



Newsletter #38

Results and news from Wednesday 1st to Tuesday 7th May 2019

Next Wednesday will see the Manawatu Secondary Schools Cross Country Championships being held on the very challenging course at Manawatu College. The course is a true test of stamina with some steep hill climbs and equally steep descents. Walking the first part of the course a couple of years ago was enough for me then again, I was never a distance runner.

Unlike the track season I have no prior knowledge of who is likely to compete, so it is quite difficult to preview and my apologies to any that I have included who are not competing. In the Junior girls event, Georgie Funnell would appear to be the favourite with her closest challenge perhaps coming from Kyla Gunn but I certainly wouldn't discard Kimberley Walsh's chances of repeating her last year's victory. Lucy Evans is another expected to be up in the leading group. If Monique Gorrie is amongst the start list, she will be one to watch as well.

The junior boys race should see Rueben Duker first home with Fergus Doolan, Max Connor and Thomas Duncan the likely challengers. The intermediate girls field is likely to be led in by Bella Ives and Ashleigh Gunn with other prominent runners expected to include Kate Wasley, Fallon Roy and Hayley Evans. Liam Wall should prove too classy for the intermediate boys field with last year's junior race winner Nelson Doolan his closest challenger. Luke Brown and Sam Stichbury should also be in the leading group. Not too certain on Bradyn Popow's form after his school trip to Germany.

The senior girls race looks fairly open with Dannevirke's Stephanie Walker being favoured

with likely challengers being Lucy Dommett and Frances Allen. Sam Mackinder is a very talented sportsperson and if she starts, she should be right up there. Monique Whiteman has been in outstanding form over 800m whilst on the tour to the USA, but I don't expect to see her on the start line.

The senior boy's race should prove the most interesting and the challenging nature of the course could things swing in the favour of last year's winner Noah Macdermid. Benjamin Wall will have the faster finishing sprint so it will be interesting to see if Macdermid can build a big enough lead to withstand this. Andre Le Pine Day and Sam Phillips also provide PNBHS with good back up.

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We have received confirmation the very popular winter track and field series will continue again this year. The series will open with a meeting in Palmerston North on Sunday 2 June followed by Masterton on 14 July, Palmerston North on 11 August concluding with Masterton on 8 September.

The events schedule for Palmerston North are 60m, 200m, 800m and the mixed distance race with the option of 1000m, 3000m or 5000m. There is also a 2x100 relay. Field events include long triple and high jumps, shot, discus and hammer.

With the first meeting providing some valuable competition for athletes selected for the Oceania Championships and the Pacific Games some additional events may be added. I know a 400m race is one that is likely to be added.

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Liam Woolford finished seventh in the Rotorua Marathon being the fourth finisher in the senior division. His time of 2m44.40s was a personal best. He was in the leading group for most of the race but hit the wall over the concluding stages. Many athletes find the concluding stages of this race from the airport into the finish very sole destroying.

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Congratulations to Benjamin Wall, Liam Back and Genna Maples on being invited to become part of the Pathway to Podium Programme. This is a nationwide educational programme designed to help prepare emerging athletes and their coaches for high performance by creating an understanding of how to develop and achieve high performance success.