

## **NEWSLETTER No 5 2015 / 16 5th OCTOBER 2015**

### **Wallsend RSL Athletic Club**

### **Wallsend RSL Little Athletic Centre**

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au) A.B.N. 70 859 060 84

**SPECIAL NOTE !!! NSW COUNTRY CHAMPIONSHIPS  
WAS AT SOPAC BUT NOW HAVING A COMPLETE RESURFACE  
from 18/10/2015 to 31/1/2016...sopac out of action  
NSW Country, Same Dates, Now transferred to  
CAMPBELLTOWN STADIUM CAMPBELLTOWN**

#### **TONIGHT**

Tonight's program is ROUND TWO (2) WEEK two (2)

TRAINING ..... NOTE .....NOW STARTS 5.30pm  
Thursday 5.30pm to 6.30pm, looking at longjump, highjump, shotput,  
discus, javelin, sprints,

#### **NEW MEMBERS**

new Member most Welcome members, no worries, not a problem.  
Our registrations continue through the whole season.  
have a friend or know someone interested....invite them along

#### **REMEMBER ITS IN THE AGE EVENT FOLDER**

The SIGN ON SHEET....all parents/helpers working at event MUST sign  
the Officials Sign On Form, This is for Insurance cover for parents and helpers  
Also in Folders / the nights events / how to do events / map of grounds

#### **Oh!!!! You lucky winners**

first of the season Luck Winners drawn at Club meeting Friday night  
WINNERS WERE: Darren Burns U8b; Gina Roberts U12g; Louise Nichols U9g;  
Paula Carmody canteen: Sharon Bergquist U12b  
ALL WINNERS collect Free BBQ Sandwich and Drink at canteen

**SENIOR ATHLETES .....ANSW REGISTRATION NUMBERS**

ANSW athlete numbers available if you did not get your number last week please see Bob Ryan Also ANSW/NSWLA Dual athlete numbers ready

**PORT HUNTER ZONE LA**

OUT NEXT WEEK...details of PHZ Championships, entry form, and information of Wallsend Centre and Parent Commitments, event qualifying times 1500W 3000R, other instructions

**RAYMOND TERRACE TWILIGHT MEET**

Raymond Terrace Twilight Pentathlon at Vi Barnett Oval Raymond Terrace Saturday 17th October competition starts at 1.45pm ENTRY FORMS at the Table  
Note Entries CLOSE on the Wednesday 14th October

**NEWCASTLE ATHLETIC FIELD**

next Thursday 8th October a simple sharp contest 6pm 800m & shotput 87pm 100m & longjump 8pm 3k run & discus (field events MUST be done within the hour) Entry fee \$5 covers all events

**WALLSEND GALA CARNIVAL**

Here at Federal Park our Club and Centre BIG GALA DAY  
BUT WE NEED HELP TO SET UP AND CONDUCT CARNIVAL...  
A JOB LIST ON WALL...please...tell Table Officers where you can help!!!!

**ANSWERS TO LAST WEEK TEASERS**

Centre of Gravity	BRONZE	Much Alike	Long Pause
<b>&gt;&gt;&gt;GRAVITY&lt;&lt;&lt;</b>	<b><u>BR</u></b>	<b>Much</b>	<b>P A U S E</b>
	<b>ZE</b>	<b>Much</b>	

**NOW TRY THESE**

<b>thpick</b>	<b>&gt;.....X</b>	<b>LIENFEGS</b>	<b>BA.....CK</b>
<b>thpick</b>			