

Don MacFarquhar Middle Distance Series

Open Men and Open Women Trophies

The Don MacFarquhar Middle Distance Series comprises five events:

3000m Steeplechase (Men)	26 th October 2019
3000m Steeplechase (Women)	26 th October 2019
1500m	23 rd November 2019
400m	30 th November 2019
3000m	18 th December 2019
800m	18 th January 2020

*Steeplechase heights are Men (914mm) and Women (762mm)

Athletes must be registered with an Auckland Club for the entire duration of the Series.

Athletes need to compete in at least four of the five designated events over the 2019-2020 Athletics Auckland Track & Field season to be eligible for the Trophies. The events will be designated within the McKinnon Shield summer competition.

Scoring will be calculated on the athlete's best four out of the five results (i.e. one event score will be dropped), based on the IAAF points for each event

The series is named for renowned Auckland Middle-distance coach and mentor Don MacFarquhar (1931-2011). Don was an Auckland selector for more than 40 years and was a national selector for 8 years, selecting teams for the 1988 and 1992 Olympic Games and the 1990 and 1994 Commonwealth Games. He also helped Sir Peter Snell during some of his training sessions in the early 1960s. Don was a life member of Athletics Auckland and coached for more than 50 years, producing a number of New Zealand champions and national representatives, as well as giving freely of his time to coach and inspire many junior Auckland athletes.