



HAWKS T & F 2018 No 7

THIS WEDNESDAY 7th Nov. 1st of the secondary school invitation meetings.

We will need YOUR help – please ask how you can help to run field events and ask your parents if they can help too 😊

- 6.00pm 80, 100, 110m HURDLES + DISCUS
- 6.05pm 1500m
- 6.20pm 80m
- 6.35pm 600m + LONG JUMP + JAVELIN 6.50pm 150 + 300m
- 7.05pm 2 x 100m relays (all grades and mixed teams)



TRAINING TIMES in NOVEMBER

- Be aware that schools have booked Porritt Stadium every Monday > Thursday in November 8am-3pm (some are back up days for weather so if wet chances are the track is still free to use during the day) Also remember Monday 4.30-7pm Fairfield Club, Tuesday 5-7 Frankton.

SECURITY

- Please ensure your cars are locked when at Porritt - Do not leave valued items uncovered in your car as they may be temptations for our young burglars after a recent spate of damage done facilities and items stolen in the area.

- **INTERPROVINCIALS * ***

14-17 year olds – January 18.19.20 Palmerston North

For nominations form and details see *attachment* to this news letter

Entries for Waikato-BOP team must be received by December 21

- **Sam Johnson memorial THROWS meeting**

Sunday November 18th Here at Porritt Stadium

Enter on the day. \$5 entry for whole day. (you can only compete in one age grade)

10am start: all throws; Hammer, shot, discus, Javelin M & W

NB. An **OPEN Centre meeting starts at 1.30pm** (program out next week)

- **NZ athletes; MOST TITLES at NZ championships Featuring our Club**

Recently published shows 4 former HAWKS or HAMILTON ATHLETIC CLUB athletes;

Craig Barrett 32 titles (race walking) # Philip Jensen 20 titles (all Hammer)

Stuart Farquhar 16 titles (all Javelin) # Terry Yaxley-Genge 14 titles (multiple events)

- **LOOKING AHEAD**

- EXAMS (good luck for NCEA, University, WINTEC and other studies over the next few weeks.) take time to train and relax between studying 😊
- Christmas CLUB NIGHT December 19th, Don't forget the CLUB operates through to Christmas week – come and join the fun on this FAMOUS special event program 😊
- FUNDRAISING BBQ at MEGA Mitre 10 Ruakura SUNDAY Feb. 3rd



HAWKS athletes lead the way in the 1500m at Tauranga on Saturday

**** SATURDAY PUTARURU BELL** (Team events and Open meeting) 2pm START / Multies start 9am

SHORT Hurdles, 1500, 100, 3k, 400, 200, 800 - Discus, Triple jump, Shot, High Jump, Jav, Long Jump



More shots from Waikato-BOP Centre meeting in Tauranga



“Recovering after hurdles”



Bring your friends, school mates, brother , sisters
See you all on WEDNESDAY