



## Newsletter #17

Results and news from Wednesday 14<sup>th</sup>  
to Tuesday 20<sup>th</sup> November 2018

Next week Dunedin will be hosting one of the country's largest Track and Field events when the New Zealand Secondary School championships are contested at the Caledonian Track. Injuries and the cost of travel have seen a smaller than normal representation from local schools travelling to Dunedin.

Unlike the Manawatu Secondary School championships, which has three age grades, these championships only have a two grades Senior (under 20) and Junior (under 16) which means many of our younger competitors who figured prominently locally will be competing in an older age bracket.

Palmerston North Girls High is the best represented of the local schools with eight girls entered. Sports captain Lydia Bamford is sure to lead the team by example contesting the senior girl's long jump and triple jump. Sam Mackinder is a definite title contender in the senior girl's javelin, the high jump and the 100m hurdles. Monique Whiteman starts in the senior girl's 400m which is an event with a lot of local interest with Manawatu Whanganui athletes providing the bulk of the favoured contestants. Emma Leader has been looking good in recent competition and is a definite hope in the junior girls hurdle events and the long jump. Courtney Trow and Olivia Devito-Jones are in the junior girl's high jump with Meg MacGregor-Dunn jumping in the junior triple jump. Bamford, Mackinder, Whiteman and Leader make up very strong combinations to represent the school in both the 4x100m and 4x400m relays. Look to see Georgie Furnell amongst the front runners in the Year 9 road race.



*Three members of the PNGHS team that will be heading down to Dunedin. Georgie Furnell (left), Emma Leader (top) and Sam Mackinder (bottom). (Photo courtesy of Sharon Wray)*

Palmerston North Boys High have had a set back with injury likely to prevent Benjamin Wall from competing. This not only takes out a medal prospect but also is likely to see them withdraw from the 4x400m relay. Their best prospects may be in the field events with Jack Nesdale being in top form throwing the discus. Guy Paterson is a definite medal prospect in the junior javelin with Mark Seumanu in with medal chance in the senior high jump. Andre Le Pine Day has one of the best finishing kicks in the business and providing he can stay in contact with the leading group could produce an upset in the senior boys 1500m. Liam Wall is a chance in the junior boys 1500m. Bradyn Popow has been reeling off personal bests in his recent 3000m walks efforts, so a good performance is expected from him.



*Bradyn Popow in action in Wellington over the weekend (Photo courtesy of Sharon Wray)*

Both St Peters entrants Kimberley Walsh and Jayde Rolfe are amongst the youngsters finding themselves against older competition in their track events. Walsh will compete in the junior 1500m race and Rolfe the 400m. Both girls are also entered in the Year 9 road race.



*Jayde Rolfe finishing strongly in her race (Photo courtesy of Sharon Wray)*

Freyberg High has a couple of highly ranked senior girls' high jumpers who must be in contention for the title in Lea Muetzel and Ranae Savill. However, Savill has been sidelined by injury and may be fighting to recover in time to compete. We hope she does. Theo Purdy is sure to give his best in the senior boys 3000m and will no doubt enjoy the road race. Phoenix Martin was the standout athlete at Manawatu Secondary championships and is entered in the senior boys' javelin and discus but has not been seen in local competition this season so hard to comment on his form.



*Theo Purdy running in the 3000m (Photo courtesy of Sharon Wray)*

Noah Macdermid is Awatapu College's sole entry and will contest the senior 3000m and is expected to be competitive.

With Tessa Webb being another on the injured list there are no entries from Feilding High.

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Congratulations must go to Whanganui for convincingly taking out this year's Central Teams Competition with 662 points, Palmerston North were second with 417 points and Hastings third with 283 points. Not only were they dominant on the track but they also showed that they could handle disruptions off the track. Finding that the bus carrying them to Wellington had broken down at Paraparaumu, the team arranged to catch a train into the city and a shuttle service to get them from the train station to the track. It certainly didn't affect their performances with the team scoring 269 points on the day, well clear of Palmerston North's 159 points with Wellington Harrier third with 129 points.

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Top local performances from Monique Gorrie in winning the B grade 400m in 61.94s another PB and an outstanding time for a thirteen year old. She also ran a 27.74s PB in the 200m. Brayden Grant ran a perfectly judged 400m powering home in 50.45s to win the men's event.



*Brayden Grant's dip finish at the line (Photo courtesy of Sharon Wray)*

Our long jumpers were top in their events with Jordan Peters winning the men's event with a wind assisted 7.23m leap and Corinna Minko the women's event with a legal 5.94m jump. Guy Peterson won the javelin with a best effort of 48.56m. Some good high jumping from Sam Mackinder clearing 1.64m and Courtney Trow 1.56m, both personal bests. Georgia Cooper a twelve year old and Kimberley Walsh a thirteen year old performed well in the open women's 800m.