



Newsletter #13

Results and news from Wednesday
17th to Tuesday 23rd October 2018

There have been some very impressive performances from some of our younger competitors and this week I would like to highlight some of these.

The standout in the girl's ten events has been Juliet McKinlay who convincingly won the 60m, 100m and 400m races and was the top performer in both the discus and high jump. Certainly, a most talented girl. Julia Hutchinson also had a good night winning both her races in the girls 7 events. Brianna Gorrie was another to stand out in the girls 12 events winning the 60m, 100m and 400m. Her older sister Monique won the girls 13 60m then competed in the open grade winning the 400m and placing second in the 100m. We have a very talented group of young ladies competing in the Girl's 13 events. Kimberley Walsh, Jayde Rolfe, Georgie Furnell and twins, Chayille and Addira Collette are just a few that come to mind.



*Georgie Furnell and Kimberley Walsh running the 1500m
(Photo courtesy of Shaun Popow)*

Looking at the boys, the Kennedy family appear quite frequently amongst the results with Hunter winning the boys 11 60m and 100m races, Beau winning boys 8 100m and finishing second behind Nohotu Wirihana-

Tawake in the 60m race and Forbes winning the boys 13 60m and 100m races.

Looking at the field events some good efforts in the boys 7 long jump with Christian Myer jumping 2.65m, Joshua Murdoch 2.53m and Jaxson Cochie 2.35m all better than the winning girls effort of 2.30m from Freya Drew. Chloe Groube was the best of the eight year old girls with a 2.62m effort. Whilst in a very close contest in the eight year old boys, the win going to the 3.18m effort of Hunter Hall, just ahead of the 3.13m jump of Beau Kennedy. Caleb Murdoch had the longest jump of the evening winning the boys 8 long jump with a 3.52m effort.

The 10 to 12 year olds had discus and high jump with Alex Willis producing the best discus throw winning the boys 12 event with a throw of 21.07m and Ben Murdoch winning the boys 11 with his 18.98m throw. Amber Trow had the best clearance in the high jump winning the girls 12 event clearing the bar at 1.35m, the same height as Johnny Rouxel's in the boys 12. Anabel Romero-Gemmell and Hayley Cornwall both cleared 1.25m to tie the girls 11 high jump, it being the second tie of the night for Romero-Gemmell as her 60m race resulted in her dead heating with Eden Rolfe.



Amber Trow doing high jump at club night (Photo courtesy of Shaun Popow)

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Last weekend saw big celebrations in Christchurch as they hosted their first meeting on an all-weather track since the QE2 track was destroyed in the 2011 earthquake. A new stadium has been built as part of the Nga Puna Wai Sports Hub. National High Jump champion and now former Palmerston North club member Hamish Kerr figured prominently in the sprints winning both the 100m and 145m sprints.

Local athletes don't know how lucky we are with our track being a Community Track which allows open usage unlike many of the other tracks where usage is restricted and often payment is required to gain access. This is the case with the Christchurch track where athletes need to pay in excess of \$100 to obtain a pass to train on the track.

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This Saturday will see the first round of the Central Region Team Competitions being contested in Hastings with the second round being held here in Palmerston North the following week.

Sunday is the first of the many ribbon days that clubs host with the Palmerston North clubs event starting at 10.00am.

Next Saturday is also the Feilding Marathon with races starting from Timona Park at 7.30am.

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I have been watching some of the TV coverage of the Invictus Games and it has been great to see club member Matt Vangioni appearing in some of the coverage.

I witnessed a game of Wheelchair Rugby where Matt crossed for five tries in a game that the

New Zealand team won, and I also saw his three attempts in the long jump. He jumped 4.12m for his second round jump and unfortunately the TV coverage did not show the distance of his final jump which appeared to be further.

Certainly, some awe inspiring viewing seeing the difficulties that competitors have had to overcome to compete, many highlights.



Matt Vangioni competing in the Wheelchair Rugby at the Invictus Games.

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Don't forget the Palmerston North Parkrun's First Birthday Run this Saturday starting at 8.00am from Fitzherbert Bridge.

Stars of the Week

This week our stars of the week go to Juliet McKinlay and Johnny Rouxel.



PNAHC stars of the week Juliet and Johnny (Photos courtesy of Katie McKinlay and Rachel Rouxel)

Juliet earns a star of the week for her outstanding performance at club night where

she won the girls 10 60m, 100m, 400m as well as the discus and high jump. With her school athletics day coming up, she will definitely be one to watch. Well done Juliet!

Johnny earns a star of the week for his gutsy 400m race at club night. Johnny had the difficult task of running in the outside lane but showed his competitors that was not going to stop him from taking the win. He came out of his blocks fast, ran smoothly throughout the race and finished strongly. Great effort Johnny!