



Newsletter #46

Results and news from Thursday 8th to Wednesday 14th August 2019

Last Sunday, despite threatening weather, the third round of the winter track and field series proved to be an outstanding success. It was certainly great to see some of the region's top athletes taking the opportunity to compete.

The timing of the meeting proved to be ideal for some of the athletes selected to represent New Zealand at the Australian Secondary School Cross Country Championships next week, who took the opportunity to round off their preparation. They raced over 3000m with team members Liam Back finishing in second place in 8m38.95s and Liam Lamb third in 8m57.27s and Toby Gaulter taking out the race in 8m38.95s. Andre Le-Pine-Day another of the team completed 1000m in 2m48.44s. It was great to see several other leading middle distance runners out helping with the pace making in this hit out.

The line up in the sprint races was quite impressive with the women's national under 18 titleholder for both the 100m and 200m Sophie Williams competing. She took out the 60m race in 7.97s from Pavinee Watson who was second in 8.26s and Monique Gorrie third in 8.60s. These placings were repeated in the 200m with Williams winning in 26.52s Watson second in 27.25s and Gorrie third in 27.65s.



PNAHC runners, Pavinee (left) and Monique (second from right) in the 200m race

In the men's sprints we had the national junior 200m champion for the past two seasons Cody Wilson competing along with the bronze medallist Isaac Oliver. Wilson took out the 60m in 7.19s from Brayden Grant 7.35s and Oliver third in 7.36s. Wilson repeated his victory in the 200m clocking 22.42s, with Oliver 22.81s second and Grant third in 22.87s.



The men's 200m line up

The 800m women's race was taken out by Monique Whiteman in 2m28.37s from Angela Jukes who clocked 2m34.32s.

Ranae Savill and Sam Mackinder had a great battle in the high jump matching each other's clearances throughout the competition both failing at 1.60m after clearing 1.55m. Mackinder had a busy day winning both the long jump with a best effort of 4.71m and the shot put with a 10.70m put. A very solid looking Callum McConachy was the dominant person in the male throwing events winning the shot put 10.82m, the discus 30.15m and the hammer throw 36.90m.

It was great to see the Masters athletes competing at this meeting. Francie Bayler continues to amaze jumping 2.44m in the long jump and 5.11m in the triple jump. She then threw the hammer 13.48m. Gillian Evans was another to impress with a 25.13m hammer throw, 16.40m for the discus and 7.15m in the shot put.

As I mentioned last week, to do well in the competition and receive the meeting series training grants, it is necessary to be scoring good points for each of the meetings and this has proven to be the case with considerable change to the leading point scorers.

Jordan Peters who was leading the competition after two meetings had the misfortune to suffer an injury in training which prevented him from competing in his favoured events. He did compete in the discus but his points from that saw him drop from first down to 13th on the list.

The big movers saw Andrew Matsuoka-Webber move from 8th to fourth Monique Gorrie from seventh to fifth and Pavinee Watson from eleventh to seventh.

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One of the problems a lot of sporting bodies have is keeping track of their sporting trophies. On many occasions for various reasons trophies go missing. I know that many of the trophies that existed from the old West Coast North Island Athletic Centre (Now Athletics Manawatu Wanganui) have disappeared having not been returned for representation. I know there was the Molly Dorne Trophy for the Athlete of the Year. The BNZ Cup for the most promising junior athlete and a cup for the winner of the senior men's 100 yards amongst those that are unaccounted for.

Recently the Palmerston North Athletic and Harrier Clubs captain Pavinee Watson received an inquiry from Alice Holland asking if the cup that her grandfather donated to the Palmerston North Athletic and Cycling Club back in the 1950's was still in existence.

We were unsure but being aware that when the clubrooms in Totara Road were sold the contents were moved to one of the storage areas in the gear shed at the Massey track. We were delighted to find that the Allen Marshall Cup for the most improved Junior Sprinter was there. Although in need of a good polish and

not having been presented since 1981, it was good news that we were able to pass on. One of our club coaches Mal Thomas and I were amongst the names that appeared on the cup and last Sunday, at the Winter Series, both Alice and Allen were able to meet with us both and view the cup. It turns out to be a very small world as Allen was able to tell me that he knew my father Jack very well.

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With the New Zealand Secondary Schools Athletic Championships being held in Wellington in December, there has been an interesting trial event being added to the programme. This is the inclusion of a mixed girls and boys 4x400m relays for both grades.

Conditions applying to these events will be that the teams consist of 2 boys and 2 girls. An Individual school team or a combined team from two single gender schools within the same region may compete but are limited to only 1 team per grade and an athlete may only compete in one 4x400m relay.