

Palmerston North Athletic & Harrier Club

From the President

- Congratulations to **Andy Kruy** (pictured on the front page) for winning the senior boys long jump at NZ Secondary Schools. Congratulations also to **Stephanie Dickins** for her all round display at North Island Colgate Games in Auckland as well as all the PNAHC athletes that made the trip.
- Thankyou to **Ian Carter**, his team, and all of the PNAHC members who made the North Island Masters a great event to be involved with. Also a big thanks to **George McConachy** for running the athletics programme for the New Zealand Special Olympics and his band of trusty helpers from the Freyberg High Sports Academy who were real “stars” in what was a big task.
- Thankyou to **Anne Thomson** who carried much of the responsibility for organising the Manawatu secondary schools teams to Timaru; and also to **Peter Blackwood** who looked after the North Island Colgate Games team. Their efforts cannot be underestimated in any way.
- On club-night Tues 26 Jan most of PNAHC’s senior athletes and officials will be away supporting our friends in **Wanganui at the “Cooks Classic”**. We will run what events we can, depending on who can help out.
- Palmerston North is hosting a **Ribbon Day** on Sunday the 7th of February so get down there and give it a go. While the club singlet is encouraged a white “t” shirt and black shorts will suffice.
- Please take advantage of the **free parking** in the gravel car-park just past the rugby institute which Massey University is kindly opening for us each week given the vast numbers of vehicles coming down to the track itself.
- Thank you to all of the **helpers** on club night. In the end we are all volunteers and the more who can lend a hand on the end of a tape measure or recording the results the better.
- Finally we would like to congratulate **Manawatu Striders** for affiliating with Athletics New Zealand. PNAHC will endeavour to offer Manawatu Striders whatever support we can.

NZ Secondary Schools Medalists

1st Andy Kruy - Long Jump - 7.01m
2nd Scott Burch - 400m - 48.27s
2nd Stephanie Dickins - 400m - 58.60s
2nd Olivia Burne - 3000m 9:43.64
2nd Ben Burnell - Javelin 58.10m
3rd Ariana Blackwood - Discus 33.96m
3rd Olivia Burne - 1500m - 4.51.34
3rd Adam Miller - Hammer - 43.54m
3rd Zac Topping - 200m - 22.76s
3rd Eric Austin-Kea - 100m - 11.63

North Island Colgate Games Athletes

1st Stephanie Dickins 400m - 59.86
1st Kara Macdermid 1500 4:50.87
2nd Zia Macdermid 1500m 5:19.43
2nd Stephanie Dickins - 800m - 2:21.62
2nd Stephanie Dickins 1500m - 5:01.87
3rd Kara Macdermid 800m 2:23.11
3rd Stephanie Dickins High Jump 1.49m
4th Zia Macdermid 800m in 2:38.70
4th Courtney Walker 80 mH - 13.38s
7th Daniel Churchill 80mH 13.66s
Jack Cartridge 400m 69.50s
Gemma Decker Discus 22.71m
Molly Noema-Barnett & Melissa
Blackwood Discus
Erica Dekker discus

Calendar Jan – Mar 2010

2010	Time	Event	Venue	Ages
19/1/2010	5.45	Club Night B	MCAT	All Ages
26/1/2010	6.15	Cooks Classic	Wanganui	14-Seniors
26/1/2010	5.45	Club Night C (Limited Programme)	MCAT	All Ages
29/1/2010		Sylvia Potts Classic	Hastings	14-Seniors
2/2/2010	5.45	Club Night A	MCAT	All Ages
7/2/2010 (Sun)	10am	Pnth - Ribbon Day (Reg 9.30am)	MCAT	7-14 years
9/2/2010	5.45	Club Night B	MCAT	All Ages
16/2/2010	5.45	Club Night C	MCAT	All Ages
23/2/2010	5.45	Club Night A	MCAT	All Ages
28/2/2010 (Sun)		MWA Centre Champs	MCAT	All Ages
2/3/2010	5.45	Club Night B	MCAT	All Ages
9/3/2010	5.45	Club Night C	MCAT	All Ages
13/3/2010 (Sat)		Manawatu Secondary Schools	MCAT	
16/3/2010	5.45	Club Night A	MCAT	All Ages
21-22/3/2010		North Island Secondary Schools		
23/3/2010	5.45	Club Night B	MCAT	All Ages
Thurs-Sun, 26-28 Mar		NZT&F	QEII Christchurch	14-Seniors
30/3/2010	5.45	Club Night C	MCAT	All Ages

Club Activities during the week

Monday – Fartlek, games and exercises with George at track commencing 4pm.

Tuesday – Club Night at track

Wednesday – Long run organised by senior athletes or technique work at track with George & Anne 4pm

Thursday – **“New” specific training for 7-11 years.** Short repetitions at the track commencing 4pm.

Friday – Gym sessions or rest

Saturday – Competition or long repetitions at track commencing 10am.

Sunday – Long run organised by senior athletes or technique work at track with George & Anne 1.30pm

Club Night Timetable

Time	Programme A		Programme B		Programme C	
5.45 pm	60m Long Jump Discus High Jump Shot Triple Jump	All Grades G7 G10 G10,11,12 G13-SW B13-SM	60m Shot Long Jump Discus High Jump	All Grades G7 G10 G13-SW B13-Senior	60m Pole Vault Discus Shot Hammer Javelin Long Jump Discus Shot 100m Shot Discus Shot Discus Hammer Javelin Long Jump 300m Discus Shot Discus Shot 600m	All Grades All Grades G7 G10 Women Men G13-SW B7 B10 All Grades G11 G8 B11 B8 Men Women B13-SM All Grades G9 G12 B9 B12 All Grades
6.00 pm	Long Jump Discus	B7 B10	Shot Long Jump	B7 B10		
6.15 pm	100m Long Jump Discus	All Grades G8 G11	200m Shot Long Jump	All Grades G8 G11		
6.30 pm	Long Jump Discus High Jump Shot Triple Jump	B8 B11 B10,11,12 B13-SM G13-SW	Shot Long Jump Discus High Jump	B8 B11 B13-SM G13-SW		
6.45 pm	400m Long Jump Discus	10 – Senior G9 G12	800m Shot Long Jump	10-Senior G9 G12		
7.00 pm	Long Jump Discus	B9 B12	Shot Long Jump	B9 B12		
7.15 pm	1500m	10 – Senior	3000m 3000m walk	10-Senior 10-Senior		
7.30 pm					5000m	All Grades
7.35 pm	200m Hurdles	12-Senior	70/80/100/110 Hurdles	10-Senior		
7.40 pm					300/400m Hurdles	All Grades
7.45 pm	2000/3000 Steeples	12-Senior				

Coaching

George McConachy – Sprints/Distance Running/Throws

George is without peer in provincial New Zealand having coached athletes to over 120 National titles as well as serving as coach with numerous New Zealand athletics teams. An IAAF lecturer who runs the Sports Academy for Freyberg High School. George has been all over the country recently training run, jump throw coaches and will take a new session for 7-11 year olds on Thursday nights 4pm onwards.

Anne Thomson – Jumps/

Anne works principally with long-jump and triple jump athletes but is also involved with other facets of athletics coaching as well as being a tremendous organiser. When not down at the track you will find Anne teaching maths at Palmerston North Girls High School.

Contacts

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