



HAWKS Track and Field 2018-19 newsletter 8

HAWKS WOMEN dominate the **North Island multi-event championships** at Porritt stadium over the weekend: U20 winner – Alessandra Macdonald 4673 points Waikato-BOP record (7 PBs 😊)

U18 winner – Josie Taylor 4020 points (superb High Jump and hurdling)

U16 winner – Elizabeth McLean 2363 (ran a fantastic 200 and 600m) *congratulations*

FIRST Hawks hosted Sec Schools night was a big success with 60 secondary school athletes taking part



THIS WEEK (2nd Sec Schools meet):

- 6.00pm HURDLE training session and 80m hurdle trials + 40m sprints + Javelin
- 6.15pm 2km ROAD RACE
- 6.35pm 100m + Long Jump / Triple jump + SHOT PUT
- 6.45pm 1200m
- 7.00pm 400m and 4 x 100m RELAYS

SUNDAY competition this week (18th November)

10.00am SAM JOHNSON memorial THROWS MEET – enter on the day \$5.00 – All throwing events

1.30pm OPEN meeting: 60m, 1 mile, 200m, 2000m Steeplechase, 4 x 100 / 2 x 200 Relays

FIELD EVENTS: 1pm. pole vault, 2pm Long jump, 2.30pm high jump, 3pm triple jump

PUTARURU BELL competition: (results of team events not available yet). HAWKS were well represented by 4 teams. Maximum of 7 per team, maximum of 4 events per athlete in one grade only. Well done athletes especially those trying new events for the first time!

St Peters HAWKS JUGGERNAUTS / HAWKS St Peters CHEATHAS / 7 STRANGES / HAWKEYE



CAMBRIDGE ATHLETICS PENTATHLON December 1st. 1.00 p.m. to 4.00 p.m.

For our younger members and their brothers and sisters 😊

Events for Grades 10 – 11 – 12 – 13 - 14 Year Athletes

200 metres - 800 metres - Long Jump - Shot Put - Discus

<https://goo.gl/forms/9K2loVuIRNG7qDZT2> < enter here for FREE ENTRY

HAWKS Track and Field hoodies

Check these out in the club rooms on Wednesday night – try one on – orders being taken.

Interview with ARIANA LORD (HAWKS in the USA) B.S. Geology and Geophysics
Yale University '20 | Silliman College

What made you choose Yale?

The opportunity to study at the best university in the world is one you cannot turn down! Yale provides an environment that is cohesive for balancing academics and sport both at a high level. The history and tradition of a university like this are unparalleled, it really creates a very special experience.



What have been the highlights of your academic journey so far?

The undergraduate program at Yale must be completed in 4 years and is based on a liberal arts education, which means that only about half of my classes are towards my major (a Bachelor of Science double majoring in Geology and Biology), the other half of my classes must be spread across a range of other subjects such as foreign language, the humanities, social sciences, writing, quantitative skills etc. Being able to study a range of subjects is awesome, but alongside this, within our major, we are encouraged to further our learning outside of the classroom. Thanks to this I have been able to get some pretty cool experiences in the past 2.5 years, such as conducting scientific research under the guidance of world-renowned professors and spending two months studying language abroad in Italy.

What are the differences between training and racing in the USA to NZ?

There is much more emphasis on the team here in the U.S, I train with a group of 30 girls 6 days a week which is a significant change from how I trained in high school. I really enjoy this team environment as it makes me feel as if I am part of something bigger than just my individual performances. Yale is in the North-East of the U.S which has really humid summers and really cold winters so the weather has been a bit of a challenge, this past weekend at our regional cross country meet it was snowing during our race!!

What are some of the challenges of studying and living abroad?

The weather here is definitely one of the biggest differences from home. One of the other challenges is that this is a very fast-paced and busy environment, where the social norm is that if you're not stressed you're not doing enough, I think this probably reflective of how a lot of students here have grown up but it was definitely a shock coming from New Zealand! Being at Yale is sort of like being in a hyper-liberal and elite bubble and I would say I am definitely experiencing America in a way that is not at all indicative of the country as a whole. Luckily my teammates are all very down to earth and great friends which makes me feel like I have a second family here.

How do you manage your academic and athletics commitments?

This requires good time management but also sometimes having to make sacrifices (with running, school, sleep and socially etc). Having teammates that are equally passionate about their athletics and academics but are also just cool, interesting people really encourages me to keep a good schedule and have fun too!

Who have been some of the key people in your running career so far that have contributed to getting you to where you are today?

My coaches in High School, Gary Henley-Smith and Graham Turner both encouraged a very balanced approach towards running and I think this allowed me to know what I wanted when it came to deciding where I wanted to go to university and what sort of collegiate program I wanted to be part

of. My parents as well, of course, have always been very supportive and encouraged me to follow my passions and I think this allowed me to end up where I am today!



KEY DATES COMING UP this season:

- NZ secondary school championships (Dunedin) Nov 30- Dec 2
- North Is championships (Porritt) Dec 15th
- Night of Fives (5000m) AUT Millennium Dec 21st
- *** CLUB NIGHT break: last night 19th / restart January 9th
- Cooks Classic (Whanganui) Jan 15th
- CAPITAL Classic (Wellington) Jan 18th
- Potts Classic (Hastings) 2Jan 6th
- WaiBOP MASTERS Championships (Tauranga) Jan 20th
- Porritt Classic (Porritt) Feb 9th
- NZ Combined Championships (Christchurch) Feb 16th
- Waikato-BOP Championships Feb 23 – 24 (Porritt)
- NZ MASTERS Championships (Timaru) March 1st-3rd
- NZ Championships (Christchurch) March 8th – 10th
- North Island Sec Schools (Tauranga) April 5th – 7th

