



NEWSLETTER 11 2018



< A 7 year old named Cameron French wins a 100m sprint for Fairfield club before joining Hamilton CITY HAWKS at 14.

And now he is a NZ record holder, a NZ representative at Commonwealth Games and World University Games with a target of competing at World Championships and Olympics.

Dreams can come true with dedication, hard work and self belief. \*\*\* Many of you competed at your first NZ

Championships this week. The NZ SECONDARY SCHOOL Championships in DUNEDIN. \*\*This could be the start of a great sporting career and HAWKS Track and Field are keen to help you along the way.

**CONGRATULATIONS** to all of you who competed in DUNEDIN – We hope you had a wonderful experience and are inspired to go even further.

TOP performances from CLUB members at NZSS included:

- Kayla Goodwin , Long Jump 1<sup>st</sup> 5.75 / Triple Jump 1<sup>st</sup> 12.17 / 100m Hurdles 3<sup>rd</sup> / Javelin 4<sup>th</sup>

[Waikato-BOP girls were 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in 100m HURDLES and we also had 3 in the 300m H final]

- Alessandra MacDonald 1<sup>st</sup> 300m Hurdles / 2<sup>nd</sup> 100m Hurdles
- Charles Annals 2<sup>nd</sup> Triple Jump 14.16 / Long Jump 2<sup>nd</sup> 7.05 (youngest KIWI ever to jump 7metres)
- Amiee Ferguson 2<sup>nd</sup> 3,000m / 3<sup>rd</sup> 1500m
- Daniel Aitchison PARA 1<sup>st</sup> 100m / 1<sup>st</sup> 200m
- Jemima Antoniazzi 3<sup>rd</sup> Jnr 1500m
- Ben Bidois 3<sup>rd</sup> 1500m Snr / 5<sup>th</sup> 3K
- Josie Taylor 4<sup>th</sup> High Jump 1.66

- \* Mathijis Wetzels 1<sup>st</sup> Year 9 Road Race
- \* Sam Corbett 2<sup>nd</sup> 2,000m steeplechase
- \* Charli Miller 3<sup>rd</sup> Snr Road Race
- \* Ben Strang 2<sup>nd</sup> 300 hurdles Jnr

