

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE



NEWSLETTER No 11 of 2019-2020 11th NOVEMBER

TONIGHT ROUND THREE.... WEEK THREE

TRAINING THIS THURSDAY

5.30pm - 6.30pm for U6 U7 U8 skills session. U9 U10 will be highjump, U11+ throws

TONIGHTS CANTEEN

Spaghetti Bolognese, Mac and Cheese, Vege Pasta
Bacon / Egg sandwich, and limited pies / sausage rolls

PORT HUNTER ZONE CHAMPIONSHIPS

WE NEED YOUR ENTRY BACK TONIGHT

Saturday 30th November – Sunday 1st December at Barnett Oval Raymond Terrace.

First event 9.00am, entry is Free

Must enter through Club under 7 to under 17 Information Sheet at table, or online

<https://form.jotform.co/93043813779869>

BLUE TRACK SUMMER SPECIAL

Wednesday 13th November at Fearnley Dawes Track Newcastle. u9 to masters, 4 track events and 4 field events over 2 hours starts 6.00pm finish 8pm, cost \$5 per athlete covers all events

Not much news tonight so.....

Those crazy word problemsanswers to last week

9 to 5 ALL SEASONS COURAGE A LITTLE UNDER
UNDER FIRE THE WEATHER

9225 SPRING SUMMER FIRE SNOW WIND RAIN
AUTUMN WINTER COURAGE LITTLE

Let's see what you think of these

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