



## Newsletter #3

### Results and news from Monday 6<sup>th</sup> to Sunday 12<sup>th</sup> August 2018

There are no results to report this week.

In other news, a working bee was held on Sunday. A big thank you to Callum McConachy, Matt Vangioni, Katrina Gemmell, Jordan Peters, Pavinee Watson, Anne Thomson, George McConachy and Alan Adamson on a job well done in tidying up the gear sheds.

There will now be enough room for our new high jump pads that are due to arrive into the country on the 15<sup>th</sup> August.

#### Key members of the PNAHC – Katrina Gemmell

This week, we would like to introduce Katrina, the friendly face in the children's athletics area of the PNAHC. Katrina is known for running our Run Jump Throw and Fundamental Movement programmes. However, she was also a very successful athlete.



*Katrina and her daughter, Anabel*

Katrina was part of George McConachy's strong training squad of the 1990s. During this time, she was successful in winning the Athletics New

Zealand Youth Women's 800 metre title on three occasions: 1995, 1996 and 1997, and in 1996 she added the 400m title to her collection.

In 1998, competing in the Junior Women's grade, she won both the 400m and 800m title. Katrina also represented New Zealand at the Oceania Youth Championships in 1995, winning the 800m title and placing third in the 1500m. As well as individual medals, her name also appears in many of the national-title-winning relay teams.

Katrina took up an athletics scholarship to Tulane University in the United States, where she continued to excel both on and off the track, being named the 1999 Region C USA Freshman of the Year for both the outdoor and indoor season.

There was also love, as it was here that Katrina met her husband Victor Romero, one of Tulane's leading tennis players and a Mexican Davis Cup representative.

After completing their university studies, the couple moved to Mexico for several years, before returning to New Zealand where Katrina now works at Sport Manawatu as their Active Team Leader.

We are so lucky to have someone of Katrina's expertise running the programmes. It is great to know that our children are not only having fun doing athletics but are learning the basics of the sport from one of the clubs best former athletes. Thank you, Katrina!

**P.S. Good luck to all the athletes competing at the Athletics Manawatu Wanganui Road Championships this coming Saturday.**