



Newsletter #14

Results and news from Wednesday 24th to Tuesday 30th October 2018

With several of our leading athletes unavailable it was a below strength Palmerston North team that travelled to Hastings to compete in the first round of the Central Team Competition.

Despite being down on numbers, the teams performed well finishing the day in third place with 103 points behind Wanganui whose 162 points saw them just head off host team Hastings who finished on 152 points.

Team management would be particularly pleased with the overall team performance with many of the team achieving personal bests some by considerable margins.

The women's 400 metres was a particularly good race with Club captain Pavinee Watson taking out the race in a personal best 61.40s but it was the efforts of thirteen year olds Monique Gorrie 62.13s and Jayde Rolfe 63.77s both massive PB's that were the standouts.



Pavinee Watson in the home straight of the women's 400m (Photo courtesy of Hastings Athletic Club)

Watson had earlier in the meet run a PB in the 100m where she clocked 12.78s for fourth place whilst Gorrie 28.46s and Rolfe 29.65s did well in their 200m races.

Kimberley Walsh another of our talented thirteen year olds did not let the fact she was the smallest girl in the field and at least two years younger than the rest of the field upset her running a very impressive 5m19.96s for fifth place in the 1500m race. Later our three thirteen year olds joined with Watson to convincingly win the 4x400 relay.



Kimberley Walsh in the 1500m race on Saturday (Photo courtesy of Hastings Athletic Club)

Our high jumpers also produced season bests with Lea Muetzel clearing 1.62m for second place and Courtney Trow getting over 1.53m for third place.



Lea Muetzel clearing the bar (Photo courtesy of Hastings Athletic Club)

Brady Popow was another to produce a big personal best clocking 16m02.47 for third place in the 3000m track walk. Brayden Grant was fourth in the A grade 100m in 11.56s then

in a photo finish was just piped of victory in the 400m finishing second in 50.07s.



Brayden Grant coming a close second in the men's 400m race (Photo courtesy of Hastings Athletic Club)

A contender for the most improved athlete would be Joseph Chamberlain who continues to churn out personal bests each time he competes. Saturday was no exception with him winning the B grade 100m in 11.83s then finishing fourth in the 400m in 52.89s and eighth in the 200m in 24.10 all big personal bests.



Robert Norman in the 800m (Photo courtesy of Wairarapa Track and Field)

Robert Norman was fifth in the 800m crossing the line in 2m09.12s with Andrew Davenport eighth in 2m15.79s. He earlier in the day finished second in the B grade 1500m in 4m43.09s.



Andrew Davenport in the 1500m (Photo courtesy of Hastings Athletic Club)

Jacob Platt started in the A grade event finishing 12th in 4m25.79s. The 3000m race saw Theo Purdy come in fifth in 9m52.51s with Popow eighth in 10m39.70s. David Lovelock continued on to complete a solo 5000m in 16m44.63s

Jordan Peters took out the long jump with a best leap of 6.95m but I understand that he fouled a couple of bigger jumps and is in good shape to perform well at the Rhythm and Jumps meet in Christchurch on Friday.

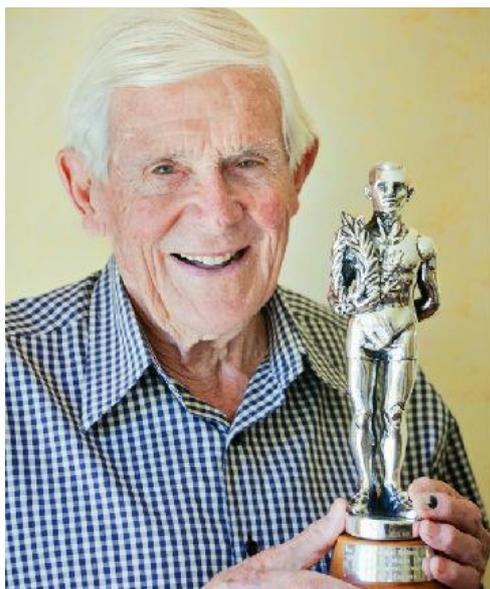
In the throwing events although an open competition with results determined by the distances thrown athletes are permitted to throw their particular age grade implements. Jack Nesdale had the best throw with the 1.5kg discus tossing it out 45.64m but was placed second with the winner using a 1.25kg discus. Jack Lewer was placed fifth in the shot put getting the 7.26kg shot out 10.59m which was the second best effort with that implement.

Palmerston North always front up for relays and proved to be the only team to contest all four relays. In the men's 4x100 metre the team only having three sprinters available so distance runner Theo Purdy stepped in and ran the anchor leg. It certainly wasn't lack of effort on his part that saw Purdy unable to hold off the fast finishing Wairarapa team.

