



Another GREAT night at the HAWKS Sec schools host meeting saw some big field especially in the 2,000m. This week has **HIGH JUMP** as the **5.30-6pm COACHING** session – come and have a go!

WEDNESDAY Nov 22nd: 6pm. 300m HURDLES , HJ, Shot put

6.15pm. 3,000m 6.36pm. 60m + DISCUS

6.45pm. 800m 7.00pm. 200m



part of the mass start in the 2,000m, last Wednesday



100m school boys off the blocks

SATURDAY 25th November WAIBOP Centre meeting PORRITT STADIUM

3.00pm. 300/400m HURDLES, then; 3k, 100m, 400m, 200m, 800m.

3.00pm. shot put + long Jump. 4.00pm. discus + High Jump





Congratulations to Paula Wynne on her appointment as an official volunteer inside the stadium at next April's Commonwealth Games on the Gold Coast.

Camille Buscomb is seen here with the official mascot . BOROBİ . We look forward to seeing Camille up against the tough African athletes in the 10k. Other local athletes we hope to see there are; Cameron French, Ben Langton-Burnell, Debbie Strange (throws coach)
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GOOD LUCK TO THEM ALL. Official qualifying end on January 29th



ROUND THE BRIDGES this year (on SUNDAY) was a HAWKS performance festival:

Congratulation to so many of you who ran 12 or 6 k and had our colours to the fore.....

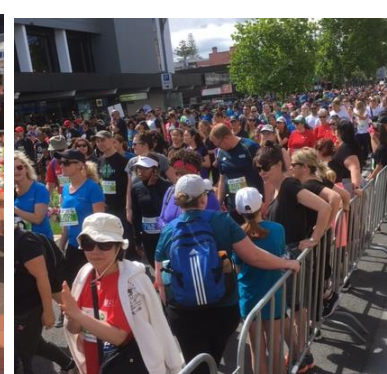
OPEN MEN 12k. 1st Russ Best (39.08min) , Logan Rodger 4th (41.23min)

1st U20 12k Mathijis Westzels (43.23) 1st U20 6k Connor Tristan (21.19)

Women's U20 6k. 1st Aimee Ferguson (23.31) 2nd Grace Ritchie (24.11) 3rd Sam Corbett (25.13)

BEST DRESSED: Darryl Conn (Where's Wally)

BEST BANANA consumption: Stacey and Talia



over 6,000 entries this year - a new record for Round the Bridges.....

SEE below: NOMINATION form for Inter-provincials (Jan 26-28) 14, U16 and U18

Waikato/Bay of Plenty Nomination Information G14, U16, U18

G14 M + W 15 M + W 16 + 17 Inter-provincial Meeting 26-28th January 2018 Auckland

- The team will meet together on Friday 26th January and disperse on Sunday 29th January
- The team will be staying at Auckland University.
- The athletes will have to stay with the team from Friday to Sunday.
- Departure time on Friday and arrival time on Sunday will be available once the team is announced.

Teams are comprised as follows: Grade 14 and 15 athletes

Each athlete is required to compete in three events, 2/1 combination track/field or vice versa plus a relay.

Track events: 100m, 200m, 400m, 800m, 1500m, Hurdles

Field events: High jump, Long jump, Shot put, Discus, Javelin

Grade 16 and 17 athletes Each athlete will compete in three events, any combination plus a relay.

Track events: 100m, 200m, 400m, 800m, 1500m, Hurdles, 300m Hurdles.

Field events: Triple jump, Long jump, High jump, Shot put, Hammer throw, Discus, Javelin

Results from Ribbon Days, Porritt and Tauranga Domain tracks will be considered when making athletes' event selections.

The team will be announced at the end of December; early January. If you are away on holiday it is important that the selectors have a contact phone number (preferably a parent and an athletes' mobile number).

The cost at this time has yet to be confirmed but approximately \$270 for a fun filled weekend of athletics with old and new friends. **Selector : René Otto phone 07 3080674 / 027 8354193**

Please complete the attached nomination form and return by 22nd December 2017 to René Otto 5 Eleanor Place WHAKATANE 3120

Note : A \$50 deposit is required at the time of submitting your nomination form with athlete's name as reference and U14-18. Bank Account number 02 03200 0284080 00

Nomination Form

Athlete's Name :	Sex : M F (circle one)
Address :	Age as at 31 December 2017 :
	Grade 14 15 16 17
	Date of birth :
	Shirt size : XS S M L XL XXL
Phone number :	Athlete's mobile :
Club :	
Parents name :	Parents mobile :

Events	1	2	3	4	5	6
(in order of preference)						
Performance	1	2	3	4	5	6

Parent/Guardian Signature: _____

Please enclose a copy of the athletes' birth certificate if you haven't supplied one previously for 12-13 or U16-U18 Inter-provincials. Remember if you send in a nomination form you are part of the team (unless otherwise notified) it is **extremely** important that if circumstances change the selector is notified **immediately**. Selection involves event composition only

SAM JOHNSON MEMORIAL THROWS MEETING:

31 throwers competed in this annual event on Sunday in this 3 hour event: Shot, Discus, Hammer, Javelin for all grades. 5 HAWKS CLUB members and a number of Club coaches and officials made for a great compete.

As many as 10 personal best performances were recorded in the windy conditions.



Men's and women's combined hammer prepares for the last 3 throws



professional observers for HAMMER

NEW ZEALAND secondary school championships HASTINGS. December 1-2-3

- Just 2 weeks away now
- While this is a school event HAWKS CLUB is here to help whenever it can
- If anyone is still in need of transportation please contact CRISS on Wednesday night and we will see if we can help.

PLANNING AHEAD:

Don't forget to plan to be at HAWKS Christmas FUN NIGHT Wed. Dec. 20th

