



## Newsletter #12

Results and news from Wednesday  
10<sup>th</sup> to Tuesday 16th October 2018

The undoubtable highlight of last Tuesdays Palmerston North Athletic and Harrier Clubs club night was the number of under 5 children taking part in the Run Jump Throw programme. I'm not certain on the exact numbers but it was huge. Seeing all these youngsters along with their parents getting right into the spirit of the activities which were being brilliantly presented by Katrina Romero-Gemmell was well worth watching. High fives galore and big smiles the order of the day.



*The youngsters and parents enjoying the first Run Jump Throw session*

Club nights are reliant upon parent help to officiate at events and we are very thankful for those that step in and help it is also great to see some of our older athletes also offering to help when they are not competing. We saw a great example of this last Tuesday when Emma Leader volunteered to take on the very important role of starter, something she had never done before and what a great job she did of this growing in confidence as the evening progressed.

Again, some great performances with Chris Sanson's 5000m run of 15m53.46s being one of the nights best he went to the lead early and steadily drew away from the rest of the field.

Andre Le Pine-Day kicked clear of David Lovelock over the last 200m to come in second in 16m05.46 with Lovelock third in 16m11.24s. It was good to see two walkers complete the 3000m with Bradyn Popow and Alex Willis both looking impressive.



*Emma starting the 3000/5000m race at club night on Tuesday (Photo courtesy of Shaun Popow)*

Once again, we had good fields in the women's sprints with Pavinee Watson taking out the treble winning the 60m, 100m and 300m races. She had to work particularly hard in the 60m as the failure of the recall gun to operate saw Monique Whiteman get away with a flyer and she was only caught just on the finishing line. Watson winning in 7.9s from Whiteman's 8.0s with Kyra Tikitiki third in 8.2s. The 100m saw Watson cross the line in 12.7s with Tikitiki second and Whiteman third, both timed at 13.4s. The 300m race saw some outstanding times recorded with Watson taking victory in 43.94s from Whiteman 44.01s and Lydia Bamford 44.90s. Monique Gorrie was next across the line in 45.89s, a great effort by this thirteen year old competing against much older athletes. She headed off Tikitiki 46.07s and Leah Powick 47.26s, with another thirteen year old Jayde Rolfe finishing in 49.07s. Another outstanding effort was that of eleven year old Hayley Cornwall winning her age event in 50.8s good enough to be listed on the club ranking lists.

Jordan Peters had success in taking out both the 60m and 100m sprints but in the 300m it was Zac Topping who took out this event in 35.29s with Peters second in 37.04s, Mark Seumanu third in 38.98s, followed home by Joseph Chamberlain 39.69s and Forbes Kennedy another youngster racing against older athletes finishing in 45.55s.

In the field events we saw Aiden Smith get the javelin out to 46.39m with Sam Mackinder throwing the women's spear 32.30m. Some good efforts in the long jump pit saw Bamford record a 5.27m effort, Gorrie jumped 4.68m, Powick 4.57m and Kimberley Walsh, another thirteen year old, jumping 4.47m.

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Next weekend is a busy one with the first round of the Central Teams competition taking place in Hastings on Saturday. Palmerston North is the defending team and will be hoping to get off to a good start to this competition. The competition is designed as an ideal lead in to New Zealand Secondary School championships with meets schedules five weeks, four weeks and two weeks out from these championships. The meetings are all open grade completion but where the fields warrant races will be graded on ability.

The Palmerston North club will be taking a bus to this meeting and members are encouraged to make use of this.

On Sunday the Palmerston North club will be holding their ribbon day which will also incorporate the Trans-Tasman Challenge selection trial. Ribbon days are a great concept with athletes from 7 upwards competing for ribbons.

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Well done to the following club members Hamish Kerr, Ben Langton Burnell, Kara Macdermid and Pavinee Watson for being 2018 Massey Blues Award Recipients.

Kerr was also named as a finalist for the Manawatu and Wellington Campus Sportsman of the Year. Ben was also nominated for Sportsman of the Year for Massey University Distance students.

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Congratulations to the Palmerston North Parkrun who will be celebrating their first birthday next Saturday (27<sup>th</sup> October) certainly something to celebrate.

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It is great to learn that both the Ashhurst and Feilding clubs have had very successful opening nights with good attendances.