



Newsletter #8

Results and news from Monday 10th to Sunday 16th September 2018

The final round of the Winter Track and Field series was held in very pleasant conditions in Palmerston North last Sunday.

Zac Topping once again proved to be the leading sprinter at the meeting taking out both the 60m in 7.19s and 200m sprint in 22.79s. Jordan Peters won the B division 60m in 7.65s marginally ahead of Brayden Grant 7.67s. Grant was third in the 200m clocking 23.82s. Corinna Minko took out the Women's 60m in 8.16s from Pavinee Watson 8.27s and Vanessa Story 8.72s.

One of the meeting highlights was seeing Monique Gorrie take out the B grade women's 60m in 8.86s. It was at the previous Palmerston North round of this series that we were shocked to learn that she was one of those injured in the Ruapehu Shuttle Bus accident. To see her back on the track competing well was certainly a great sight.

One of the most impressive performances came in the women's 200 metres with Watson taking out the event in 27.55s from Story 28.65s and Gorrie 29.22s. In the past, Watson has specialised in long and triple jumping, but injury has seen her need to curtail these events and now concentrate on the longer sprint events. All sprint races were contested into quite strong headwinds which would have affected times considerably.

The women's high jump saw 1.60m as the winning height with three of the competitors clearing the bar at this height. After the countback was applied Sam Mackinder with the least number of failures was declared the winner with Lea Muetzel second and Ranae

Savill third. Courtney Trow cleared 1.50m for fourth placing.



Top left to bottom right: Same Mackinder, Lea Muetzel, Ranae Savill and Courtney Trow at the final round of the Winter Track and Field series. (Photos courtesy of Anita Muetzel)

It was great to see Jack Lewer and Jack Nesdale in action in the throwing events. Lewer getting the shot out to 10.82m and Nesdale the discus out to 44.09m, some nice looking throws.

Minko jumped 11.15m in her sole attempt in the triple jump then retained her bragging rights over Matt Field in the battle of the sexes long jumping one centre meter further than Field. Minko winning the women's long jump with her 5.88m best jump with Mackinder second with a 4.92m best. The men's long jump being taken out by Peters with a best of 7.05m with Field second with his 5.87m.

There were no changes to the series leader board after this meeting, so the first place award went to Zac Topping with Brayden Grant collecting the second place award and Jordan Peters third.

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Last Saturday I intended to go out to the Manawatu Community Athletic Track to have a quick look at the Jumps Clinic being conducted by leading coaches Terry Lomax and Ed Fern. My intention was to spend about ten minutes out there checking out who was participating.

An hour and a half later I left the track really impressed with what was being shown to the athletes and the enthusiasm shown by the youngsters. Certainly, a worthwhile event well presented.



Terry Lomax going through hurdle pop drills with the jumpers (Photo courtesy of Pavinee Watson)

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Frances Bayler from Whanganui travelled to the Asia Pacific Masters Games held in Penang returning home with four gold medals from her competition in the W75 grade. Francie regularly travels to Palmerston North to train with our Jumps squad and is also seen officiating at our events here. We extend our congratulations to her.

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We have two club members who will shortly be travelling across the Tasman to compete.

Matt Field will be competing in the Australian Transplant Games which are being held on the Gold Coast from 30 September to 6 October and Matt Vangioni who will compete in the Invictus Games on Sydney 20-27 October.

Both have been training very hard and are certainly inspirations to us all. We will be

following their progress with interest and wish them every success.



Photo courtesy of Matt Field

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Athletics NZ is bringing Dan Pfaff to New Zealand to conduct a couple of coaching workshops. He is one of the world's most decorated Track and Field coaches having coached for five Olympic Games teams and six World Championship teams across the globe. In that time, he has coached 49 Olympians, 51 World Champions, and 5 World Record holders.

Dan is currently the Head Coach at industry leading elite athlete training program ALTIS and was the Coaching Education Curriculum Chair for the USA Track and Field Coaches Association.

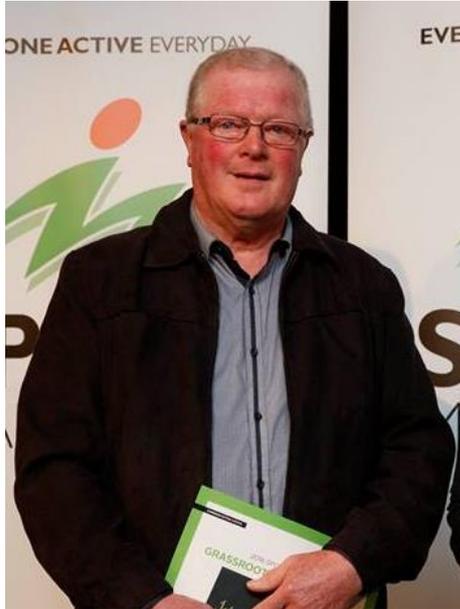
In conjunction with these workshops Athletic NZ conducted a competition and have announced that Emma Akeripa (Hawkes Bay), Lance Smith (Southland) and Mark Harris (Wellington) have all won return flights, accommodation to attend a Dan Pfaff workshop of their choice and Anne Thomson (Palmerston North) will have her flights covered to attend the Auckland workshop.

We all know the great work that Anne does at our club and Emma was one of the coaches that attended the Jumps Clinic here last

Saturday. Mark of course is the man behind the winter series so very good news for the region.

Key members of the PNAHC – John Strawbridge

This week we would like to introduce the newly elected Patron of the club, John Strawbridge.



John accepting the Grassroots Manawatu Sports Administer of the Year award (Photo courtesy of Alan Adamson)

John is a life member of both the Palmerston North Athletic and Harrier Club the and Athletics Manawatu Wanganui and has a long association with our sport having been the president of both organisations and spent many years as treasurer of our club.

Prior to the amalgamation of the track and harrier clubs, John along with his wife Colleen were members of the Palmerston North Harrier Club and were key people in the organisation of the Round the Ranges Relay, at that time one of the country's premier Road Relays. Like many road relays, the increased traffic movement on the road saw it necessary to discontinue the event.

John has also been a winner of the Manawatu Sports Administer of the Year.

He was one of those responsible for the Club being able to take on Housie as a major fund-

raiser in the 1990's and was one of the Housie Callers.

John was also one of the West Coast North Island centre delegates to the NZ Children Athletic Association meeting that saw the establishment of the Colgate Games.

His greatest contribution is probably as an official being regarded as one of the top starters in the country with his highlight being his appointment as one of start team at the 1990 Commonwealth Games in Auckland.

Star of the Week

This week the star of the week goes to Monique Gorrie.



Monique competing at MISSA earlier this year (Photo taken from the PNGHS Sport Facebook page)

As previously mentioned, Monique's took part in her first competition since recovering from the bus accident and won the B grade women's 60m.

Coach, Tara Rolfe said that Monique has only been back training for a few weeks but is enjoying being active again. It is great to see you back in action!