

NEWSLETTER No 6 2015 / 16 12th October 2015

Wallsend RSL Athletic Club

Wallsend RSL Little Athletic Centre

www.wallsendathleticsclub.org.au A.B.N. 70 859 060 84

IN THE FOLDERS

Just want to repeat that in the Age Group Folder are details covering
(a) competition sheets for the night, (b) a sheet listing each age events,
(c) an instruction sheet how to conduct the event,(d) an area map of the Park
indicating event locations, Please make full use of the details provided

TONIGHT

Tonight's program is ROUND TWO (2) WEEK THREE (3)

TRAINING STARTS AT 5.30pm (Daylight Saving Time)

Thursday 5.30pm to 6.30pm,

looking at longjump, highjump, shotput, discus javelin and sprints.

NEW MEMBERS

new members most Welcome, no worries, not a problem.

Our registrations continue through the whole season.

invite friend - know someone interested, invite them alo

OH!!!! YOU LUCKY PARENTS

first of the season Lucky Draws done at Club Meeting Friday Night

**WINNERS WERE..... Darren Burns with U8 boys... Gina Roberts with
U12 girls, Louise Nichols with U9 girls, Paula Carmody canteen,
and Sharon Bergquist for U12 boys**

ALL WINNERS OF FREE BBQ SANDWICH and DRINK TONIGHT

PORT HUNTER ZONE MULTI EVENT

PHZ Championship MULTI EVENT details of events / time / on Form at front table
this year will be held at Corroba Reserve Stockton 9.30 start 3.0 finish

Our Club pays

RAYMOND TERRACE TWILIGHT MEET

Raymond Terrace Twilight Pentathlon at Vi Barnett Oval Raymond Terrace
Saturday 17th Oct, 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 and Shotput,
7pm 100m and Longjump, 8pm 3km run and Discus (Field events must be
done within the 1 hour) Entry fee is \$5 I think covers the 3 events

WALLSEND GALA CARNIVAL

Here at Federal Park our Club/Centre BIG GALA DAY
ENTRY FORM ON TABLE ...just put Entry in on Club night

BUT WE NEED HELP TO SET UP AND CONDUCT CARNIVAL
A JOB LIST ON WALL !!!! CAN YOU HELP....please...
tell Officers at the Table

ANSWERS TO LAST WEEK TEASERS

CENTRE OF GRAVITY	BRONZE	MUCH ALIKE	LONG PAUSE
>>> GRAVITY <<<	<u>BR</u> ZE	Much Much	P A U S E

NOW TRY THESE

thpick	>.....X	LIENFEGS	BA.....CK
thpick			