

Palmerston North Athletic & Harrier Club

From the President

Welcome to the 2009/10 Palmerston North Athletic and Harrier Club track season. A special mention for Jenny Melville who looks after run, jump, throw for the 3-6 year olds. Jenny has recently been away for further training and will be back this season brimming with even more ideas than usual.

Also, a big thankyou to John Strawbridge who has retired from the Committee this season. His first time off the committee since something like 1973! John is our regular starter with his career highlight being the 1990 Commonwealth Games and will continue in this role which we greatly appreciate.

The last 18 months have been very successful for eight PNAHC athletes who have represented New Zealand. It is not often we get to bask in their successes so we are extremely proud of their efforts. Finally we will be making some small improvements to club nights so we hope they make the evening as much fun as usual - weather dependant of course.

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.

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

Contacts

President – Lance Gray 027 6788-284 or (06) 356-4808

Secretary – Tracey Lowe

Treasurer – Darren Gray (06) 323- 2897 wk

Coaching – George McConachy 027-231 8016

Athletics Club Captains –

Callum McConachy 027 369 7475

Leisha Neumann

Cross Country Club Captains

Lance Gray

Committee

John Callesen – Vice President

Alan Adamson – Publicity

Peter Blackwood – Childrens Convenor

Lance Gray – Website & Newsletter

Calendar Oct – Dec 2009

2009	Time	Event	Venue	Ages
29/9/2009	5.00	Registration Night	MCAT	All Ages
6/10/2009	5.45	Club Night (Always Tuesday Nights) A	MCAT	All Ages
Sat, 10 Oct 2009		National Road Relay	Christchurch	Seniors
13/10/2009	5.45	Club Night B	MCAT	All Ages
20/10/2009	5.45	Club Night C	MCAT	All Ages
27/10/2009	5.45	Carol McNie Memorial & Club Night A	MCAT	12 years + & All Ages
31/10/2009	Noon	Hastings – Central Region Teams Event	Hastings	12 years +
3/11/2009	5.45	Club Night B	MCAT	All Ages
10/11/2009	5.45	Club Night C	MCAT	All Ages
14/11/2009	Noon	PNth – Central Region Teams Event	MCAT	12 years +
17/11/2009	5.45	Club Night A	MCAT	All Ages
24/11/2009	5.45	Club Night B	MCAT	All Ages
Fri 27- Sun 29 Nov		North Island Masters Games	MCAT	30+
28/11/2009	Noon	TBA - Central Region Teams Event		12 years +
1/12/2009	5.45	Club Night C	MCAT	All Ages
Thurs 3 -Sat 5 Dec		NZ Special Olympics	MCAT	
8/12/2009	5.45	Club Night A	MCAT	All Ages
Sat 12 Dec-Sun 13 Dec		NZSec School T & F	Aorangi Stadium	13-18 years
15/12/2009	5.45	Club Night B	MCAT	All Ages
22/12/2009	5.45	Club Night C	MCAT	All Ages
2010				
5/1/2010	5.45	Club Night A	MCAT	All Ages
Fri 8- Sun 10 Jan 2010		NI Colgate Games (Register by 9/11/09)	Mt Smart Stadium	7-14 years
12/1/2010	5.45	Club Night B	MCAT	All Ages
Fri 15-Sun 17 Jan 2010		SI Colgate Games	Aorangi Stadium	7-14 years
19/1/2010	5.45	Club Night C	MCAT	All Ages
26/1/2010	5.45	Club Night A	MCAT	All Ages
2/2/ 2010	5.45	Club Night B	MCAT	All Ages
9/2/2010	5.45	Club Night C	MCAT	All Ages
16/2/2010	5.45	Club Night A	MCAT	All Ages
23/2/2010	5.45	Club Night B	MCAT	All Ages
2/3/2010	5.45	Club Night C	MCAT	All Ages
9/3/2010	5.45	Club Night A	MCAT	All Ages
16/3/2010	5.45	Club Night B	MCAT	All Ages
23/3/2010	5.45	Club Night C	MCAT	All Ages
Thurs-Sun, 26-29 Mar		NZT&F	QEII	14-Seniors
30/3/2010	5.45	Club Night A	MCAT	All Ages

Club Night Timetable

(Oct – Mar)

Every **Tuesday** evening from **5.45pm** onwards at the Manawatu Community Athletics Track.

