



Newsletter #30

Results and news from Wednesday 13th to Tuesday 19th February 2019

This week I have a bit of a dilemma as to which of the performances by local athletes deserves top ranking. Is it a silver medal winning performance at the New Zealand Combined events championships? A big personal best at the Hawkes Bay Gisborne championships or the breaking of a stadium record at the Manawatu Wanganui championships.

I have plumped for Sam Mackinder's performance in taking out the silver medal in the Athletics New Zealand under 18 heptathlon championships held in Christchurch last weekend. She was sitting in fourth place at the end of the first day of competition but some steady performances in all events saw her improve to second place.



Well done Sam on your solid performance over the weekend (Photo supplied)

A feature of her performance was that she scored well in all events. Starting with the 100m hurdles, her time of 16.61s gained her 641 points. She followed this up with a 1.59m clearance in the high jump for 724 points, her 9.88m shot put was worth 522 points, with the 200m completing the first day scoring her another 679 points. The second day saw her long jump 5.01m for 562 points then throw the javelin 32.71m which earned her 528 points. The

championship concludes with an energy sapping 800m in which Sam produced the second fastest time earning 686 points to give her a total of 4342 points and the silver medal, with Maddie Wilson from Gisborne taking out the title with 4709 points and Julia Burnham finishing third with 4268 points.

Despite the tiring weekend, Sam was back on the track on Tuesday night winning the Athletics Manawatu Wanganui Javelin title and taking second place in the long jump. Certainly a super star.

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Several of our athletes travelled to Hastings and competed by invitation in the Hawkes Bay Gisborne championships with the highlight being Brayden Grants 49.1s win in the 400m. Jordan Peters had a few problems with his run up but still managed to get a 7.03m effort in his long jump and I'm told that his final jump which was a marginal foul was massive. On Tuesday night at the Athletics Manawatu Wanganui championships he continued this good form leaping 7.35m to better his own Manawatu Community Athletic Track stadium record. Corinna Minko was again over 6m with a best leap of 6.02m in Hastings. Pavinee Watson made a welcome return to the track following an injury break.

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I have just had a look at the calendar and see it is all on for the next month or so. I will be officiating at the Peter Snell Classic in Whanganui on March 2 which will see the reintroduction of the New Zealand Mile Championship.

The following week, it is off to Christchurch for three days of the Athletics New Zealand Track and Field Championships.

March 16 sees the Manawatu Secondary Schools Championships hosted this year at the Manawatu Community Athletic Track by Horowhenua College.

One of the must watch events will be the Jumps in Paradise which takes place on March 23 and will hopefully feature most of the country's top jumpers in the city to compete in high jump, long jump and triple jump events. The Athletic Manawatu Wanganui children's championship follow the next day. Quite a busy March.

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The Palmerston North Parkrun continues to attract good numbers and whilst a fun family event, participants like to try and improve on their best times. It was great to see that the other week Chris Sanson was able to record the fastest time ever for the course. I suspect this will create a bit of competition from some of the other more serious athletes to try and better this record. All good fun.

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Timaru is the host to the New Zealand Masters Track and Field Championships being held from March 1 to March 3. Looking at the listing of entries I see a large group of local athletes entered. These include Francie Bayler, Brian Currie, Andrew Davenport, Gill Evans, Jenny Fee, Dale McMillan and Mike Shephard. I'm certain they will be returning home with their fair share of the medals on offer.

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Next Tuesday will see the third day of the Athletics Manawatu Wanganui championships being contested in Palmerston North with titles being contested for 100m, 400m, 1500m triple jump, shot put and steeples.