

5th December 2011

Volunteers help to run the Massey Athletic Club. The committee would like to thank all those who help each week. The winners of the Club Volunteer Prizes this week are: Brian van Wyk, Joe Dyson, and Lynelle Luke. Also, special thanks to our sponsors for providing the prizes.

Auckland Relay Champs: Massey gained 37 medals at the Auckland Relay Champs. Well done to all the athletes who competed! Please check the website for the results.

Auckland Junior 1500M Championships: (for 10-14 year olds) This race will be held on Saturday, 17th December starting at 4:30pm. Anyone who would like to do a 1500m race can enter this competition. Please talk to Rachel if you would like to enter for this race. Payment (\$5 per athlete) and entries must be given to Rachel by Wednesday, 7th December.

Spikes: At club and inter-club events, spikes must be taken off straight after each event. This is to prevent other athletes and spectators from being injured by the sharp spikes.