



## Newsletter #7

Results and news from Monday 3<sup>rd</sup>  
August to Sunday 9<sup>th</sup> September 2018

One of the biggest sporting events in the country is the AIMS Games which took part in Tauranga over the past week. Cross Country running is one of the sports involved and Palmerston North Intermediate Normal School was well represented in these events.

A feature of the races was the large participation numbers. The Year 7 girls race saw 164 starters and the PNINS achieved great results here finishing second in the teams competition. The points scorers being Hayley Cornwall who crossed the line second with Lucy McLean third and Brianna Gorrie fifty second.

The Year 7 boys team finished 14<sup>th</sup> with Charlie Hook leading the team home in 50<sup>th</sup> place followed by Cooper Furnell in 57<sup>th</sup> place and Zal Lee 77<sup>th</sup> in a field of 183 competitors.

The Year 8 girls took out 13<sup>th</sup> placing with Kylah Gunn finishing 10<sup>th</sup>, Amber Trow 87<sup>th</sup> and April Homan 137<sup>th</sup> out of a field of 160 girls

The Year 8 boys had a field of 181 starters and saw Bruce Izumi come in 38<sup>th</sup>, Joshua Smit 90<sup>th</sup> and Hunter Easton 92<sup>nd</sup> to give the team 18<sup>th</sup> placing.

The school also took part in the 12x1km mixed relay where they placed 18<sup>th</sup>.

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The Athletics New Zealand Half Marathon Championships were held last Sunday in Dunedin with Liam Woolford being the only local club member competing. Woolford was sixteenth across the line placing 12<sup>th</sup> in the senior men's competition. Isaac Murphy who is based at Ohakea and competes for his home

club Wellington Harriers took out the silver medal in the senior event after crossing the line third with former club member and now Otago based Joshua Baan being fifth over the line and fourth place competitor in the senior men's race. First across the line was a masters 35-39 grade runner Samuel Wreford.



*Liam Woolford pictured alongside Jared Monk and former PNAHC member Josh Baan (Photo courtesy of Liam Woolford)*

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Virginia Lake in Whanganui is the popular venue for the annual secondary schools Round the Lakes Relay held last Monday. Although I haven't seen the full results from this event I have heard that the St Peters girls 9 team of Kimberley Walsh, Jayde Rolfe, Rebekah and Chloe finished second and the Palmerston North Boys High Senior Boys team of Benjamin Wall, Samuel Phillips, Liam Wall and Andre Le Pine-Day were also second.



Jayde Rolfe (left) and Kimberley Walsh (right) of PNAHC were part of the St Peters girls Year 9 team that placed second at the Round the Lake Relay in Wanganui. (Photo courtesy of Tara Rolfe)

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On Saturday we are very fortunate to have two of the country's leading jump coaches in town to conduct a Jumps Clinic for younger athletes.

Terry Lomax is the Athletics NZ Lead Coach for Jumps and is a former National high jump record holder having represented New Zealand at the 1982 Brisbane Commonwealth Games.

Joining him will be Ed Fern who will be quite familiar to us all being based in Hawera and regularly seen at meetings here. What many may not know is that he was a world class high jumper in the 1970's and represented the US National team and was one of the earliest jumpers to use the Fosbury Flop.

The Clinic runs from 10am until 1pm and is targeted at 13-18 year olds although older athletes are welcome to attend.

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On Sunday we have the final round of the Winter Track and Field Series starting at 1pm with 60m sprints, Shot Put, High Jump and Triple Jump. At 1.20pm the middle distance option of 1000m, 3000m or 5000m races commence. The Discus and Hammer throwers plus the long jumpers are in action from 1.45pm whilst at 1.50pm 800m runners take to the track. The meeting concludes with the 200m and 2x100m relays starting at 2.10pm.

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Don't forget that this Tuesday the Palmerston North Athletic and Harrier Club will be holding their Annual General Meeting starting at 7.00pm in the Colin Gemmell Room at the all-weather track and on the 23 September the Feilding Athletic Club will hold their AGM.

**Key Members of the PNAHC – George McConachy**

Here is a write up about a man we all know very well, our head coach, George.



George first dabbled in athletics in primary school but got serious about it at the age of 11, during the golden era 1960 to 1964 for New Zealand runners. At high school, George competed in all events but was probably best at 100, 200, 400, 100mH and 400mH.

His career was short as at university rugby, karate, Aikido and athletics was too much, so he decided to concentrate on karate. While at Christchurch Teachers College, George completed a course in coaching athletics. In 1976, a student at Freyberg High School asked George to coach him and within a month a sizeable training squad was formed.

In 1978, George completed a Level I coaching course under Arthur Eustace, who then got him into an IAAF Level III sprints, hurdles and relays course two weeks later. This was highly irregular, but Arthur managed this with the help of Les Mills.

The national body was not happy as George did not have the two Level II's required. He finished top of the course which vindicated Arthur and Les. George then completed Run Jump Throw and two Level II's to make everyone happy.

In 1983, George did a second Level III in distance and walks but was also a lecturer in Sports Science on this course. In 1990, he was recruited into the IAAF coach education system as a coach lecturer and carried out this role from 1990 to 2017.

George has lectured at Level I and Level II for all events and Level III sprints, hurdles and relays with courses being held in New Zealand, Australia, Myanmar and Vanuatu.

George has coached all events but first restricted himself to horizontal and track events. When this became too demanding, he eventually limited himself to track.

In all, he has coached athletes to 134 New Zealand titles, both Secondary School and seniors as well as others in Masters events.