Time	Programme A		Programme B		Programme C	
5.45 pm	60m Long Jump Discus High Jump Shot Triple Jump	All Grades G7 G10 10,11,12 G13-SW B13-SM	60m Shot Long Jump Discus High Jump	All Grades G7 G10 G13-SW 13-Senior	60m Pole Vault Discus Shot Hammer Javelin Long Jump	All Grades All Grades G7 G10 Women Men G13-SW
6.00 pm	Long Jump Discus	B7 B10	Shot Long Jump	B7 B10	Discus Shot	B7 B10
6.15 pm	100m Long Jump Discus	All Grades G8 G11	200m Shot Long Jump	All Grades G8 G11	100m Shot Discus	All Grades G11 G8
6.30 pm	Long Jump Discus Shot Triple Jump	B8 B11 B13-SM G13-SW	Shot Long Jump Discus	B8 B11 B13-SM	Shot Discus Hammer Javelin Long Jump	B11 B8 Men Women B13-SM
6.45 pm	400m Long Jump Discus	10 – Senior G9 G12	800m Shot Long Jump	10-Senior G9 G12	300m Discus Shot	All Grades G9 G12
7.00 pm	Long Jump Discus	B9 B12	Shot Long Jump	B9 B12	Discus Shot	B9 B12
7.15 pm	1500m	10 – Senior	3000m 3000m walk	10-Senior 10-Senior	1000m	All Grades
7.30 pm					2000m	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				

Key Events – 2009

Club Nights (Every Tues 5.45 pm Oct/Mar – MCAT)

Held every Tuesday night from 5.45pm at the Manawatu Community Athletics Track with Run/Jump/Throw for children up to the age of 6 years co-ordinated by Jenny Melvill. At the same George McConachy – Meeting Manager - runs Programme A, B or C. Each of these programmes aims to provide athletes with different athletic opportunities over a three week rotation.

Carol McNie Memorial (Tues 27 Oct 6pm 2010 - MCAT)

The Carol McNie Memorial is the traditional start of the inter-club (Palmerston North & Wanganui) athletics season reflecting the keen sense of competition between our two cities. Palmerston North and Wanganui have competed and co-operated very successfully under the “Team Central” banner in the past with this meeting previously acting as a key selection meeting. This year it will be held on the same night as club night.

Central Region Teams Competition (31 Oct,14 & 28 Nov)

This is open to all PNAHC athletes aged 12 years and over with competitions usually at Hastings, Palmerston North and one other venue which will be Wellington this year.

North Island Masters Games (Friday 27-29 Nov – MCAT)

To be held over three days this is an event open to anyone 30 years of age and over. PNAHC along with the Manawatu Masters will be helping out. We suggest you go to the following website for an entry form. http://www.nzmastersathletics.org.nz/champs/ni_entry/ni_entry.html

New Zealand Special Olympics – Athletics (Thurs 3–5 Dec – MCAT)

This is the national competition for athletes with disabilities (AWD) with athletics commencing on the Thursday and finishing on the Saturday. For anyone who would like to compete or volunteer we suggest you go to the following website. <http://www.specialolympics.org.nz/NationalSummerGames.html>

New Zealand Secondary Schools Track and Field (12-13 Dec – Timaru)

PNAHC athletes compete for their schools in what is the largest athletics event in New Zealand. Good opportunity to watch some of PNAHCs most outstanding young athletes. This year will mark the final occasion Olivia Burne will represent Palmerston North Girls High School as she sets her sights on breaking the 3000m record.

North Island Colgate Games (8-10 Jan 2010 – entries to Brian Curry by 9 Nov 2009)

The North Island Colgate Games this year are being held at Mount Smart Stadium in Auckland and is for athletes aged 7 to 14 years of age. Anyone interested in competing should contact Peter Blackwood for further details.