



HAWKS T & F Newsletter 12

We were pleasantly surprised how many athletes came to club this week after the bulk of Club members had just returned from a very successful NZ Secondary Schools Champs in Dunedin.



CONGRATULATIONS to our Athletes in CAIRNS this weekend for the **AUSTRALIAN ALL SCHOOLS** championships. Despite Friday and Saturday having delayed events because of

Tropic storms, some great performances were achieved – Check them out on “*Athletics Australia*”. WE will publish our results in next week’s newsletter BUT a big shout out to **Analise Kalma** for a stunning PB silver medal 400metres **55.25** and a very impressive first leg of the SWEDISH RELAY by Charles Anals .

NZ SEC SCHOOLS additional medals: Jemima 1500m 3rd, 3k 2nd, Analise Kalma 200m 2nd, St Peters Jnr girls 4 x 100 relays 2nd, Road race teams St Peters 2 medals, HBH 1 med

HAWKS athletes training around the world stage Below we see former HAWKS member AARON PULFORD training at altitude in KENYA with HAWKS member JAKE ROBERTSON – like thr tracks !



< Camille BUSCOMB with her training group in the mountains of Victoria – Australia. Common for her to be running over 150Ks per week.



Meantime finishing off his first training stint in BATH, England, Cam French will be back in Hamilton on 20th December to enjoy Summer racing as he has had sessions as cold as 6 degrees in recent weeks 😊 up North.

Please let us know where you are in the world as our mebers love to hear.

WEDNESDAY CLUB NIGHT (Dec 12th)

We welcome the ACHILLIES group this week and ask members to join them in a **3K WALK** trial 6pm*

- 6.00pm 3k WALK + 300 / 400m HURDLES + High Jump and Shot put
 - 6.20pm 60m x 2
 - 6.35pm 800m + Discus
 - 6.45pm 200 and 2 x 100m relays
- * 7.00pm 3,000m (2,000m option)

SATURDAY 15th DECEMBER here at PORRITT SDTADIUM = **North Island Championships**
(entries close 9th) this is an U18 and OPEN grade meet. **** NB. Starts 1.30pm ***