



Newsletter #16

Results and news from Wednesday 7th to Tuesday 13th November 2018

Volunteers are the key to the operation of any successful sports organisation and the Manawatu Grassroots Awards are a great way of recognising the contribution some of the volunteers make.

Congratulations to Katrina Gemmell and Anne Thomson on being confirmed as finalists for this year's Grassroots Awards.

Katrina is a finalist in the front line volunteer awards. She runs our Run Jump Throw programme for the under sevens and the Fundamental Movements programme for the seven to nine year olds. I certainly enjoy watching some of these activities and am certainly impressed how she is managing these programmes. Little things that often go unnoticed but importantly not overlooked become part of the process. I noticed during the throwing activity how participants were trained to wait for the retrieve call before moving after their throw. A very important safety message.

Anne Thomson is a finalist for the all-round volunteer award. What more can I say. Anne is not only a great coach, she is a top official, a brilliant team manager, and also doesn't do too badly at organising events as her involvement in the very successful Jumps in Paradise. Anne is also one of those being recognised for their Long Service to Sport along with Digger Doyle.

Setting up for a club night can be a very labour intensive exercise and we are very lucky that many of our senior athletes are so willing to help. It is certainly great to see the jump pits being dug and starting block trolleys being wheeled out without the need for asking.

Unfortunately, Health and Safety issues raised by Massey University have resulted in use of a quad bike to tow equipment trolleys around the track being prohibited and the movement of these now required to be done manually. Not an ideal situation but one our members are coping with and are always willing to help move the high jump and hurdles trailers into position.

It is now less than two weeks to the New Zealand Secondary School Track and Field championships and it is certainly great to see the preparation for some of our athletes is starting to show results. This was most obvious at this week's club night. I felt that the very last race on the programme highlighted this, there may have only been two starters but the race between Emma Leader and Sam Mackinder over 300m hurdles was a classic. The two girls matched strides throughout the race taking each hurdle on even terms and it was only at the final flight of hurdles that Leader edged ahead.

It is always great to see the support our senior athletes are willing to give to other club members and this was again evident when the Palmerston North Girls High School 4x100m relay team were trying to achieve a good qualifying time for the championships. Jordan Peters and Zac Topping ran a 2x200m alongside the girls and showed great encouragement along the way. I'm certain the girls appreciated this.

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The final round of the Central Teams competition takes part in Wellington this

weekend and although Whanganui have an almost unbeatable lead, the competition will provide some valuable fine tuning for those travelling to Dunedin for the New Zealand Secondary Schools Championships.

The Wellington round of the competition usually sees the largest number of competitors particularly in the longer races. Some great racing is expected in the relays

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The week after the Secondary Schools Championships, Palmerston North will host the Lower North Island Championships and the Palmerston North club has announced that this meeting will now be known as the Arthur Eustace Memorial Meeting.

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A big turnout is expected on Sunday when Manawatu Striders conduct their Ashhurst to Esplanade events. They offer three options with the 21.1km course starting at Ashhurst Domain and runs along the riverside track, through Winstone Aggregates depot, then a few km of rustic rural roads from Te Matai Road to just passed the Town and Country Garden Centre where it rejoins the PNCC pathway, ending just outside their clubrooms in the Esplanade.

The 12 km course commences at the entry to Winstone Aggregates Depot on Te Matai Road with the 3km course commencing at the Drink Station on the Bridle Track near the end of Albert Street.

The 21.1km walk starting time is 8.30am with bus transport to the start leaving at 7.30am. The bus for runners leaves at 8.30am for a 9.30am start. Those competing in the 12km run and walk will have a bus leaving at 8.45am for a 9.30am start. There is no transport supplied for the 3km runners and walkers who can enter on the start line.

Star of the Week

This week the star of the week goes to Forbes Kennedy.



Forbes after his four sprint races at club night

Forbes had a busy evening at club night running in the senior men's 60m and 100m before taking out his 400m race later in the programme.

What many of you don't know is that Forbes often runs with senior men (not by choice) but always steps up, runs hard and never complains about running against the big boys.

Along with his superstar attitude, he also earns his star of the week for his willingness to take part in the 2x200m straight after his 100m and right before his 400m to help the PNGHS 4x100m team.