



Newsletter #2

Results and news from Monday 30th July to Sunday 5th August 2018

Last Sunday the New Zealand Cross Country Championships were held on a very muddy course at Grenada North near Wellington. Athletics Manawatu Wanganui were represented by a very strong team and would be delighted by the results achieved. The centre is one of the smallest numerically but continues to fight well above its weight as can be shown by the results. The centre was able to medal in both the men's and women's under 18 teams competition with the men's team taking the silver medal and the women's team the bronze, being only one point behind the second place team. The team's competition is based on combination of the first four team members finishing positions.

Liam Back was the team standout winning the under 18 6km event, Andre Le Pine Day was twelfth, Noah Macdermid thirteenth and Zach Bellamy in sixteenth placing completing the team scorers. Liam Wall was seventeenth, Theo Purdy twenty first and Samuel Phillips twenty fourth completing a great show of depth in this grade.

The women's under 18 event raced over 4km saw Rebecca Baker take out the silver medal with Sarah Lambert in the bronze medal position. Marseille Bowie was the third scoring member in seventeenth place with Stephanie Walker's twenty first placing completing the team scoring.

Further success in the Masters Men 45 grade saw Shane Reed take home the silver medal with Paul Wasley in tenth placing and Scott Whitley thirteenth. Andrew Davenport was the twelfth finisher in the M50 race with Darren Parlato coming home in sixteenth place. Dave

Scott twelfth and Rob Dabb fourteenth were our placings in the M55 race.

The senior men's race saw two former centre members in Joshua Baan fifth and Niam Macdonald sixth finish in the top 10. Liam Woolford was the best of the current member finishing twenty third with Brendon Corner thirty sixth and David Lovelock thirty seventh.

In the women's race Kara Macdermid was a very creditable fourth with Monica Burnard nineteenth and Tamara Reed finishing eighteenth. In the Masters women races, Juanita Paterson was tenth in the W40 race, Di Matthews fourth in the W50 grade and Jo Speary fifth in the W60 event.

Reuben Duker was the sixth finisher in the under 13 2km run with Lucas Reed coming in twenty first. Lucy McLean was eleventh in the girls' race.

Former Palmerston North club members took out the top honours in the Taupo Half marathon last weekend with Jake Jackson-Grammer claiming line honours ahead of Tama Christensen with Tom Stringer in sixth place.

There has been a change of venue for the Athletics Manawatu Wanganui Road Championships will now be held at Beaconfield Valley Road Waituna West next Saturday 17 August. Things will get under way at 12.45 pm with the 10km walk and 8 and under 1km run. The 3km race for 10, 12 and 14 year grades start at 1.00 pm with the remaining races due to start at 1.30pm.

Star of the Week



Kara Macdermid in action on Sunday at the NZXC Championships in some very tough conditions. (Photo courtesy of Fiona Macdermid)

This week's star of the week goes to Kara Macdermid who placed fourth in the Senior Women's 10km at the New Zealand Cross Country Championships over the weekend. After a dominating performance the 10km senior women's race at the Wellington Cross Country Champs a few weeks earlier, she was very pleased to come away with fourth on an "off" day.

Kara is 20 years old and studying Zoology/Ecology at Massey. She has run since primary school and has previously won the W16, W18 and W20 NZ cross country titles (the last one when she was only 16). On the track she runs 1500m so the 10km senior women's race is a bit longer than what she is used to. Congratulations on the awesome result, Kara!

Key Members of the PNAHC - Alan Adamson

It is important to acknowledge the many club volunteers that work extremely hard behind the scenes. This week we would like to introduce to you the writer of the results and news in this newsletter and the man who records all the times at club nights, Alan Adamson.



Alan receiving the Manawatu Sports Administrator of the Year Award at the 2015 Central Energy Trust Manawatu Sports Awards

Alan's involvement in athletics started back in the 1950's just after Memorial Park was opened as a sporting facility. He joined the children's section of then Palmerston North Amateur Athletic and Cycling Club now Palmerston North Athletic and Harrier Club and has been a member ever since. He first became involved in the club's administration in 1966.

Whilst recovering from a knee injury, he agreed to take on the secretarial role and has been a member of the clubs committee ever since. He has held the positions of club captain, club president, secretary and treasurer at various times as well as being a very successful athlete and now a highly experienced track official both at local and national level. His expertise in the starting area is widely recognized regularly being appointed as chief starter's assistant at major meetings. Most local meetings will find him in charge of the Electronic photo timing equipment ensuring that every athlete performance is available to them. He made numerous submissions to the City Council on the need for an all-weather athletic track and was member of the working party which

eventually saw this project completed. He is now one of the user group's representatives on the Board that administers the track. In the 1990's he was part of the team that ran the very successful weekly house fundraising evenings.

His involvement at regional level is equally impressive having been one of the club's delegates to Athletics Manawatu Wanganui previously West Coast North Island Centre since 1975. At Centre level he has held the position of chairman, president, officials coordinator, centre selector and team manager, plus headed many of the sub committees at various times. He was also one of the centre's council members to Athletics NZ for several years.

His services to athletics have been recognized by the awarding of life memberships by the Palmerston North Athletic and Harrier Club, Athletics Manawatu Wanganui and the Macquarie Hunter Athletic Club from Newcastle Australia. This later award being in appreciation of the work he did ensuring successful exchanges between the two regions. He has also been the recipient of an Athletics NZ Merit Service Award and in 2015 was awarded the Manawatu Sports Administrator of the Year Award.

Since 2009 he has ensured that the sport of athletics receives its share of publicity by the writing of a weekly column for the Manawatu Standard.

Other notices:

Attention High Jumpers...

Please remove your markers/tape after each training. We know it is easy to leave tape down for the next training, but we don't want you to be doing this!



P.S. this is all the tape and pins that were left on the track from last Wednesday 😞

More Action from the NZXC Champs



Photo credit: Sharon Wray