

Raymond Terrace Athletics Centre

Newsletter 13 24 January, 2026

www.raymondterraceathletics.com.au

Cancellation on RTAC facebook page

TODAY IS PROGRAM 1

RESULTS NSW COUNTRY CHAMPIONSHIPS

Congratulations to our 5 athletes who endured the heat and windy conditions in Dubbo last weekend along with more than 700 competitors from Regional NSW. Their determination and endurance resulted in 2 Gold, 2 Silver, 3 Bronze medals and several personal bests.

Results:

9's Georges Catteau - 4th shot put, 7th 800m and 8th discus

13's Asher MacDonald - Bronze long and triple jump and 5th 400m and 800m

14's Audrey Russell - Silver Open 3000m race walk, 3rd 1500m

18's Sydnee Farrelly - 5th 800m and 1500m

U20 Ashlyn Wall - Gold 400m, and 800m, Silver 1500m

ONLINE REGISTRATION FOR MELINDA GAINSFORD-TAYLOR'S EXPLOSIVE SPEED CLINIC

This clinic on 8 Feb is not just for track and field athletes, but for any child that takes part in an individual or team sport and would like to improve their speed.

The areas of speed development addressed are -

- Analysis & correction of running technique
- Technical running drills
- Techniques in developing strength and stability
- All participants will receive a MelGT water bottle

Melinda is a three-time Olympian, World Indoor Champion and is the current Australian Record Holder in the 200m. Melinda also held the Australian Record in the 100m, for some 20 years, until it was recently broken.

We are excited for our athletes to have the opportunity to be part of this coaching clinic. Check-in is by 9:15. Cost is \$77 with just 45 spots available. We need a minimum of 25 for the clinic to go ahead. The flyer and QR code are on our noticeboard and facebook page.

A REMINDER ABOUT SPIKES AT REGION AND STATE

Athletes from 11's and up can wear spikes for LJ, TJ, HJ & Jav. 11's and 12's only wear spikes in track events that are laned (no pack starts). Athletes 13's and up can wear spikes for all track events except walks.

STARTING BLOCKS AT REGION AND STATE

Starting blocks may be used by athletes in the 11s, 12s and 13s age groups for all races up to and including the 400 metres (including the first leg of all relays). **Athletes in the 14s, 15s, 16s, 17s and Under 20 age groups MUST use blocks at Region and State Championships for all races up to and including the 400 metres (and the first leg of relays).**

HAVE YOU BEEN SHOWN THE CORRECT WAY TO USE BLOCKS?

If an athlete tries to use blocks without having had proper assistance, they will most likely find it a disadvantage. Katie is here today and next week to assist anyone who needs help with blocks if they need help.

DO YOU NEED AN AGE PATCH?

Athletes need to be in correct uniform to be able to compete at Region and State. See Barbara if you need a new patch. It can now be worn on the left or right shoulder.

OUR FINAL CENTRE MEET IS 7 MARCH

At our meeting on Tuesday night we discussed the remaining events on the athletics calendar that impact our decision on our end of season and Presentation dates. Once again we have 3 consecutive weekends of State Championships in March that involve our athletes and officials, followed by Easter, school holidays and the ANZAC Day holiday weekend. Consequently, we will finish the weekend before the start of the 3 State Championships. **Presentation will be the Sunday following the ANZAC Day long weekend.**

UPCOMING EVENTS

Sat 31 Jan	Centre Meet
Sat 7 Feb	Round 2 Centre Championships
Sun 8 Feb	Explosive Speed Clinic for 7's to 16's 9:15-12:00
Fri 13 – Sun 15 Feb	Region Championships Maitland Regional Athletics Centre
Sat 14 Feb	NO Centre Meet
Sat 21 Feb	Centre Meet / Alternate date Round 2 Centre Championships
Sat 28 Feb	Centre Meet
Sat 7 Mar	Final RTAC Meet for 2025 / 2026
Thu 12 – Sun 15 Mar	NSW Junior Championships SOPAC
Thu 19 – Sun 22 Mar	NSW Open Championships SOPAC
Sat 21 – Sun 22 Mar	NSW LA State Championships SOPAC
Sun 3 May	RTAC Presentation 4pm to 6 pm RT Bowling Club
Sat 31 October	RTAC 50th Anniversary Dinner Celebration – RT Bowling Club

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