



Newsletter #36

Results and news from Wednesday 17th to Tuesday 23rd April 2019

Last week I commented on the four Athletic Manawatu Whanganui athletes currently part of an athletic tour to the United States of America. They have continued with some very impressive performances in the past week.

Tayla Brunger is one of the standout performers of the group running a personal best 12.19s in the 100m at the Beach Invitational Track Meeting, then she was a very impressive winner of her heat of the 800m in 2m17.46s, a race she does not normally compete in. I have seen a video of this race in which she sat with the field until the home straight then she used her sprinting ability to sprint clear. Her winning margin must have been at least 20 metres.

Monique Whiteman also produced a big personal best in her heat of the 800 metres running 2m23.10s. She also ran a 62.77s time in her 400m race. Jonathon Maples ran a 23.07s 200m time.

Zia Macdermid who is attending the University of Wyoming has also been running well as evidenced by a personal best 2m16.53s 800m at the Pacific Inter Collegiate Meeting and following that up with a 4m32.50s 1500m at the Beach Invitational, her best time in recent years.

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With the track season in New Zealand now completed it is perhaps a good time to review the Palmerston North club athlete's performances and I am very grateful to George McConachy's ranking list in helping here. Top ranking in the Men's sprints goes to Zac Topping who had a very injury interrupted

season and after his performance at the national championships must be wondering what he would have achieved if he was injury free. Brayden Grant was our top 400 metre runner and was second behind Topping in the 200m list. Joseph Chamberlain would take the honour of being the most improved sprinter ranking third in both the 200m and 400m list.

The women's ranking highlights the enormous amount of talent we have coming through. Sophie Williams the country's most exciting sprint prospect now competes for Athletics Whanganui but competed for us at the Colgate Games and these performances sees her topping our rankings.

Early season performances by Corinna Minko and Pavinee Watson saw them next in the 100m ranking. My award for the club's top women sprinter however would go to Monique Gorrie. It is hard to believe that it was at one of last year's winter series meetings that we were all shocked to learn that Monique had been badly injured in the bus crash on Mt Ruapehu. She was not only able to put this behind her but as a 14 year old she tops our 200m and 400m rankings.

Looking at our middle distance rankings, Benjamin Wall tops both the 800m and 1500m rankings and with one of the best finishing sprints in the country isn't too far away from a national title if he can get the timing of his sprint right. Andre Le Pine-Day was in top form early in the season which saw him ranked second over 800m but appeared to lose confidence in the later part of the season and his performances suffer. Noah Macdermid was our top ranked 3000m runner and second ranked over 1500m

Kara Macdermid made a welcome return to the track after a long injury break and topped our women's rankings for 800m, 1500m and 3000m.

Moving to the hurdlers and the North Island Schools title saw Monique Gorrie top the 70m hurdle rankings Emma Leader was best over the 80m hurdles with Sam Mackinder the top ranked 100m hurdler. Leader headed off Mackinder for top ranking over 300m hurdles.

Our long jumpers had a good year with Jordan Peters being best in the country he had some good competition early in the season from overseas visitor Nils Poncet. The women's rankings are headed by Corinna Minko who was runner up at the national championships only missing out on the title in the last round. 5 metres is a good bench mark and Lydia Bamford, Sam Mackinder Emma Leader and Pavinee Watson all bettered his during the season. Minko and Bamford both exceeded 11m to achieve the top two rankings in the triple jump.

We have a very good group of high jumpers with Sam Mackinder's big personal best of 1.70m at national championship gaining her top ranking. Lea Muetzel, Ranae Savill and Courtney Trow all cleared 1.60m or better to be next in the ranking.

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On a sadder note we note the passing of Mike Aldworth last week. He was one of the area's leading officials back in the 1990's and the father of Andy Aldworth one of our top 400 metre runners.