



The season is HOTTING up. Regional champs, secondary school champs and now NZ champs with Commonwealth Games just around the corner. HAWKS Track and Field registered athletes now make up 1/3 of NZ Commonwealth Games Track and Field team. Amazing.....

Congratulations to **Kayla Goodwin** WINNER NZ U18 Heptathlon championships with 5007 points. Her highest scoring event was the 100m hurdles. 14.23 worth 946 points. Also to **Alessandra Macdonald** 2nd in U20 Heptathlon, **Josie Taylor** 3rd U16 Hexathlon and **Alice Taylor** 4th in Hexathlon.



What's going on at the start of the 890 at Club night?



what are these guys trying to do with javelins?

WEDNESDAY CLUB NIGHT *this week (28th)*

- 6.00 Short (4hurdles) 70, 80, 110m hurdles + Javelin
- 6.15 2,000m with steeple option
- 6.35 100m + triple jump / long jump + shot put
- 6.45 1500m
- 7.00 400m

SATURDAY 3rd March NO COMPETITION (originally scheduled at Tauranga, now CANCELLED)

If training Saturday at Porritt can we suggest morning only as football is at the park in the afternoon.

WAIKATO-BOP championships were two, long hot days and featured many MULTIPLE SUCESES for City HAWKS athletes – well done all and especially to those 4 x 400m relay runners on Sunday – some doing their first ever 400m for their teams





Scenes from the weekend Championships – Aodhan, Harpreet, Julia, Maria - Special mention to Julia Ratcliffe achieving her Commonwealth Games selection requirement in the hammer throw.



great to see so many Club Masters competing this weekend



many fine performances from these Senior women



Sam winning AUCKLAND champs steeples last week



Logan and Theunis through first lap of 800



Aaron in ACTION in Masters long jump

ENTRIES are now CLOSED for NZ Champs here at PORRITT March 9-10-11

Volunteers are still needed all 3 days. If you can help even for a couple of hours on one day please let **CRISS, DIANE or JEANETTE** know this week. Parents and supporters welcome – lots of easy tasks!

SEE YOU ALL ON WEDNESDAY -----