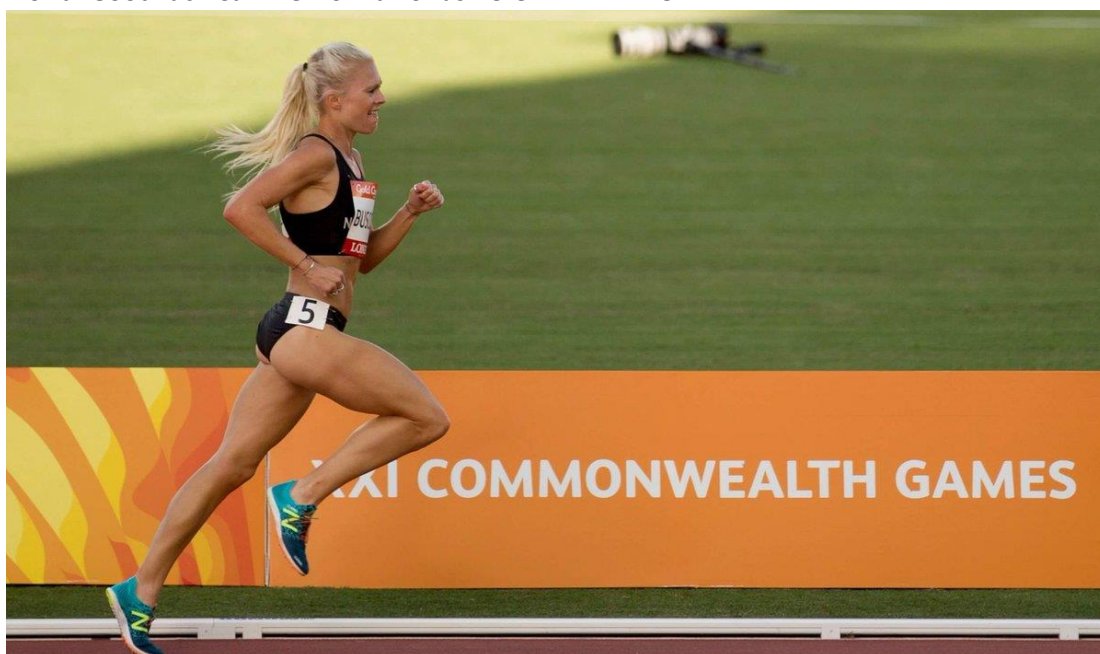
Apologies for any medalists missed

..... NO RELAY or ROAD RACE TEAM results known as this is written

Club night action



**CAMILLE BUSCOMB** – Camille grew up in Cambridge, took up an American scholarship before returning to Hamilton City HAWKS and Waikato University. She missed qualifying for the Rio OLYMPICS by 4seconds but worked even harder to gain selection for the World Championships in LONDON 2017 and this year she competed for NZ in both the 5k and 10k at Gold Coast Commonwealth Games. You won't see Camille at Club until next year as she is based full time with the Melbourne Track Club. Camille has become a world leading pacemaker for the Marathon and has regularly run impressive ½ marathons to help many of the worlds best women. 2020 TOKYO Olympics is her key focus so Camille will again head to Europe and UK for altitude training and racing with her Aussie coach and training group for most of 2019. We wish her well and will watch her performances wherever she is in the world. Good luck Camille from all of us here in HAMILTON.



**OCEANIA REGIONAL CHAMPIONSHIPS – TAHITI**

- Caroline Kolver U18 Hammer 1<sup>st</sup> 40.01 / DISCUS 3<sup>rd</sup> 27.11
- Meg Hamilton-Reid 400m 1<sup>st</sup> 58.41                      \* Sophie Millar 400m 2<sup>nd</sup> 58.69
- Jayden Gozdz Javelin 1<sup>st</sup> 53.17                      \* Sam Corbett 1500m 1<sup>st</sup> 5.04.70
- Sophie Millar / Meg Hamilton-Reid 4 x 400m RELAY 1<sup>st</sup>                      well done team.....
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**THIS WEDNESDAY CLUB NIGHT Dec 5<sup>th</sup>**

- 6.00pm Short hurdles training + Javelin
- 6.15pm 2K road race
- 6.35pm 100m all grades + Triple and Long JUMP + Shot put
- 6.45pm 1200m                      7.00pm 400 / 4 x 100 / 2 x 200 RELAYS



## **SUNDAY 10am Centre meeting** ( Children's relay champs TAURANGA Saturday)

- 10.00am 5,000m
- 10.30am HIGH JUMP + JAVELIN
- 10.45am 60m / open wheelchair
- 11.15am 100 - 11.30am Long jump / triple jump + Shot out
- 11.40am 1500m

## **NORTH ISLAND Championships DECEMBER 15<sup>th</sup> PORRITT STADIUM**

ENTRIES NOW Required! **CLOSES 9<sup>th</sup> DECEMBER** (enter on line WAIBOP Calendar link)

### **Track Session**

- 1:30 PM 100 Metre U18 Men
- 1:40 PM 100 Metre U18 Women
- 1:50 PM 100 Metre Open Men
- 2:00 PM 100 Metre Open women
- 2:10 PM 800 Metre U18 Men
- 2:20 PM 800 Metre U18 Women
- 2:30 PM 800 Metre Open Men
- 2:40 PM 800 Metre Open Women
- 3:00 PM 200 Metre U18 Men
- 3:10 PM 200 Metre U18 Women
- 3:20 PM 200 Metre Open Men
- 3:30 PM 200 Metre Open Women
- 3:50 PM 3000m – All Grades
- 4:15 PM 400m U18 Men
- 4:25 PM 400m U18 Women
- 4:35 PM 400m Senior Women
- 4:45 PM 400m Open Men

### **Field Session**

- 12:00 PM Discus – All Grades
- 12:00 PM Long Jump – All Grades
- 12:30 PM High Jump - Women
- 1:30 PM High Jump Men
- 2:30 PM Javelin – All Grades
- 3:25 PM Triple Jump – All Grades
- 3:45 PM Shot Put – All Grades



DON'T FORGET the FUN and GAMES on our **Christmas FUN Club night December 19<sup>th</sup>**.  
Bring family and friends . Sunil has his whole family in training already 😊