



2018-19 Club Newsletter 6

THIS WEDNESDAY:

- 6.00pm 300m HURDLES + HJ + SHOT PUT
- 6.15pm 60m (2 races)
- 6.35pm 800m + DISCUS
- 6.45pm 200m / 2 x 100m relay
- 7.00pm 3,000m



REMEMBER the next 3 weeks (Nov 7,14,21) are the OPEN Secondary School meets



3 shots from SATURDAY'S Centre meeting – 3k Sunil, Amie, Jemima / Jacob Hamilton 1.75 HJ / and the DISCUS team 😊 - a new event for Sophie.

**SATURDAY COMPETITION, TAURANGA 3pm. (Cameron Road)**

- 3.00pm 80-100-110 Hurdles + High Jump + Javelin
- 3.20pm 800m \* 3.30pm 100m \* 4.20pm 200m
- 4.00pm Long Jump / Triple Jump + Hammer
- 4.40pm 3,000m \* 5.00pm 4 x 100m relay



- # AUCKLAND ½ Marathon SUNDAY Oct. 28<sup>th</sup> . Camille Buscomb 1<sup>st</sup>
- # Former HAWKS athlete Aaron Pulford joins HAWKS twins, Jake and Zane Robertson in KENYA next month for an altitude training block.
- # Cam FRENCH seen here in ice bath after a 400m training session. Looks like good prep for the WINTER weather ahead in ENGLAND 😊

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300m Hurdle start on Saturday – great to see so many HAWKS athletes hurdling.

## NEW Hamilton City HAWKS Track and Field HOODIES

Check these out and try them on this Wednesday. Orders will be taken. \$70.00



300m hurdles starters on Saturday



Charles in the Long Jump



Josie Taylor clears the bar



*Please report all injuries and accidents to HAWKS officials – NOTE: there is 1st aid and ice in office*



*see you all on Wednesday night - NEXT Saturday in TAURANGA (3pm start).....*

