

WALLSEND RSL ATHLETIC CLUB
WALLSEND RSL LITTLE ATHLETIC CENTRE

NEWSLETTER No. 12/2018-19 3rd DECEMBER 2018

TONIGHT >>> ROUND FOUR >>>> WEEK TWO

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 CENTRE AT ZONE

Weather was not that pleasant at Zone on the weekend.

Saturday was hot. Sunday was hotter until the horrible wind came through busting up gazebos, then wind died down it became hotter again.

Wallsend athletes did remarkably well, many gaining BP's a great number of placings means our athletes progressing through to Regional at Glendale in February.

We are awaiting the full official list of Centre Results before we can give out the full results and progression details.

Our LA Registrar Mrs Michelle Vogt has asked in the Newsletter to express a "Big Thank You" to the parents who volunteered and or helped out during the weekend, it make our Centre commitments run a lot smoother.

And a big hug to all our Centre Officials who battled through the two days, often with no breaks doing their duties, you represented our Centre in great style

CLUB MEETING THIS FRIDAY >>>> at CLUBHOUSE FEDERAL PARK

advice that the Club's December General Committee and Club Meeting is on this Friday 7th December 2018 here at the Clubhouse, starts 7.30pm, all are welcome, we encourage you to attend.

BUNNINGS BBQ ON SUNDAY 9TH DECEMBER

Bunnings BBQ are a massive help to our Club funds this allows our Club annual charges to be kept low.

A request for help on the day just one hour can make big difference, the BBQ goes from 8am to 4pm and it's a full on service to Bunnings customers, there are breaks then wham 10 customer=s waiting.. there is a sheet on the table, please can you fill in a one hour slot

the calendar

Tuesday 4th DECEMBER at Blue Track Newcastle JINGLE BELL RELAY

It's Christmas thing, a Relay of 25 x 400m laps each runner running one lap, although this year a little different..... Relay of 25 x 400m laps starts at 7.00pm for U13 (12yrs) and older AND 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 Blue Track

starts at 6.00pm all over by 8.00pm, program is for U9 to Masters
Day cost is \$5 per athleteevents are 60m – 200m – 400m – 800m
..... and longjump – highjump – discus – shotput

FREE CAR PARKING AVAILABLE OVER THE ROAD 50m from gate entry

Sunday 16th December at Hunter Sports Centre

NORM JOHNSON CARRANGAL SHIELD Sunday 16th December

hosted by Machunter Athletics for u5 to Masters starts 9.00am Feature Prizemoney Events details and entry form on Machunter website

ANSWERS TO LAST WEEKS LITTLE PROBLEMS

MISSING

. YOU

A E I O

PAINLESS

OPERATION

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HOME ON

THE RANGE

**HOUSE
STOVE**

FOR ONCE IN

A LIFETIME

BIRTH1111DEATH

Try these

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SUSPECT

ARREST