

NEWSLETTER No 9 of 2015 /16 23rd November 2015

Wallsend RSL Athletic Club

Wallsend RSL Little Athletic Centre

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 Monday 23/11

ENTRY SHEET PLUS INFO PAGE PLUS PARENT JOBS

on tablePLEASE..... FIX ENTRY TONIGHT

TONIGHT

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

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 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 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

ANSWERS TO No 8 TEASERS

BIRTH BEFORE DEATH MISSING YOU REPEAT AFTER ME QUARTER BACK

BIRTH1111DEATH A E I O _ ME/REPEAT BACK
CK
K

LETS TRY THESE

SAFETY1 LOOKULEAP STANDING/YOU _____TOWING

