

**WALLSEND RSL ATHLETIC CLUB  
WALLSEND RSL LITTLE ATHLETIC CENTRE**

**NEWSLETTER No. 08/2018-19 5th NOVEMBER 2018**

**TONIGHT >>> ROUND THREE >>>> WEEK ONE**

**ARE YOU WEARING YOUR REGISTRATION NUMBER  
THIS WEEK WE WILL START A CLAMP DOWN ON ALL MEMBERS  
BOTH SENIOR AND LITTLE A NOT IN UNIFORM & NUMBER**

**PORT HUNTER ZONE LA CHAMPIONSHIPS  
there is a 5 page document covering, dates , events,  
nomination details form , State NEW EVENTS LISTING NOTE WE**

**NEED YOUR NOMINATION NO LATER THAN NEXT MONDAY 12/11/18**

**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.

**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

**WALLSEND LA RELAY TEAMS FOR ZONE**

all invited athletes should have advised if they are available for the Relays

**the CALENDAR**

**SATURDAY 10 NOVEMBER EAST LAKES CARNIVAL**

**SUNDAY 11 NOVEMBER PORT HUNTER ZONE LA MULTI**  
on at VI Barnett Field Raymond Terrace .... Note Club pays entry fee  
**CLUB ENTRY ONLY see officers at table for names on sheet**

**MONDAY 12 NOVEMBER YOUR ZONE ENTRY IN TONIGHT**

**WEDNESDAY 14th NOVEMBER at NEWCASTLE ATHLETIC FIELD  
ROUND 2 BLUE TRACK SUMMER SERIES**

**For u9 to Masters starts at 6.00pm finish by 8pm  
cost is \$5.00 for the 5 track events 4 field events c**

**SATURDAY 17 NOVEMBER RAYMOND TERRACE TWILIGHT PENTATHLON**  
REVISED date for cancelled carnival, for Under 6 to masters  
entry forms, event details, at Table

**ANSWERS TO LAST WEEKS LITTLE PROBLEMS**

<b>NO U TURN</b>	<b>THE TWO</b>	<b>HARD TIMES</b>	<b>DOMINATE</b>
.	<b>OF US</b>	<b>AHEAD</b>	
<b>T RN</b>	<b>US</b>	<b>HARDX</b>	<b>ADOMATE</b>
.	<b>US</b>	<b>AHEAD</b>	

**Think there getting easier.....will try to find some harder ones**

<b>NO</b>	<b>no</b>	<b>no</b>	<b>it</b>	<b>it</b>	<b>it</b>	<b>abcdefghijkl</b>	<b>1T3456</b>
<b>no</b>	<b>punch</b>	<b>no</b>	<b>it</b>	<b>time</b>	<b>it</b>		
<b>no</b>	<b>no</b>	<b>no</b>	<b>it</b>	<b>it</b>	<b>it</b>		