# ULTMATE NEWS WHATS GOING ON IN YOUR CLUB! OCTOBER 2024 EDITION

**NEWS** 





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#### Congratulations to FirstPoint athlete Yannick Kraus who has committed to Ivy League Harvard University in Cambridge, Massachusetts!

Yannick is currently ranked 16th in the world with a 7,000 point personal best, and has the best pentathlon score globally in 2024 among all U18 decathletes. His PBs include impressive performances in 110m hurdles (14.59s), Long Jump (6.95m) and High Jump (2.01m).

## **RACENIGHT HIGHLIGHTS**



#### ULTIMATE RACENIGHT JUNIORS 04TH OCTOBER HIGHLIGHTS

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U7 Sienna Clements triple gold, U13 Kiana Stocker triple gold, U11 Aoife Chudzynski triple gold, U7 Reuben Ryder double gold, U13 Samarveer Dagar double gold, U9 Zakk Mascarenhas triple gold 60m Hurdles 11.35 (CR)

## ABU DHABI CHAMPIONS 27TH OCTOBER HIGHLIGHTS

Ines Boucher double gold § 100m 12.54 CR Most Valuable Athlete, Evangeline Skorupinski triple gold, U7 Noham Idmalek double gold 1 silver, Lachlan Lickrish § 400m 54:88 Most Improved, Ethan Wagstaff double bronze, Rachel Gove double gold.







#### FOAM ROLLER WORKSHOP FREE

#### Sun 24th Nov with Andy Clements 5.30pm DIA Al Barsha

Learn how to warm up and Recover with Myofascial Release techniques. Bring your Roller and a Mat!





## **UPCOMING RACENIGHTS:**





SCHEDULE





**SCHEDULE** 



ULTIMATE RACENIGHT SENIORS 06TH DEC

**SCHEDULE** 



Buy one for our free Workshop on 24th Nov



## TRIGGERPOINT FOAM ROLLER IS OUR PRODUCT OF THE MONTH!

Use Code: ULTIMATE15





#### RECOMMENDED PROTEIN BAR

You saw All is Well at our Racenights. Now you can purchase your own. Perfect snack for pre workout!



## **COMPETITION & CAMP**

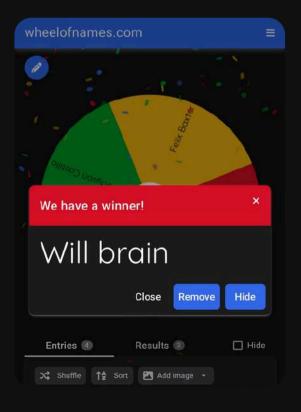


## WIN A FREE WEEK WINTER CAMP!

Upload an Ultimate Athletics Photo and Tag us with your reason Why you would love to come to our Winter Camp! Tag us to participate in the Competition.

<u>@ultimateathletics</u>

## SEPT COMPETITON WINNER

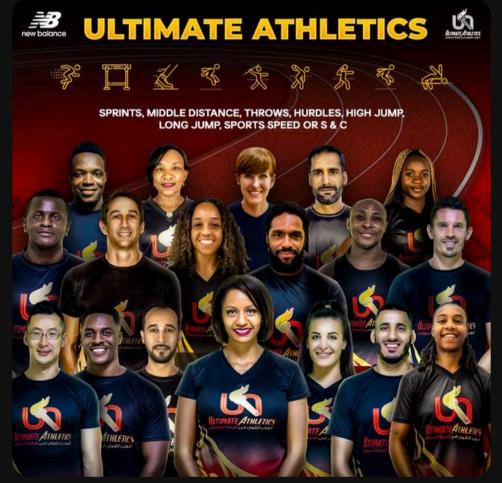


CONGRATULATIONS WILL BRAIN & THANK YOU EVERYONE WHO GAVE A GOOGLE REVIEW!

**DIA LOCATION** 







ABOUT US SCHEDULES COMPETITIONS