The second round of the teams' competition is being held at the Manawatu Community Athletic Track on Saturday and hopefully Palmerston North will be able to take advantage of the home advantage with more good performances.

* * * * *

Remembering Arthur Eustace



Arthur Eustace with his Halberg Awards' lifetime achievement award that he won in 2012

It is difficult to recall exactly when I first met Arthur Eustace. I started teaching at Freyberg High School in 1975 but, to begin with, had a small role in the school athletic programme. In 1976 I took over from Colin Bell as Teacher in charge of Athletics and in 1977 became a committee member of the Palmerston North Athletics Club and the Palmerston North Harrier Club.

I probably met Arthur in 1977 when we marked the athletics track at Memorial Park as Arthur was the man with the required knowledge to complete this complex and back breaking task. He passed this knowledge on to a group of us who continued the task until the advent of the all-weather facility made the task unnecessary.

Arthur approached Robin (Digger) Doyle and myself in 1978 to encourage us to undertake coach education. Robin was teaching at Palmerston North Boys' High School. Arthur ran an Athletics New Zealand Level 1 course in the spring of 1978 that we both attended and Arthur arranged for me to attend the IAAF Oceania Level 3 Sprints/Hurdles/ Relays under Gerhard Mach two weeks later.

I did not have the two Level 2 courses required as a prerequisite but between Arthur and Les

Mills it was arranged. There was quite a bit of strife with Athletics New Zealand after the event because Les and Arthur did not follow the correct procedures. Arthur later said to me that his response to ANZ was "well he did top the course" I had to do Level 2 Sprint/Hurdles/Relays and Level 2 Distance /Walks to smooth the waters.

So many other coaches began their careers as a result of Arthur's encouragement and support. At that time there was a great deal of ill will between coaches in the Manawatu. The two largest training squads did not interact at all. One of the coaches would not let any of "his" athletes talk to any athlete he did not coach. These two squads would sit as far apart as possible at club night and in the end arranged to come to alternate club nights to avoid contamination.

Relays at centre level were problematic as neither coach would allow the athletes they coached to be in a team if the other coach was in charge. Allan Cherry was co-opted as relay coach so that all athletes could compete. Athletes from the rival camps kept interaction to the absolute minimum.

Arthur, as you can imagine, was disgusted by this state of affairs. He called a meeting of coaches to form a Manawatu coaching group to facilitate cooperation. After much discussion, no agreement was reached. However this inspired Bob Huxford at Queen Elizabeth College, Robin Doyle and myself to decide that we at least would work together and Stuart Hilder at Palmerston North Girls' High School joined us. This became the loose association referred to as the Manawatu Athletics Coaching School or the MACS squad. Members were encouraged to upskill and to cooperate in all things athletic. This group still operates today though we seldom refer to it as MACS Squad. Stuart has passed away and Bob retired from coaching but a dozen or so coaches carry on with the same spirit of teamwork and cooperation. Malcolm Thomas, Tara Smith, Callum McConachy, Anne

Thomson, Brian Curry, Vanessa Story, Chris Sanson, Richard Drabczyski, Zac Topping, Jordan Peters and others maintain this tradition. This friendly relationship extends to our colleges Alec McNab and Jodi Brunger in Whanganui. In the end Arthur's initiative.

I suspect Arthur may have been involved behind the scenes when I was recruited to the IAAF as a coach lecturer in 1990. I went on to conduct Level 1, Level 2 and Level 3 Sprints/Hurdles/ Relays courses for the IAAF in Myanmar, Australia, Vanuatu and New Zealand between 1990 and 2017 when I withdrew as I believed it was time for, as Maori put it, new nets to go fishing. So in this personal account of my memories of Arthur you will see that he had a profound influence on my career in athletics as he did for so many others. I will be eternally grateful to Arthur. He influenced my life for the better and he will not be forgotten while I draw breath. A cliché I know but we shall not look upon his like again.

George McConachy

Stars of the Week

This week our stars of the week go to Joseph Chamberlain and Bradyn Popow who both had a ripper weekend in Hastings.



Jordan Peters passing the baton to one of our stars of the week Joseph Chamberlain in the men's 4x100m relay (Photo courtesy of Hastings Athletic Club)

Joseph ran three personal bests in the 100m, 200m and 400m. However, he earns his star of the week for slicing three seconds off his 400m time!



Bradyn Popow at the Palmerston North parkrun earlier in the year (Photo taken from the Palmerston North parkrun Facebook page)

Bradyn Popow also earns his star of the week for his two personal bests over the weekend in the 3000m race walk as well as the 3000m run. Looking through the rankings, Bradyn has bettered his previous 3000m walk PB by a whopping **TEN seconds!**

Top effort Joseph and Bradyn!!!