

# **NEWSLETTER No 4 – 13/14 7th OCT 2013**

**WALLSEND RSL ATHLETIC CLUB**

**WALLSEND RSL LITTLE ATHLETIC CENTRE**

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au)

**A.B.N. 70 859 060 841**

## **WHAT'S ON TONIGHT**

Tonight will be Round TWO (2) ..... Program ONE (1)

## **FIRST COMPETITION MONDAY of MONTH**

**It's BBQ night Sausages or Steak Sandwiches**

## **TRAINING**

NOW THURSDAY DAYLIGHT SAVING TIMES 5.30pm to 6.30pm

## **SPIKES OFF**

We had 3 children spiked last Monday by athletes not taking shoes off  
IT IS A REQUIREMENT & LITTLE ATHLETIC RULE & SAME APPLIES FOR  
SENIORSTHAT SPIKE SHOES BE REMOVED AT COMPLETION OF AN EVENT

## **LAST YEARS TROPHIES**

Any athlete who was with Club last year but unable to attend Presentation  
your trophies are available for collection, PLEASE see Table Officers

## **PROGRAM CHANGES.....ROUND 2**

**Program 2 the U10 and U11 100m Handicap GOES TO PROGRAM 3**

**Program 3 the U10 and U11 1100m Walk GOES TO PROGRAM 2**

**too many circular track events listed on Program 3**

**we are trying to fix by changing a swap for Round 2 to see how it works**

## **CROSS COUNTRY ATHLETES**

Any Club athlete who competed at Newcastle Cross Country events the past  
winter please advise the Table Officers of the runs and your performance

## **LA STICKER BOOKS...arrived late.....NOW AVAILABLE**

The Little Athlete sticker Books was not available when we started athletic  
Registration, they are now available Please collect a copy from the table

## **CLUB HANDBOOKS**

if you do not have a club Handbook.....Please collect one from the table

## **LA STICKER BOOKS.....NOW AVAILABLE**

The Little Athlete sticker Books now available Please collect a copy from the table

## ***Play of the Day.....***

***Rosters CROW....Eagles SWARK***

## CLUB RECORDS

Records MUST be claimed on the night of performance  
Track Records have the sheets signed off by the Chief Timekeepers  
Field Event Records a Club Officials to check the distances and sheet

## CLUB RECORDS SET IN SEPTEMBER.....*Congratulations to*

U17 Connor Fraser 1.5kg Discus 30.26m U20 Tim Bowman 100m 11.1s  
Snr Joseph Clarke 200m Hurdle 30.4s U15 Nick Kumar 700g Javelin 25.76m  
U17 Connor Fraser 5kg Shotput 10.51m  
U13 Stephanie Scigala 3kg Shotput 12.20m U15 Emily Grant 500g Javelin 24.22m  
U17 Taylah Wright 3kg Hammer 24.03m Vet Liberty Watters 60m 8.8s  
U13 Stephanie Scigala 750g Discus 37.81m

## WALLSEND GALA DAY.....SUNDAY 27th OCTOBER

HELP needed setting up the Club Tent >>> the event sites>>> getting things ready  
*these jobs start at 7.00am if you can give us a help PLEASE let the Officers know*  
HELP needed during the day 3 shifts on the bbq >>>roster help for canteen >>>  
and on the field of play HELP OUT at events...please let the officers know

## WHAT'S COMING UP IN OCTOBER

### Thu – Sun 10th – 13<sup>th</sup> NSW Allschools Championships

At Sydney Olympic Park Athletic Centre Homebush Bay  
1506 athletes will be attending its going to be busy

JUST GOT INFORMATION.....

### Raymond Terrace Twilight Pentathlon Saturday 19th October

start 2.00pm U6 to Masters...entry \$8 per athlete  
Copy of age events and entry form at the table...entry CLOSE 18/10/13

### Wallsend Club Gala Day Carnival.....Sunday 27th October

It's the biggest and best Carnival in the Hunter  
For U6 to Masters, place Ribbons for all events a Feature Trophy in all ages  
Special Junior & Senior Handicap Race.....entry CLOSE Thursday 24th October  
Cost \$10 per athlete plus extra options ...entry forms are at table  
YOU CAN PUT YOUR ENTRY IN AT THE TABLE ((no need to post it))

### Port Hunter Zone Multi Event Championship on Sunday 10<sup>th</sup> Nov

Have the entry forms....will be out on table next week....entry by Club only  
Club pays the entry fee.....see the paperwork next week..entry by 7th Nov

### Answers to last weeks little problems

BREAKFAST      LOOK BOTH WAYS      NO U TURN      NOTHING IN IT  
                         BEFORE YOU CROSS

**FA ST      LOOK      T RN      INILT**  
**KOOL Ux**

((( ran out of room more brain teasers next week )))