

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE



NEWSLETTER No 12 of 2019-2020 25th NOVEMBER

Oops – Boo Boo No1

listed last week as Round 4 Week 1 forgot did not run week before...was catch-up week

So – tonight is Round 4, Week 1

TRAINING THIS THURSDAY

No general training this Thursday as most athletes who attend training are going to 2 days at Zone this weekend, so have a little rest. But – Junior Relay Training still on Wednesday 5pm.

REMINDER OF PORT HUNTER ZONE CHAMPIONSHIPS

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

First events call 8:45, first event starts 9.00am (same both days)

We're not taking the club's Big Tent - we will have 4 Gazebo as 6m x 6m. It's BYO chairs. Need you close by to ensure we cover job duties.

Parent job roster is available in the club house to sign up to. We need everyone's help!

Oops – Boo Boo No 2

Little "A" long jump runway. Said week matting on ship between Italy and Sydney WRONG!!!

Matting has already arrived in Adelaide, mix up in email language. Matting and gear on way to Newcastle. Arrives tomorrow

December Club Meeting a works plan for put down will be decided (Meeting is Friday 6/12/19 at our clubhouse Federal Park)

DECEMBER AT NEWCASTLE BLUE TRACK

Tuesday 3rd December Jingle Bell Relay : Junior 6-12 years 10 x 400m laps Seniors 13 years + 25 x 400m laps, each athlete

Wednesday 12th December BLUE TRACK SPECIAL

competition 6-8pm 5 track 4 field events U9 and over \$5 entry covers all events (See <http://www.newcastleathleticfield.org.au/>)

Those crazy word problemsanswers to last week

**MEN OUT
OF WORK**

**NEON
LIGHT**

**STEP ABOVE
THE OTHERS**

**LIFE BEFORE
DEATH**

**EMPLOY T
. MEN**

**KNEE
LIGHT**

**STEP
STEP STEP**

BIRTH1111DEATH