



“TWO NZ Records by HAWKS Track and Field Athletes in one week” 😊

Cam French qualifies for Commonwealth Games 400m Hurdles in new NZ record of 49.33. *beating the previous record held by WaiBOP Tauranga athletes, Michael Cochrane (49.58). He ran this at the ACT championships in Canberra on Saturday with loud encouragement on the side-line by HAWKS official Paula Cole who is now living in Sydney. This was an A qualifying time for Gold Coast Commonwealth Games in April.*



ISAIAH wins Commonwealth Games 1500m trial in WANGANUI in a new NZU18 record with a personal best performance of 3:44.34.

This beat the qualifying time of 3.48 for this year's **World Junior championships** in July, in Finland. Fantastic effort Isiah. Previous best 3.49.1 (5sec PB)

The NZ U18 record that Isiah broke was Eddie Crowe's from 28 years ago. Isiah's father and coach, Vaughan, competed against Eddie in a number of races, although he was a couple years younger.

Eddie Crowe placed 5th in the final of the WJC a year later.

Isiah's time was only 0.8s off Nick Willis' NZU19 record.

He also beat Julian Oakley's WBOP U20 record of 3:47.3.

And of course, he won the Senior race, beating Simon Rogers.



CONGRATULATIONS GUYS



10 Hawks athletes competed at POTTS CLASSIC in Hastings on Saturday – Top performance was the NZ U20 championship 3,000m won by Isiah Priddey (8.29.79) in a hard fort battle with Theo Quax.



INTERPROVINCIAL Championships – Papakura:

Well done to so many of you young HAWKS athletes – we will publish full results in next week's newsletter (not available in time for this one 😊). **Kayla Goodwin** won the overall girls u16 TITLE and **Charles** featured in a number of events as well Congratulation to all athletes, coaches, parents and officials involved – it's a huge comp.

WEDNESDAY PROGRAM: (Jan 31st)

- 6pm. Short hurdles (80, 100,110) + 1500m + Discus
- 6.15. 80m * 6.35. 600m + LJ / Javelin *6.50. 150/300
- 7.00pm 2 x 100m relay (time to practice so find a team mate)

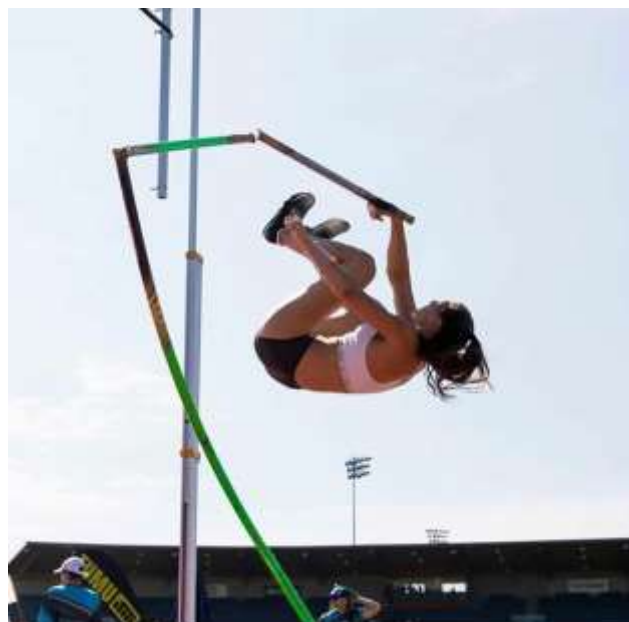
NEW TRACK MARKINGS:

Porritt is looking fantastic – it's fresh new paint is ready for PORRITT CLASSIC and NZ Championships. Please help look after it. Especially **NO CHEWING GUM**.. It is a real problem as in this heat it melts onto the track. Please do not take gum to the track and look out for other potential offenders...

SATURDAY WAIBOP Meeting:

This meeting is now at PORRITT

- 3pm 1500m + HJ + Discus
- 3.20. 100m all grades
- 3.35. 300 / 400m HURDLES
- 3.55. 800
- 4pm. Long Jump + shot put
- 4.10. 2 x 100m relay
- 4.25. 5,000m
- 4.50. 400m
- 5.00pm 60m ** extra event!



Eliza McCartney is seen here in warm up at Potts Classic captured as her pole breaks mid-air. She was not injured and went on to almost break her own NZ record clearing 4.70 off a 12 stride run-up.

Nicholas Southgate had already broken his pole in the warm up for the men's event!

PORRITT CLASSIC: *Entries close Feb 3rd (5pm next Saturday) Don't miss out – a chance to compete against many of NZ's Very best....*

** A High 5 for Logan Rodger with PB 1500 in Wanganui and PB 800 Hastings**