

WALLSEND ATHLETIC CLUB INC

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 10 2016-2017 14th November 2016

WHATS on TONIGHT

Round 4 Program 1

ZONE ENTRY BIG CHANGE #####

RETURN FORM TONIGHT ###

RETURN FORM THIS WEEK #####

RETURN FORM BY 5.00pm FRIDAY #####

NOW THE PORT HUNTER ZONE CHAMPIONSHIPS

held here at Federal Park on Saturday & Sunday 10th & 11th December
THERE IS NO ENTRY FEE... BUT YOU ARE LIMITED TO EVENTS YOU CAN
COMPETE IN....FOR ZONE & REGIONAL EVENTS AND DAYS ARE THE SAME

ENTRY IS DONE BY WALLSEND CENTRE you cannot enter yourself

GET INFORMATION SHEET with TIMETABLE AND ENTRY FORM FROM THE
TABLEcomplete entry details and
RETURN TONIGHT >> RETURN THIS WEEK >> RETURN BY 5.00pm FRIDAY

RELAY TEAMS FOR ZONE

Emily Grant will be training our Girls Teams and Rob Browne training our Boys
Team, athletes nominated for selections please contact Emily or Rob
regarding training days and times

A WELCOME TO VISITING CLUBS & CENTRES

with the Newcastle Athletic Field FINALLY AT LAST getting re-surfaced
Word is works start Monday 21st November and job done by 1st March 2017

Veteran Athletic Club who use the Field on Tuesday nights have been invited to
use our Federal Park track for their Tuesday competition runs. Veterans Club is a
running club start 5.30 finish 6.30//7.00pm, YOU can come down and join in.

**SPECIAL NOTE!!! JINGLE BELL RELAY !!! WILL BE RUN HERE AT FED PARK
THE TUESDAY AFTER ZONE ((PUT BACK ONE WEEK)) TUESDAY 13th DEC**

Newcastle City Little Athletic who also use Newcastle Athletic Field did enquire of
using Federal Park with us on a Monday night, so not sure of NCLA activity

Adamstown New Lambton Little Athletics who use Alder Park have drainage
works going on at the field and can't use the grounds, they requested use of our
Park for Friday 18th & Friday 25th November.

We in the spirit of friendship said YES, Come on DOWN ... to make thing easy
Wallsend facilities and equipment will be supplied we will also operate the canteen
to assist our Club funds and cover Park use costs

SIGN THE OFFICIAL / HELPERS SHEET

ANY PERSON: MUM - DAD – GRANDPARENTS who are helping at an event
PLEASE .sign the Age Event Officials Sheets.....thank you.....

LA & SENIOR REGISTRATION NUMBERS ARE AVAILABLE

please collect from Officers at the table

NEW CLUB UNIFORMS AVAILABLE

TRAINING THURSDAY ...

Daylight Saving Thursday Training time NEW TIME IS 5.30pm to 6.30pm

EVENTS COMING UP

PORT HUNTER ZONE CHAMPIONSHIPS

Saturday 10th and Sunday 11th December, at Federal Park Wallsend
YES WE ARE HOSTING THE CHAMPIONSHIPS the Zone appoint all the
Competition Officials from each Centre as HOST CLUB PLENTY HELP WANTED

JINGLE BELL RELAY TUESDAY 13th December here at Federal Park

great time, 25 runners all doing a 400m lay = a 10km Relay.
You can be a JBR Relay Team Runner, see Rob Browne put your name on sheet

Little teasers.....hope you had fun working us out!!!

NIGHT	CAUGHT	IDENTICAL	ONE	LARGE
SHIFT	BETWEEN	TWINS	BY ONE	SCALE
.	FIRES			

Night	FIRES	TwinS	one one	SCALE
. Night	CAUGHT	TwinS		
. Night	FIRES			

PRETTY GOOD.....lets see how you with these.....

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.		TIME		

