

## **28th November 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: Estelle O'Brien, Mike Taumafai, and Gina Rowe. Also, special thanks to our sponsors for providing the prizes.

Auckland Relay Championships: The relays will be held on Saturday, 3rd December 2011 at Massey Park, Papakura. Good luck to all the teams competing at the relays!

Relay training will be on Wednesday at 5:30-6:30pm. Shotput training for the shotput teams will be on Wednesday at 4:30-5:30pm. Discus training for the discus teams will be on Friday at 4:45-5:45pm.

Auckland Junior 1500M Championships: (for 10-14 year olds) This race will be held on Saturday, 17th December starting at 4:30pm. Any athlete wishing to train for this competition, please talk to Rachel Burden. Payment (\$5 per athlete) and entries must be given to Rachel by Wednesday, 7th December.

### Open Day Results:

Junior Open Day at Mt Smart:-

Charlotte Print: 60m - 5th, 100m - 4th, 200m - 2nd, 300m - 4th, Long jump - 1st

Danielle Print: 100m - 14th, 400m - 6th, Long jump - 10th

Liam Hewlett: 100m - 4th, 200m - 3rd, 400m - 8th, 800m - 3rd, High jump - 9th=

Nat Hathaway: 100m - 5th, 200m - 4th, 400m - 10th, 800m - 4th, High jump - 9th=

Liam van der Boom: 100m - 5th, 400m - 1st, 800m - 1st, High jump - 2nd

Miriam Burden: High jump - 3rd, 80m Hurdles - 5th

Liam Fearnley: 1500m - 2nd