



Newsletter #10

Results and news from Monday 24th
September to Tuesday 2nd October
2018

The opening night of the Palmerston North Athletic and Harrier club saw fairly low numbers in attendance, possibly because of school holidays but some good racing was witnessed.

With the Run Jump Throw activities not commencing until after the school holidays, the under 7 children took part in the full programme and it is often the meeting highlight seeing these youngsters going as fast as their little legs can carry them. The 100 metre race must have seemed a long way for them. Angus Cadzow had a couple of wins in the boys 5 races.

The best fields were in the women's sprint where we had almost full fields. Pavinee Watson proved to be the quickest in both the 60m and 100m taking out both events from Sophie Williams, who was home for the school holidays and Kyra Tikitiki. However, the race of the evening proved to be the women's 400 metres. There were only four competitors, but all ran either personal best or close to personal best times for this event. Monique Whiteman looked very strong and appeared to have the race well in control as they rounded the top bend but a strong determined finish from Lydia Bamford in the home straight saw her grab victory in the excellent time of 60.5s with Whiteman second in 61.3, Watson third in 61.7s and Ariana Blackwood coming home fourth in 63.7s.

Bamford is a nationally ranked long and triple jumper and not often seen racing over longer distances on the track which is a pity as she has unlimited potential in this event. Her performance did not surprise me as I recall seeing her push Tessa Webb closely in the

Manawatu Secondary Schools Cross Country Championships a few months ago and have seen reports of her doing well on the football field. Her win should however not distract from the performance of Whiteman who looks on track for a good performance at the NZ Secondary School Championships in Dunedin in December. I think we will have something to look forward to in the upcoming Central Teams Competition with this result indicating that we will have a 4x400 relay team that should prove competitive against the star studded Whanganui team.

In the other 400m races Jayde Rolfe was impressive in taking out the girls 13 and under race in 67.4s from Hayley Cornwall. Joseph Chamberlain achieved a personal best running 55.7s for his race.

The 1500m race saw victory to Theo Purdy in 4m26.4s from Sam Phillips 4m26.9s and Jacob Platt 4m28.5s. Bradyn Popow walked the distance in 7m55.6

It was great to see that the youngsters got to try out the long jump with some quite impressive performances. Three year old Cameron Stretch jumping 1.12m, Angus Cadzow a five year old jumping 2.10m and seven year old Kobe Dorn 2.53m.

Athletes would have noted that spikes used to anchor the starting blocks to the track have been replaced and our thanks must go to Vanessa Story and Mal Thomas for their efforts here. Hopefully no more slipping blocks.

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I was saddened to learn of the passing of John Oxenham last week. Although I did not personally know him I am aware of the contribution the Oxenham family have made to athletics in this region. I know back in the days of the Palmerston North Harrier Club, the Oxenham farm was often the venue for cross country events.

John was major supporter of the Sylvia and Allan Potts Classic sponsoring the bonus payable to athletes who were able to complete this race in a time better than his sister Sylvia Potts's best time. Our thoughts have certainly been with the Potts family in the loss of a treasured uncle.

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The 2019 North Island Colgate Games will be held in Hamilton on January 4, 5 and 6. Newsletter 2 is now available with some great information and links for accommodation options. Most clubs appear to have the newsletter available on their websites or Facebook pages.

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What's On:

October 6 NZ Road Relay Championships
Christchurch

October 6 Palmerston North Park Run

October 9 Palmerston North Athletics
Programme B

October 13 Palmerston North Park Run

October 16 Palmerston North Athletics
Programme C

October 16 Ashhurst Athletics Opening Night

October 17 Feilding Athletics Opening Night

Star of the Week

It will come as no surprise that this weeks star of the week goes to Lydia Bamford for her strong sprint finish home in the women's 400m at club night.



Lydia (right) winner of the bronze medal in the under 18 women's triple jump in March 2017