

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE



NEWSLETTER NO 8 2019-2020

Tonight Round 3, Week 1

TRAINING THIS THURSDAY

5.30pm - 6.30pm will be high jump and Walks

TONIGHTS CANTEEN

BBQ, single and combo, your choice

A "BIG THANK YOU" for GALA DAY

we must offer a Big Thank You to our club Officers and Parents who helped out at our Club Gala Day yesterday, we certainly would not have been able to conduct a successful day with your help, we were still short of event officials.

We ask parents to come forward and assist now at Club Monday it's a good confidence builder whilst learning the rules and regulations.

ZONE / REGIONAL / STATE COMPETITION PROGRAM

details available on LA website <https://lansw.com.au/championships/>

SUNDAY 3.11.2019 (NEXT SUNDAY)

PORT HUNTER ZONE MULTI at Alder Park Adamstown ... must enter by Club ONLY...Club pays entry fee, info sheet at table tell Officers if wanting to compete...MUST KNOW TONIGHT

or enter online – see <https://form.jotform.co/92770514314858>

SATURDAY 9.11.19

RAYMOND TERRACE PENTATHLON at Barnett Oval Raymond Terrace for U6 to Masters, events start at 2.00pm, entry fee \$10 per athlete | entry close 6.11.19, information sheet at table

Those crazy word problemsanswers to last week

POINT OF BREAKING NEWS TIME AFTER TIME KISS AND MAKEUP

NO RETURN

>NO RETURN NE WS TIME TIME XMASCARSA

A reasonable result ...let's see when there harder

< STORY > G-R-A-N-D TEMPO LO OSE

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