



## Newsletter #19

Results and news from Wednesday 28<sup>th</sup>  
November to Tuesday 4<sup>th</sup> December 2018

A gold medal to Guy Paterson (PNBHS) in the junior boys' javelin with a throw of 47.91m and a bronze medal to Lydia Bamford (PNGHS) in the senior girls' long jump leaping 5.48m highlighted some very good performances by local athletes at the New Zealand Secondary School Championships held in Dunedin last weekend. Bamford also was fourth in the triple jump with her 11.10m best effort. Emma Leader (PNGHS) was another to finish fourth running 48.68s in the junior girls 300m hurdles final. She was the tenth best in the 80m hurdles just missing out on qualifying for the final. Bradyn Popow (PNBHS) was another to gain that unlucky fourth placing walking the 3000m in 15m46.64s.



*Emma Leader competing in the 300m hurdles (Photo courtesy of Tara Rolfe)*

A top ten placing at these championships is a very creditable achievement and many of the athletes achieve this. In the senior girls high jump all three of our athletes cleared 1.63m Sam Mackinder (PNGHS) and Ranae Savill (Freyberg) were placed seventh equal with Lea Muetzel (Freyberg) tenth on the countback. Mackinder was also seventh in the javelin and tenth in the 100m hurdles. Noah Macdermid (Awatapu) ran a personal best

9m15.51s for eighth place in the senior boys 3000m. Andre Le Pine-Day finished ninth in the senior boys 1500m whilst Liam Wall finished seventh in the junior race.



*Noah Macdermid running in the 3000m (Photo courtesy of Tara Rolfe)*

Some of the best performances came in the road races with Georgie Furnell (PNGHS) sixth and Kimberley Walsh (St Peters) excelling in the year 9 race with Theo Purdy (Freyberg) putting it all together to come in ninth place out of a field of 98 in the senior boys event.



*Kimberley and Georgie who were both competitors in the road race (Photo courtesy of Tara Rolfe)*

Courtney Trow (PNGHS) cleared 1.50m for eighth in the junior girls high jump whilst Jack Nesdale's 43.41m discus throw saw him in the final eight in the senior boys discus.

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One of the most exciting aspects from the Secondary Schools championships from a local point of view was the outstanding results achieved by athletes from Whanganui Schools. In March when Athletics New Zealand hold their national championships, we will see the combined talents of both areas compete as Athletics Manawatu Wanganui. I can see some really awesome relay combinations with the distinct possibility of being able to enter more than one competitive team in some grades.

Of particular interest to us was the performances of Sophie Williams a former club member now at Wanganui Collegiate. She was second in the junior girls 100m, third in the 200m and a member of the Collegiate relay team that set a new record in winning the junior girls 4x100m relay and also won the 4x400m relay. She retains her association with the Palmerston North club and will be representing us at the Colgate Games in January.

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## RUN JUMP THROW

A notice for the parents of the children that partake in the Run Jump Throw and the Fundamental Movements programme that this Tuesday nights week's meeting will be the final night for this year and the programmes will recommence on Tuesday 29 January 2019. The events for seven year olds and upwards that form part of the normal club night programme will continue

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Saturday will see the first hosting of the Arthur Eustace Memorial Meeting at the Manawatu Community Athletic Track.

### Stars of the Week

We are so proud of everyone's performances over the weekend and found it very tough to pick a star of the week.

So, this week we award the star of the week to the whole NZSS crew for giving it their all down in Dunedin.



*Some of the Palmy athletes that competed in Dunedin (Photo courtesy of Tara Rolfe)*

Thanks must also go to Anne, George and Digger for keeping the team organised while away, as well as Tara for keeping us posted with results as they came in.



Professional photos from the NZSSA Champs can be found on:

<https://www.caswellimages.com/>