

Raymond Terrace Athletics Centre

Newsletter 6 8 November, 2025

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS COLES COMMUNITY ROUND AND WEEK 1 PROGRAM

Events today are as normal **except for shot put and discus and the bean bag race**. Athletes will have their first 3 throws, followed by a banana throw. **The bean bag race will have bananas substituted for the bean bags**. This race is so popular that even the seniors usually like to have it unofficially included in the program. **If there is time when all bean bag races are concluded, other age groups can also do a banana race as well**. Injured bananas can be recycled for smoothies, muffins, etc! **We are grateful to Coles for their outstanding support of Little Athletics throughout Australia.**

RELAY TEAMS

Unfortunately, Katie and Ashlyn can't be here today, but we need to quickly go over marking your change run-out. If you would like to come to the verandah at the end of your events, it can quickly be explained.

RELAYS AT ZONE

Ashlyn is going to try to get the teams together for a final baton run through some time next Sunday. **She is competing too, so see if you can get your team together when you aren't competing and see when Ashlyn may be available for a few minutes**. Relays are the last event on Sunday.

YOU NEED TO LISTEN TO ANNOUNCEMENTS NEXT WEEK

It can be easy to miss your event if you aren't able to hear the calls, If possible, **it's a great idea to sit under our RTAC shades** where other families will also be listening.

DON'T FORGET TO DO YOUR DUTY

If you do your duty, you can collect your refundable \$50 the following week. If you don't do your duty, your \$50 will be paid to the parent who has to take your place as a 2nd duty. **On Sunday we have 2 of our parents in the canteen from 11am till noon. Please be 10 minutes early. We have another parent helper spot assisting with results**. We are fortunate not to have many duties thanks to the expertise of some of our Life Members who will be officiating all weekend.

Our throws coach, Scott is running Javelin and Discus, our Treasurer Barbara is recording results, Vice President Phil Wall is Finish Line Coordinator, our starter John is photo finish, and parent Clint Robson is running the high jump.

WE HAVE 26 RTAC ATHLETES AT ZONE IN 94 EVENTS

We wish all of them a great weekend of competition.

NOT GOING TO ZONE? You get to have next Saturday off!

PORT HUNTER ZONE COMBINED EVENT RESULTS

We had just 9 of our athletes compete in this event last Sunday, but they did an amazing job of representing our Centre. Congratulations to:

8's Ainsley Foot – 1st 3420, **9's George Catteau** – 9th 1699, **Scarlet Lodge** – 2nd 3259,
10's Winter Robson – 1st 3694, **Lila Foot** – 2nd 3299,
11's Austin Lodge - 2nd 3067, **Evie Gentle** – 3rd 2984, **Kalahni McEvoy** 5th 2947,
13's Asher MacDonald – 1st 3749

UPCOMING EVENTS:

Sat 15 Nov	NO RTAC CENTRE MEET
Sat 15 & Sun 16 Nov	Port Hunter Zone Championships – Mallabula Sports Complex
Sat 22 Nov	RTAC Centre Championships Round 1
Sat 29 Nov	RTAC Centre Meet
Sat 6 Dec	RTAC Centre Meet