



# UTS Norths

## E-Mail Newsletter - December 2016

### ANSW STATE RELAYS RESULTS

Congratulations to everyone who participated in the NSW State Relays, to make this the most successful state relays ever for our club. The numbers are astounding: **98 teams, 31 gold, 22 silver, 11 bronze**. That is a total of **64 medals** from the 134 events on the weekend, with only 2 DQs. Our closest rivals were Illawong with 9 golds, 5 silver and 6 bronze, 20 total and Sydney Uni with 8 gold, 6 silver and 3 bronze, 17 total. We easily won the medal count. Very pleasing is the Mens Open beating SUAC in golds and medal count (our 7 gold to their 3) and the Womens Open were just beaten by SUAC by one gold (our 3 gold to their 4). From the attached table, you will see this is across all age divisions and both genders. A further breakdown shows the rising strength in our field events to complement the track. Beyond the medals is also the participation, camaraderie and enjoyment of each others success within the club.

### ANSW State Relay Results 2016

	1st	2nd	3rd	Other	DQ	Total
<b>Juniors</b>						
Boys	3	3	3	4	1	14
Girls	6	7	1	8	0	22
Sub Total	9	10	4	12	1	36
<b>Open</b>						
Men	7	1	2	9	0	19
Women	3	5	1	7	0	16
Sub Total	10	6	3	16	0	35
<b>Masters</b>						
Men	6	3	2	3	1	15
Women	6	3	2	1	0	12
Sub Total	12	6	4	4	1	27
<b>Total</b>	<b>31</b>	<b>22</b>	<b>11</b>	<b>32</b>	<b>2</b>	<b>98</b>

Thank you to the coaches for training so many talented athletes, thank you to the committee for the behind the scenes preparations and in particular thank you to the conveners who all did a top job getting the best teams on the track. It was a successful weekend, but we are always looking to improve. So please get back to me or other committee members with any positive or more importantly negative feedback. This will go to the club committee for constant improvement and also to ANSW for them to improve the various aspects of the relays weekend. Thank you also to Chris, Bruce Thomas and the team of helpers, who put on the John Atterton Fund Raising BBQ, and to those athletes who in respect wore black arm bands. The funds raised were presented to Nancy on Wednesday at the Memorial for John.

## TRELOAR SHIELD ROUND 5, BANKSTOWN SATURDAY 10th December

This Saturday is the final round of the inter club participation points based competition the Treloar Shield. [Click here](#) for details. Online entries close midnight 8th December. All levels of club athlete, juniors, opens and masters can enter the Treloar Shield. The top 20 place getters in each age category (under 14, under 16, under 18, under 20, Open, 30-39, 40-49, 50-59, 60+) for each event earning valuable points for the club towards the Treloar Shield. We are currently second overall to ASICS Wests, so we are looking for as many athletes as possible to compete. **We have the Masters Pennant won, so could all Masters compete in the Open for points?** Open events attract 4 times points. You need to ask for a paper form at the registration desk, fill this in to nominate competing in Opens if you are not 20-29 years old.

It is also a chance to see the top milers in the state run the **Albie Thomas Mile**. Mason Cohen is moving up from the 800s to the mile, with Adrian Plumber carrying on his battle with Jordan Gusman from the 3000m state championships, to see who can crack the 4 minute mile.

## ANSW Club Championship, 17-18th December

The last event before Christmas is the NSW Club Championships on 17th-18th December at SOPAC. Details [click here](#). The Club Championships are a 2 day event in the following age categories U14, U16, U18, U20, Open, 30-39, 40-49, 50-59 and 60+. This is a point based system with Junior, Open and Masters champions. Please view the timetable and look for events for the last chance to compete for the year. In particular we are looking for field event competitors, as the multi event championships are on the same weekend.

## ROTARY ATHLETIC FIELD CLOSURE 4th DECEMBER, 2016

Rotary Athletic Field (RAF) grass oval is now closed. There are signs up from Willoughby Council stating there is spraying to kill the grass during December. From January there will be fences put around the perimeter as the major works commence. The RAF gym will remain available during the usual training times of Monday to Thursday 4:30pm to 7:00pm and Sunday 9am to 11am. The under cover area near Fort Knox is also accessible during December. There will be limited access to the under cover area from January until completion of works. OH Reid Memorial Park, Reid Drive, West Chatswood has been marked with a 200 metre circular and an 80 metre straight track. It is available during the training times of Monday to Thursday 4:30pm to 7:00pm. Sunday is not available as the field is used for cricket.

## IAAF THROWS CAGE UPGRADE

The hammer/discus throw cage at RAF will be replaced with a new IAAF standard cage, similar to the cage at SOPAC. It was hoped this would be completed at the same time as the grass re-turfing, however due to all funds not being available, this will most likely be delayed until mid to late 2017. The club currently has half the funds required from a NSW Government Sport and Recreation grant. We have applied for several grants which we will find out the result in early 2017. We will keep you posted of developments.

## Club contacts:

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*Merry Christmas and all the best for 2017 from UTS Norths Athletic Club!*

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