Hi All

A gold star for all those who read to the end of this message!!

From next week will be using ClubNet to send out the emails so only registered members will receive them. We will be putting a link to them on the website

Well done to our small group of athletes who valiantly competed in the heat at Arthur Cup in Ashburton last Sunday. Congratulations to the Ashburton Club for claiming the Cup. And thank you to the group of parents who stayed the distance at the long jump pit.

**Friday Interclub: The** first Sub-centre Friday night Inter-club is this coming Friday, 8th, facility opens at 5pm, competition begins at 6pm sharp, so we ask everyone to be there and warming up by 5.30pm.

Programme is attached.  Please make sure you wear club singlets and have your age patches for juniors and registrations numbers for seniors. If you don't have these please contact Penny to arrange pick-up. Ph 688 0424

 They will need as many helpers as possible, we ask our parents who are attending to help out on the events.

**Quadrathlon in ChCh on 23 Nov - entries close on 9 Nov** - Those who are Canterbury registered should have received this information. Please see attached file. We will be taking entries on Saturday, or please email back with your entry information so that we can forward your entry as a team.

**Colgate Games:** Entry forms will be available on Saturday. These need to be in by Wednesday 27th November. Please catch up with Tom and his merry management team for more information.

The Local Organising Committee (LOC) are working hard with Athletics NZ to make this another successful event. This event requires a lot of officials, volunteers and runners in order for it to run successfully.
Applications are now open for officials, runners and volunteers and the form can be found at this link [https://si-colgates-off.eventdesq.com/](https://athleticscanterbury.us19.list-manage.com/track/click?u=3c3f9a05031380186a2c0140c&id=49caf524ee&e=6ab0699e37) . If you are not a graded official you can still put your name down to help, we would love to have you on board.

**It's Programme 2 this week and everyone should be members by now or paying casual fees**.

Parent Help Roster P2   9th November  See you there!

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| **Meeting Convenor** | Penny Dewar |
| **Event** | **Event** | **Chief** |   |
| Timekeepers   |  Timekeepers  | Penny Dewar | Jan Lord, Tea Stevenson  |
|  Place getters |  Place getters  | Jo Heath | Dee Thin, Serena Laing |
| Shot Put  |  Shot Put  | Ian Baird |  Jarvis Wright, Don Foster |
| High Jump |  High Jump  | John Bowen | Sid Paris, Paul Dominikovich |
| Long Jump  |  Long Jump  | Andrew Jones | Lisa Holden, Donna-leigh Stead, Belinda Rempala |
| Discus  |  Discus  | Adam Blake | Barry Baxter  Karina Roberts |
| Marshall  | Marshall  | Karyn Geary |
| Starter  | Starter | Adrienne Bruce |
| Seniors | Seniors | Ian and senior athletes |
| Toilets | Toilets |  Jenny |
| N/A – Craig, Gaela, Grant, O’Keeffe family Paul Crosby, Cath Thomas |