



Newsletter #21

Results and news from Wednesday 12th to Tuesday 18th December

I am thankful to Anne Thomson for the following report on the performances of local athletes that competed in the North Island Championships in Hamilton last Saturday. It is always good to get a coaches perspective of performances:



Corinna mid flight in the women's long jump at the North Island Championships

"Well done Corinna Minko, Jordan Peters, Pavinee Watson and Lea Muetzel. Corinna jumped 5.89m, even though her Achilles tendon was misbehaving again to win the women's long jump. Jordan was consistent with all jumps over 7m, with the best being 7.20m and winning the men's long jump. Pavinee was delighted with 26.78s for her 200m finishing 5th. Each time she runs that distance she learns more about how she can improve. Repetition and reflection works. She was also fourth in the 100m clocking 12.98s. Lea Muetzel jumped 1.60m for fourth place in the High Jump. A bit of a legend as she had done a Duke of Edinburgh tramp in the Ranges for 5 days!!! What can she do when fresh?



Jordan won the men's long jump by a whopping 61cm

No complaints about the weather at 24+ degrees and almost no wind. A bit of a surprise; we are looking forward at becoming accustomed to it though. The different grades for Long Jump were combined, and with 22 people all qualifying for 6 jumps each, it took 1.5 hours (+warm up) with no shade!!!! Draining of energy to say the least. Preparing for that? It does remind you that hydration is not only 'on the day', but also the day before."

The meeting also saw Ben Langton-Burnell in his first competition of the season getting the spear out to 74.96m with his only legal throw. A great start to the season.

Meanwhile in Christchurch at the South Island Championships, Zac Topping pushed national champion Joseph Millar right to the wire in the 200m with Millar taking victory by one hundredth of a second clocking 22.48s to Topping's 22.49s. In the 100m, Millar again headed Topping winning in 10.80s with Topping second in 10.87s. Hamish Kerr was able to repeat his near personal best effort from last week clearing 2.23m.

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Last Tuesday was the Palmerston North club's final night for the year with the season recommencing on Tuesday 8 January.

January is a busy month with a number of top competitions available. This starts with the Colgate Games in Hamilton from January 4 to 6.

Timaru hosts the Lovelock Classic on January 5. Closer to home on Tuesday 15 January Whanganui will host the Cooks Classic. With many of our officials and leading athletes likely to be attending this meeting there will not be a club night that night.

The Capital Classic is next on the agenda taking place in Wellington on Friday January 18 followed by the North Island under 16 and under 18 Interprovincial in Palmerston North the next day.

The very popular Jumps to Music in Hawera is scheduled for January 23 with the Potts Classic in Hastings rounding off the month's top competition. The Classic series concludes on February 9 with the Porritt Classic in Hamilton.

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Although there will not be a club night on January 15, the first of the Manawatu Striders Super 7 series will be an ideal event for those not wishing to travel to Whanganui. This very popular event, which in the past has seen hundreds of participants of all ages enjoying running or walking alongside the Manawatu River, is sure to one again attract big numbers.

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The final club night saw some great competition, with a bit of fun added in. I was able to help officiate in the long jump which saw Jordan Peters just being able to hold off a determined challenge from Zac Topping and retain bragging rights. Topping's best effort of 6.23m not quite good enough to better Peters 6.27m.

There were some very good performances from some of our younger athletes who are attending the Colgate Games. 10 year olds Juliet McKinlay, Samantha Greenwood Stella Groube and Tayler Trow had great battles in the girls events and William Rolfe looking good in the boys events.

It has been great to see our coaches so willing to help out our young athletes in their preparation for Colgate Games. I know that team managers Vanessa Story and Shaun Popow have been organising training sessions and Anne Thomson has been helping those competing in the long jump.