



NEWSLETTER NO. 2 - JAN 2018

The season is really heating up now! We had a great line up at club night last week for the 1500m. Saturday saw Hawks athletes dominate the Waikato BOP 3000m Champs plus great to see so many Hawks athletes competing in Centre meet.

Women U16 3000 Metre

1 Jemima Antoniazzi	14 Ham City Hawks	10:45.92
2 Samantha Corbett	15 Ham City Hawks	10:50.92
3 Gemma Horan	14 Ham City Hawks	12:46.51

Women U18 3000 Metre

1 Aimee Ferguson	16 Ham City Hawks	9:59.98
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Women W45 3000 Metre

2 Karyn McCready	49 Ham City Hawks	12:30.08
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Men 3000 Metre

1 Russ Best	28 Ham City Hawks	8:50.74
2 Logan Rodger	25 Ham City Hawks	9:30.54

Men 60 3000 Metre

3 Grahame Clarkin	63 Ham City Hawks	14:36.86
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Men 70 3000 Metre

2 David Trow	73 Ham City Hawks	15:17.07
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Results from Hammer Throw Comp on Sunday – welcome back to Warren, who's over here from Sydney.

Sunday Competition Men Hammer Throw

1 Warren Button	29 Ham City Hawks	58.50m	7.26kg
56.78m 57.92m 57.80m	58.50m 58.29m 55.86m		
2 Harpreet Singh	26 Ham City Hawks	46.05m	7.26kg
42.42m X X X 44.65m	46.05m		

NEXT Wednesday January 17

6.00pm short hurdles (first 6 only) + Discus

6.15pm 2,000m with steeple option

6.35pm 100m + LJ/TJ + shot put

6.45pm 1500m

7.00pm 400m



100m hurdles



150m

SATURDAY 20 JAN CENTRE MEETING / PORRITT 3pm start + (CAPITAL CLASSIC WELLINGTON)

- 3.00pm 300 / 400m HURDLES + Javelin + Triple Jump
- 3.20pm 800m * 3.35pm 100m * 4.00pm High Jump + Hammer
- 4.05pm 80 / 100 / 110m HURDLES
- 4.30pm 1500m * 4.50pm 200m



1500m club night 10 Jan – Simon Rogers, Theo Quax, Isaiah Priddey, Sam Tanner, Joe Clark

Message from Simon Rogers

Thanks Hamilton City Hawks Track & Field Athletics officials and helpers for lining up with the watches this week and getting the year started with our midweek hitout. Thanks Theunis Pieters for some great pacing...

Results for Cam French for 400m hurdles at track meet in Canberra.

1st French, Cameron 49.98