



Newsletter #5

Results and news from Monday 20th to Sunday 26th August 2018

Masterton produced a stunning day for the third round of the Winter Track and Field Series last Sunday. A warm sunny day with very little breeze producing ideal conditions for some fine performances. Once again Palmerston North athletes were well to the fore taking out most of the events.

For me, the highlight of the meeting was the 400m races which saw very similar finishes in both the men's and women's races where two Palmerston North club athletes raced shoulder to shoulder down the straight to the finishing line. The 400 metres is one of the toughest races to hold your form as lactic acid cuts in, so I was very impressed at the efforts of our athletes so early in the season. In the men's race the photo finish camera was needed to separate the athletes with victory going to Zac Topping in 50.38s one hundredth of a second ahead of Brayden Grant 50.39s. The women's result saw Vanessa Story take out the race in 62.96s ahead of Pavinee Watson 63.22s.

Earlier in the day Topping continued his dominance of the sprint races taking out the 100 metres in 11.04s well clear of the Wellington pair of Isaac Oliver and Cody Wilson. Grant was successful in taking out the second division 100 metres in 11.80s. The women's 100 metres saw Corinna Minko prove too strong for the rest of the field crossing the line in 12.59s well clear of Watson 13.20s and Story 13.72s.



Corinna Minko taking the win over Pavinee Watson, Anna Thomson and Vanessa Story in the 100m

Minko was also best in the long jump pit winning this event with a best leap of 5.66m. Wellingtons Anna Thomson was second with a best 5.42m with Yvonne Van Baarle third with her best effort of 4.78m.

Jordan Peters was jumping off his wrong foot as part of his training programme but was still good enough to take out the men's long jump with a best leap of 6.84m. Scott Thomson was second with 6.44m and Matt Field third with 5.45m. One of the joys officiating in the long jump is witnessing the side competition and rivalry that exists between Field and Minko. A victory to Minko this week.

It was great to see Masters athlete Frances Bayler competing again after her foot injury and we wish her well in her competition at the Asia Pacific Masters Games in Penang next week.

There were disappointing numbers in the middle distance races with Liam Woolford running a solo 5000m in 16m39.31s, he later in the day paced for Tina Faulkner in her 1500m as part of her preparation for the Masters World Championships in Malaga Spain next month. Feilding athletes Skye Burema and Aryna Burema competed in both the 1500m and the discus taking second and third placings in both these events. It was indeed unfortunate that there was no other competition in their age range. Andrew Davenport took out the 3000m race.

Ranae Savill cleared 1.60m on her third attempt to take out the women's high jump.

The importance in competing in each round of the series has become quite apparent as the leader board for series prize pool has seen a

few athletes challenging for the top five positions now off the pace. The only change in the top five has seen Jordan Peters move from fourth to third. Zac Topping has increased his lead and now has 266.15 points. Brayden Grant sits on 255.78 points with Peters on 253.61. Wairarapa athletes Liam Montgomery 252.27 and Ethan Butcher 250.16 round off the top 5

Pavinee Watson 241.55, Matt Field 239.96 and Renae Saville 238.07 points are next on the list.

The final round of the series will be held in Palmerston North on 16 September.

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Some exciting news for our high jumpers with the arrival of our new high jump landing pads at the track this week.



We are most grateful to the New Zealand Community Trust (NZCT) for the funding of this equipment. Also special thanks to those that assisted in the unloading and storage of these pads.

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For those of you that are interested, Athletics NZ will be holding a series of Regional Jumps Clinics throughout September. The sessions will cover a range of fundamentals including

speed, power and technique that are relevant for all Athletics jumping events.

The target group for the clinics are athletes aged 13-18, however older athletes are welcome to join as well. The cost to attend is \$5 per athlete, \$10 for current Athletics NZ accredited coaches or \$25 for non-accredited coaches.

Ed Fern and Terry Lomax will be hosting a clinic in Palmerston North on Saturday 15 September starting at 10am.

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This weekend is the Athletics NZ Road Running Championships being held in Cambridge and our best wishes go out to those representing Athletics Manawatu Wanganui at these championships. It is good to see in the Athletics preview of these championships a number of our athletes being mentioned.

Stars of the Week

This week our stars of the week go to Stefan and Anita Muetzel for being at the track at 7.30pm last Thursday to help store the new high jump mats.



Anita and Stefan Muetzel (Photo courtesy of Lea Muetzel)

As a club, we really do appreciate all the help we can get from our volunteers, most of whom are parents. Without your support, we wouldn't be able to run events like club night as well as we do.