9NEWSLETTER No 8 of 2015 /16 9th November 2015 Wallsend RSL Athletic Club Wallsend RSL Little Athletic Centre

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

TONIGHT & IT'S BBQ NIGHT

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

TRAINING

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

IT'S NEVER TOO LATE TO SAY THANK YOU

having the last two Mondays Washed Out, we missed saying.....

SUNDAY 25th OCT WALLSEND GALA DAY WENT VERY WELL "A BIG THANK YOU" to all the Wallsend Athletes who competed and "A BIGGER THANK YOU TO OUR OFFICIALS PARENTS HELPERS" for your help and assistance, wouldn't got through the day without your support TO YOU VERY MUCH APPRECIATED

TRANS TASMAN TOUR TO AUCKLAND NEW ZEALAND Organised by NSW Little Athletics for U1 1 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 the table

PORT HUNTER LA MULTI EVENT

thanks to the Phillips and Bragg Families for attending and helping at the PHZ Multi yesterday at Stockton, an enjoyable day except for the rain and rain and rain

NOW !!!! PORT HUNTER ZONE CHAMPIONSHIP
SAT & SUN 121-13 DEC at Alder Park New Lambton
MUST have entry TONIGHT or NEXT MONDAY
A change to what on sheets NOT 23/11 BUT ENTRY IN BY 16/11

Club MUST put entry in by Monday 23/11

ENTRY SHEET PLUS INFO PAGE PLUS PARENT JOBS on tablePLEASE..... FIX TONIGHT (next Monday absolute latest)

The LUCKY Winners

the Officials and Helpers Lucky Draw for October conducted By Equipment Manager winners were Darren Perrett with U11b; Nicole Jones with U7g; Trish Stallard with Mf; Jane Sharpe with U6b; Bob Ryan with Admin; Amanda White with U8b.......... please collect your free bbg sandwich and drink from canteen

PLEASE REMEMBER THE SIGN-ON SHEET EACH WEEK IN EVENT FOLDER
It is MOST IMPORTANT that all event helpers sign the Form <u>if you conducting or helping</u>

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

MACQUARIE HUNTER CARRANGAL SHIELD Sunday 15TH November

Hunter Sports Centre first event 9am Pre-entry \$10, on Day \$12 by 8.15am Forms at Table

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

ANSWERS TO No 7 TEASERS

BAD WEATHER CLOSE NO DECISION BLIND FAITH

QUARTERS

WHEATHER 1111 LABOR FATH

4444

OK Let's have a go at these

BIRTH1111DEATH A E I O _ ME/REPEAT BACK
CK

Have'nt had any of these this season thought might give you something to think about while running the 1500m or 3000m

HOW do those dead bugs get into a light bulb ???

WHEN the temperature is Zero outside and it's going to be twice as cold tomorrow, how cold will that be ???

WHERE if you blow in a dogs face he gets mad, but take him for a car ride, he sticks his heads out the window

WHY does a Round Pizza come in a Square Box ???