

WALLSEND RSL ATHLETIC CLUB
WALLSEND RSL LITTLE ATHLETIC CENTRE

NEWSLETTER No. 11/2018-19 26th NOVEMBER 2018

TONIGHT >>> ROUND FOUR >>>> WEEK ONE

TRAINING with Daylight Saving

General Club training Thursday starting from 5.30pm to 6.30pm,
no need to wear Club uniform, any top and shorts will do.

WALLSEND JOBS AT ZONE

PLEASE SEE CLUB OFFICERS TONIGHT TO ASSIST THE CLUB

SAT & SUN ONE TIMEKEEPER as back up to photo finish

SAT & SUN ONE ASSIST CLASH MANAGER

SAT & SUN TWO for LONGJUMP TRIPLEJUMP Pit 3

SAT & SUN ONE for DISCUS (+ Javelin after Discus)

SAT TWO for CANTEEN 10am to 11am

SUN TWO for CANTEEN 12.00 to 1.10pm

SUN TWO for RELAY CHANGE (change three)

ON Saturday and Sunday Wallsend Centre are also providing seven
Chief Officials for Zone

Paul Goeldner (Meet Manager) Bob Ryan (Field Referee)

Victor Marshall & Peter Watson & Dave Skelton (Starters)

Dave Browne (Chief Shotput area 2) Max Teasdale (Discus area 2)

BLUE TRACK COMPETITION PARKING

just to let you know that there is free parking at No 2 Sports Ground
after 5.00pm (its straight opposite the Track Gates)

CHILDREN LEFT AT PARK –UNATTENDED

NO CHILD is to be left at the Park unattended,
as a Parent / Guardian it is your responsibility to ensure your child's
safety. Wallsend Athletic Club is not a Child Minding Centre

the calendar

Saturday & Sunday 1st – 2nd DECEMBER

PORT HUNTER ZONE CHAMPIONS

being held at Vi Barnett Field Raymond Terrace.....

have told you just about everything over past two-three weeks about Zone

PLEASE REMEMBER TONIGHT TO SEE OFFICERS RE THE CLUB ZONE JOBS

Tuesday 4th DECEMBER at Blue Track Newcastle

JINGLE BELLS RELAY

It's Christmas thing, a Relay of 25 x 400m laps each runner running one lap, although this year a little different.

The JBR Relay of 25 x 400m laps starts at 7.00pm for U13 (12yrs) and older at 6.30pm a 10 x 400m laps Relay for U12 & Seniors who run 2mins+ for 400m

Wednesday 12th DECEMBER

BLUE TRACK SUMMER SERIES

at Fearnley Dawes Athletic Track (Blue Track) in Newcastle

starts at 6.00pm all over by 8.00pm, program is for U9 to Masters

run events are 60m – 200m – 400m – 800m

field events are longjump – highjump – discus - shotput

ANSWERS TO LAST WEEKS LITTLE PROBLEMS

**MID TERM
EXAM**

**TUSCON
ARIZONA**

**EASY ON
THE EYES**

**UNFINISHED
SYMPHONY**

TEEXAMRM

2 2

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SYMPHON

ARIZONA

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Great have a go at these

A E I O

O E R T O

HOUSE

BIRTH1111DEATH

STOVE