



RELAY squads for National Championships;

Please see "WaiBOP squads" below – these will be finalised at the Championships by Murray Green, John Tylden and Paula Cole. It is important to let them know **IF YOU ARE NOT AVAILABLE** for these provincial teams. 4 x 100m are Saturday 4.30pm / 4 x 400m are Sunday 3pm.

Murray (027 621 6608) John (027 264 5030) Paula (027 279 2299)

VOLUNTEERS still needed for NZ champs.... If you can help either Friday, Saturday and/or Sunday please let PAULA know either txt as above or on Wednesday night. It's a good way to get a free pass! Lots of easy tasks need to be done 😊

WEDNESDAY Club night; (March 7th)

- 6.00pm. 300m hurdles + High Jump + Shot put
- 6.15pm. 3,000m
- 6.35pm. 60m x 2 + Discus * 6.45pm. 800m * 7.00pm. 200m

Commonwealth Games Team;

Hamilton City HAWKS Track and Field club have 5 athletes, one associate club member, one coach and one official on the Games teams + two personal coaches associated with the team (Criss Strange and Dave Ratcliffe)



Camille Buscomb 10k + 5k Cam French 400 H Julia Ratcliffe Hammer Debbie Strange coach
 Jake & Zane Robertson 10k / Marathon - Ben Langton-Burnell Javelin - Paula Cole stadium volunteer.

The other WAIBOP athlete in the Games team is Joseph Millar (Tauranga) 200m.

The rest of the NZ Track and Field team is:

Dame Valarie Adams (shot put), Tom Walsh (shot put), Elisa McCartney (pole vault), Olivia McTaggart (pole vault), Nicholas Southgate (pole vault), Siosatina Hakeai (Discus) pending , Angie Petty (800m), Nick Willis (1500, 5k), Quentin Rew (20k road walk), Alana Barber (20k road walk), Holly Robinson (para Javelin), Brad Mathas (800).

NZ has 127 Track and Field MEDALS at Commonwealth Games..... 35 GOLD.
Good luck to the team to add to this great tally!



| | | |
|---------------------|----------------------|----------------------|
| | 4x100 | 4x400 |
| Senior Women | 1 team | 1 team |
| | Abby Goldie | Sophie Miller |
| | Brooke Somerfield | Meg Hamilton- Reid |
| | Ashley Sando | Bianca Lawrie |
| | Meg Hamilton- Reid | Veronika Adams |
| | Sophie Miller | Brooke Somerfield |
| | Bianca Lawrie | Abby Goldie |
| | Veronika Adams | Amy Robinson |
| | Amy Robinson | |
| | | |
| | | |
| | | |
| U 20 Women | 1 Team | 1 Team |
| | Leah Belfield | Deigna Khamal |
| | Lauren Henry | Alessandra MacDonald |
| | Alessandra MacDonald | Leah Belfield |
| | Petra Gough | Lauren Henry |
| | Deigna Khamal | |
| U 18 Women | 2 teams | 2 teams |
| | Kayla Goodwin | Kayla Goodwin |
| | Hinewai Knowles | Maria Sartin |
| | Annalies Kalma | Annalies Kalma |
| | Krystie Soloman | Lucy Vellenoweth |
| | Lucy Vellenoweth | Hinewai Knowles |
| | Maria Sartin | Charli Miller |
| | Olivia Came | Aimee Ferguson |
| | Katie Corbett | Sophie Waddell |
| | Anna Serafeimidou | Katie Corbett |
| | Katie-Lee Roper | Sam Corbett |
| | | Olivia Came |
| | | Jemima Antoniazzi |
| | | |
| | | |
| Senior Men | 1 team | 1 team |
| | Joseph Miller | Cameron French |
| | Cameron French | Michael Goldie |
| | Michael Goldie | Joseph Miller |
| | Morgan Foster | Michael Gutry |
| | Thomas Rawstron | Theunis Pieters |
| | | Blair Pennell |
| | | Logan Rodger |
| | | |
| U 20 men | 1 team | 1 team |
| | Ethan Holman | Connor McGiven |
| | Sam Diggelman | Samuel Tanner |
| | Connor McGiven | Sam Diggelman |
| | Tevita Finau | Isaac Milne |
| | Isaac Milne | Tevita Finau |
| | | Isaiah Priddey |
| | | William Sinclair |
| | | |
| U 18 Men | 1 team | 2 teams |
| | Tyron Hilton | Trent Campbell |
| | Ethan Carter | Taylor Smith |

| | | |
|--|---------------------|---------------------|
| | Mattheus Pio | Mattheus Pio |
| | Ethan Wallace | Tyron Hilton |
| | Charles Annals | Karl Bradley |
| | Trent Campbell | Ethan Wallace |
| | Flynn Findlay Yates | Charles Annals |
| | Hamish McGiven | Joseph Sinclair |
| | | Ethan Carter |
| | | Flynn Findlay Yates |
| | | Hamish McGiven |
| | | Lochie Montgomerie |
| | | |



HAWKS SUPPORTERS will be out in force this weekend when they are not competing 😊

Make sure you are there too !

Remember we need to know if you are *not available* for Waikato-BOP relay teams. (all teams will be finalised at the championships)

4 x 100m relays SATURDAY 4.30pm

4 x 400m relays SUNDAY 3pm.