



Alan's Athletics Manawatu Wanganui Road Championships Pre-Race Report

The emphasis changes from the mud and slush of cross country running to that of road racing with the Athletics Manawatu Wanganui Road Championships being held on Beaconfield Valley Road Waituna West on Saturday 18 August. Things will get under way at 12.45pm with the 10km walk and 8 and under 1km run. The 3km race for 10, 12 and 14 year grades start at 1.00pm with the remaining races due to start at 1.30pm.

Competition is sure to be keen with selection to represent the centre at the National Road Championships in Cambridge on 2 September up for grabs. With the event being post entries it is always difficult to preview the events but there is sure to be a lot of interest in the very highly competitive Men's under 18 grade. Whanganui's Liam Back and Zach Bellamy are both members of the New Zealand Secondary Schools Team that will compete in the Australian Cross Country Championships on the Sunshine Coast next week so are possibly non-starters which will mean it will be the local athletes most likely to take out the title.

Feilding Moa are likely to have a strong representation led by Andre Le Pine-Day and Benjamin Wall with Liam Wall being noticed as a big improver in recent results. Samuel Phillips is another sure to be in the mix. The Palmerston North Athletic challenge is likely to be led by Noah Macdermid with strong back up from Theo Purdy.

With Sarah Lambert and Rebecca Baker also competing on the Sunshine Coast next week and Tessa Webb out recovering from a foot injury the women's under 18 event becomes very open with Stephanie Walker perhaps the favourite. Kara Macdermid is on the comeback

from a long injury break but is one of the country's top middle distance club runners so should have no problems taking out the women's title with Monica Burnard possibly making it a Palmerston North one, two.

The senior men's title could be a battle between Nick Johnston and Liam Woolford but don't write off David Lovelock.

It is good to see that many of these athletes are taking advantage of the Saturday morning Palmerston North Parkrun with Isaac Murphy setting a new course record last week and Benjamin Wall and Shane Reed recording personal bests.

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The third round of the Winter Track and Field series will take place at Masterton on Sunday 26 August starting at 1.00pm. The meeting starts with the 100m sprints which is followed by a middle distance race with competitors having the option of running 1000m, 3000m or 5000m. The 1500m race follows this, then the track events conclude with races over 400m with the option of running this as a 2x200m relay. Field events contested will be a discus, shot put, high jump and long jump.

The series is conducted over four meetings will the top 5 competitors over the series in line for prize money. Points are awarded based on performance which are age factor adjusted.

Going into next week's competition Zac Topping leads with 177.47 points from Brayden Grant 168.82, Liam Montgomery 168.63. Jordan Peters 168.55 with Ethan Butcher's 167.63 points rounding off the top 5. Those in

hot pursuit are Andre Le Pine Day on 167.12 points, Saravee Sos 165.13, Benjamin Wall 164.70, Liam Wall 163.87 and Pavinee Watson 162.08 points. Will the positions change after this meeting?