** – Gold 800m, 4th (ht) 200m,
- 11's - Ryker Purdon** – 12th SP,
- 12's - Callum Langlois** – Silver Jav, 4th 1500m, 6th TJ & 800m, **Oscar Pilgrim** – 10th 1599m, 11th 400m,
- 13's - Paige Matthews** – Silver LJ, 8th (ht) 100m,
 - **Audrey Russell** – Gold 1500m Walk, Silver 3000m, 4th 1500m,
 - **Clair Cousins** – 4th Jav & Disc, 5th 800m, 6th TJ, 9th 400m, 10th 1500m,
 - **Emily Watson** – Gold 100m, Silver 200m,
- 14's - Branxton Clarke** - 5th HJ, 7th 100m,
- 16's - Bela Clarke** – Silver Jav, Bronze LJ, 5th 100m, **Hayley Ledwidge** – 4th Disc & SP,
 - **Zane Edwards** – Gold 100m, 200m,
- 17's - Ashlyn Wall** – Gold 400m, 800m, 1500m,
 - **Harry Cousins** – Silver Javelin, Bronze 400m, 4th 100m, 7th (ht) 200m,
 - **Brooklyn Darcy** – Silver 100m & 800m, 4th (ht) 200m,

LA JUNIOR CHAMPIONSHIPS ATHLETES 13 TO 16 MARCH

For 13's (U14) TO U20's. By 28 Feb, these athletes **MUST REGISTER THEIR EVENTS ONLINE AND PAY a fee** of \$40 for their first event and \$30 for subsequent events. A validated parking ticket for P1, P2 or P4 will be \$22. **Athletes who have qualified should have received an email yesterday.** Athletes will be issued a competition number (bib). **You DO NOT need your RTAC number or age patch.**

All parents, supporters and spectators will need to pay an entry fee to enter SOPAC Children under 10 are free There is a discount for pre-purchasing your ticket before event day, but you also pay a booking fee Adult (18+) \$10 or \$15, Child (10yrs – 17yrs) \$5 or \$8.

LANSW HART SPORT STATE CHAMPIONSHIPS 22 TO 23 MARCH FOR 9'S TO 12'S

Athletes who have qualified will need to confirm their attendance via an email they will receive from 19 February and pay a \$15 fee. Athletes who do not confirm their attendance 26 February, will have their event offered to the next qualifier.

STATE OPEN CHAMPIONSHIPS 20 TO 23 MARCH

Entries close at noon 7 March. Entry fee \$40 for first event, \$30 for subsequent events.

ONLINE STATE EVENT PROGRAM AND COMPETITOR LIST

Go to <https://www.nswathletics.org.au/events> for event lists.

NSW COMBINED EVENT AT GRIFFITH 1 & 2 MARCH FOR 9'S TO MASTERS

Entries close **MIDNIGHT Wednesday 13 February**. Go to <https://lansw.com.au/championships>.

On both days of the event, there will be free sessions **for 6's from 10 – 11am**. There is no need to pre-register 6's, just head to the Information marquee in uniform, at 9:45 each day. **Cost \$40 per athlete**.

LEVEL 1 YOUTH COACHING COURSE SUNDAY 9 MARCH 8:45 TO 4PM

A minimum of 10 athletes are needed for the course to take place. To be held at Hunter Sports Centre Glendale. Participants must be at least 16 years of age. **Regos close Friday 28th February 2025 at 1pm**.

The cost for the course is \$ \$270, This covers the course, the first year of accreditation and insurance. **If you would like to coach our athletes, RTAC will refund the \$270 at the end of a season's coaching.**

See Deidre if you are interested.

NEW RECORDS FOR:

19 Oct 24	Audrey Russell	13's 1500mW	8-40.61
7 Dec 24	Ashlyn Wall	17's 3000m	11-33.97
14 Dec 24	Ashlyn Wall	17's 800m	2-29.34
1 Feb 25	Callum Langlois	12's Jav	22.40m

UPCOMING EVENTS:

Sat 22 Feb	Centre Meet
Sat 1 Mar	Centre Meet
Sat 1-2 Sun Mar	NSW Combined Events for 7's to Masters – Griffith Regional Sports Centre
Sat 8 Mar	Centre Meet
Sat 15 Mar	* FINAL CENTRE MEET - TBC
Th13 to Sun 16 Mar	Junior State Championships - 13's to U20 - SOPAC
Sat 22 Mar	* FINAL CENTRE MEET - TBC
Sat 22-Sun 23 Mar	LANSW Hart Sport State Champs – 9's to 12's – SOPAC
Sat 20-Sun 23 Mar	Open State Championships – SOPAC
Sun 6 Apr	RTAC Presentation 11am till 2pm RT Bowling Club

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre