

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE

NEWSLETTER No. 13/2018-19 10th DECEMBER 2018

TONIGHT >>> ROUND FOUR >>>> WEEK THREE

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.

NOTE General Thursday training will stop during our Christmas break
however some athletes and coaches will be at the Park

PORT HUNTER ZONE RESULTS

ZONE MULTI

Wallsend Centre had 7 athletes compete for

One First placing: One Second placing and Two Third placings

ZONE CHAMPIONSHIPS

Wallsend Centre had 49 athletes complete for

28 First Placings this includes Nine new Zone Records

33 Second Placings

30 Third Placings

34 Athletes qualified for Regional at Glendale

NEXT MONDAY 17TH DECEMBER >>>>> A SPECIAL CHRISTMAS PROGRAM

SANTA WILL BE VISITING

Under 6 B&G Beanbag Orang/Sack Race Longjump 200m 90m

Under 7 B&G same events

Under 8 B&G same events

Under 9 B&G Xmas Deco spoon Target Shot Longjump 600m 90m

Under 10 B&G same events

Under 11 B&G same events

Under 12 B&G same events

Under 13 B&G Target Shot Longjump 3000m 90m

Under 14 B&G same events

Under 15 B&G same events

Under 17+ M&F same events

**DON'T FORGET WE HAVE A 3 WEEK CHRISTMAS BREAK
FROM 24TH DECEMBER >>>>>>
RETURN 14TH JANUARY**

the calendar

THIS SWEDNESDAY 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

I UNDERSTAND	HITTING BELOW	NEON LIGHT	SUSPECT UNDER
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Just for fun try these

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