



Newsletter #6

Results and news from Monday 27th
August to Sunday 2nd September 2018

The Athletics Manawatu Wanganui men's under 18 team certainly did us proud at the Athletics NZ Road Running Championships held on St Peter's College in Cambridge last Sunday. The team returning home as the gold medal winning team's competition victors.

Benjamin Wall led the team home crossing the line in second place followed home by Andre Le Pine-Day in fourth place, Liam Wall in tenth place with Samuel Phillips' fifteenth placing giving the team a points score of 31, three points clear of the second place team from Wellington. Noah Macdermid provided a great back up finishing one place behind Phillips in sixteenth place just missing out on being part of the medal winning team.

In the men's under 20 race Whanganui's William Sinclair finished just outside the medals in fourth place with Harrison Porritt

finishing tenth. Kara Macdermid was another to gain a top ten finish when she came in tenth place in the senior women's race.

There was a good field in men's race with Will O'Connor being the first of the locals home in 28th placing, Liam Woolford came home in 36th place with David Lovelock 42nd. Former Feilding Moa member Niam Macdonald now representing Wellington was sixth whilst Jake Jackson-Grammer a former Palmerston North Athletic member now based in Otago was 17th.

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This weekend will see Liam Woolford travelling to Dunedin to compete in the Athletics New Zealand Half Marathon Championships. After his great run in the Rotorua Marathon we have high expectations of a good performance from Liam in these championships.



The winning men's under 18 team with their happy coach. Left to right: Benjamin Wall, Liam Wall, Robert Dabb, Samuel Phillips and Andre Le Pine-Day (Photo courtesy of Benjamin Wall).

It was with sadness that I saw the announcement of the death of Doug Jermyn earlier this week. Both Mal Thomas and I can recall training with and competing against Doug back in our schoolboy days. He was a very good 440 yard runner and I'm fairly certain at one stage he held the club's colt's grade record for this event.

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It is quite surprising what you take for granted and it is not until someone asks a question that you don't know the answer to that you have to do some research. This happened this week when pupils from Room 3, Winchester school asked some questions about the long jump pit. They needed to replace the sand in their school pit because the children didn't like it and it hurt their feet. They had measured the perimeter but didn't know how deep the sand should be. They also commented that most of the pit was clay. Some very good questions to which we didn't immediately know the answer.

However, with a little bit of research we were able to reply to the pupils advising that a recommended depth of 300mm is suggested for a recreational pit but the minimum standard for an IAAF pit was 500mm. They may need to remove some of the clay to achieve the recommended depth of sand. We also suggested that they look at regularly turning over the sand.

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It is that time of the year that clubs are holding their Annual General Meetings and I cannot emphasise the importance of these meetings. It is the chance to have some involvement in the direction you would like to see clubs move in. Athletics Manawatu Wanganui AGM is next Wednesday in Whanganui and it is important that all clubs be represented at this meeting. The Palmerston North Athletic and Harrier

Club are holding their AGM on Tuesday 18 September at 7pm in the clubrooms.

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The final of the Diamond League certainly held a bit of interest with Tom Walsh pulling out a big put to claim the shot put prize. The high jump prize went to Australian Brandon Starc who we remember competing at our track in 2011 as a seventeen year old as part of the Australian Development Squad.