

## **NEWSLETTER No 10 of 2015 /16 23rd November 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

**NOW !!!! PORT HUNTER ZONE CHAMPIONSHIP**

**SAT & SUN 12-13 DEC at Alder Park New Lambton**

**Club MUST put entry in by 10pm TONIGHT**

**ENTRY SHEET PLUS INFO PAGE on table**

**....PLEASE..... FIX ENTRY TONIGHT**

**Don't Forget if entering 400m (Timed Finals Only) MUST give best Time**

**Don't Forget Qualifying Times for 3000m Run**

**Don't forget qualifying Times for all 1500m walks**

**MORE IMPORTANT NEWS...JAVELIN WILL BE DONE DURING DAY**

**(not like at end of day...ANL have Javelin comp area so comp during day)**

#### **TONIGHT**

Tonight's program is ROUND FOUR (4) WEEK ONE (1)

#### **AND A BBQ**

with the NEW LIGHTS GOING UP THIS WEEK the power to building is ON/OFF when works being done SO to make sure our foods are all in good condition and use by date we are using up goods from the freezer SO extra bbq.

#### **TRAINING**

Thursday 5.30pm to 6.30pm,  
looking at long/triple jump, shotput, discus , sprints

**TRANS TASMAN TOUR TO AUCKLAND NEW ZEALAND** Organised by NSW Little Athletics for U11 and U12 Boys and Girls It's a 12 day tour with a competition meet starts 7/1/2016 return 19/1/2016 Cost is \$2990...  
full details and paperwork requirements at table.

#### **PLEASE REMEMBER THE SIGN-ON SHEET EACH WEEK IN EVENT FOLDER**

It is MOST IMPORTANT that all event helpers sign the Form if you conducting or helping at events, insurance cover for you also Folders include comp sheet/ how to/ground map

#### **JINGLE BELL RELAY on at NEWCASTLE ATHLETIC FIELD**

**TUESDAY 8TH DECEMBER** starts 6pm is a 10 Kilometre Race having 25 runners each doing a 400m run.....FORM at table PUT YOUR NAME DOWN AS A RUNNER

## **OFFICIAL OPENING OF CLUBHOUSE**

this Sunday 29<sup>th</sup> November we will have an Official opening of the Wallsend Athletic Club & Hunter Christian Churches Football Club Clubhouse 12.30pm (both these sport clubs were the major money contributors to the building)

at the same time we will launch a Club Book

**“HISTORY of WALLSEND ATHLETIC CLUB”**

covers the Clubs history from 1874 to 1987

from when we started to when we became with Little Athletics

Club Life Members and some 70 old Club athletes and Officials from the 1960 to 1980 have been invited for an old members re-union, and current Club athletes and parents are “Welcome to attend”

## **ANSWERS TO No 9 TEASERS**

SAFETY	LOOK BEFORE	STANDING	TOWING
FIRST	YOU LEAP	BETWEEN YOU	BEHIND
<b>SAFETY1</b>	<b>LOOKULEAP</b>	<b>STANDING/YOU</b>	<b>_____TOWING</b>

WELL DONE let's see how you go with these

**HA/CASH/ND      .....BIRTH      FOOT THE OTHER      ONE ONE**