

Hi All

Can you believe it – Christmas is just a long jump away. I hope Santa is good at high jump to make it in to our chimneys!!

This **Saturday 21st December** is the traditional Club Decathlon. This event has been running for many years now, just prior to Christmas.

It is open to all you 12 and over athletic types who want to fill in the day so please come along and give it a go. Start time is 10930

Bring along your lunch, sunscreen, drink bottle and a friendly official to help out.

The **3000m trophy for females and the 5000m cups for males** will be contested at 1.30pm

**The Lovelock Classic** (11th January 2020) is a shot put throw away. Information is available on our website with children competing in the morning and seniors in the afternoon (seniors must register).

**Both SI and NI Colgate Games** are a discus throw away. Preparations are underway and more information will follow on training times and relays.

Colgate tee shirt can be ordered form Colgate games Website <http://nzchildrensathletics.co.nz/>.

Jan & Penny will be at the track this Saturday from 2-3pm to start giving out Tracksuits for Colgate games.

**STAR award** - this Saturday will be the last draw for 2019, so if you have not yet chosen your prize come along and pick from our STAR bag.

Newsletter information on the Interprovincial (in Auckland at Easter for 12-13 year olds) is also on the website <http://www.scathleticsclub.co.nz/>

In the meantime have a great Christmas and a fun New Year. We look forward to having you back at the track in the new year.

Grant and his happy team of Elves