



Newsletter #9

Results and news from Monday 17th to Sunday 23rd September 2018

The wait is over with the Palmerston North Athletic and Harrier Club track season about to kick off this Tuesday starting at 5.45 pm. Whilst the very popular First Fundamental Movement and Run Jump Throw sessions will not start until after the school holidays (October 16th) children 7 and under are welcome to take part in earlier meetings.

Ashhurst will commence their season on Tuesday October 16th with Feilding a day later on Wednesday October 17th.

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Some big celebrations are about to happen at the Palmy Parkrun. Next Saturday they will celebrate their 50th event, then on Saturday 26th October they will be celebrating their first anniversary.

Congratulations to the organisers of this venture. It is great to see that they continue to attract great numbers to what must be one of the most scenic race venues.

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The rounds of Annual General Meetings have now been completed with very much business as usual.

At the Athletics Manawatu Wanganui AGM Brian Curry was elected at the centre president. Vanessa Story takes over from George McConachy as Coaching Co-ordinator and joins McConachy and Alec McNab as a Track and Field selector.

With the passing of Arthur Eustace during the year, the Palmerston North Athletic and

Harrier Club elected long serving club member John Strawbridge as their patron. The only other change saw Liam Woolford take on the Harrier Club Captain

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A plea to users of the Manawatu Community Athletic Track that you ensure that the footwear you are wearing complies with the track regulations.

Spikes should be the pyramid or Christmas tree type and should not exceed 6mm in length.

If you are doing drills these should be completed in flats and not whilst wearing spikes.

Unfortunately, our newly resurfaced track is showing signs of damage which can only be attributed to the use of incorrect footwear.

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It is great to see that members of the Feilding Moa Harriers will be travelling to Christchurch to compete in the Athletics New Zealand Road Relay Championships which this year is the Takahe to Akaroa Road Relay which takes place on Saturday 6 October.

Rob Dabb, Paul Wasley, Darren Parlato, Robert Biggart, Lorraine Edgar, Scott Whitley, Kevin Rolls and Brad Pearson will compete in the senior event, whilst the under 20 junior men's team will be Liam Wall, Andre Le Pine-Day, Samuel Phillips, Benjamin Wall, Luke Brown and Luke Scott.

The Senior relay comprises eight legs starting at the Sign of the Takahe and finishing at the Akaroa Domain. Laps range in distance from 10.4km down to 6.8km. The Junior relay is made up of six legs starting at Allandale and finishing at Cooptown, running the laps two to five of the senior course with distances ranging from 4.1km to 10km.



A few important dates to put on your calendar:

October 25 Central Teams Competition in Hastings

October 26 Palmerston North Ribbon Day and Trans-Tasman Selection Trial

November 3 Central Teams Competition Palmerston North

November 3 Feilding Marathon

Star of the Week

This weeks star of the week goes to Matt Field for jumping a personal best in the high jump in training.



Screenshot of Matt Field from the Newshub story which aired on Saturday 22nd September

As many of you may have seen, Matt is off to the Australian Transplant Games this weekend where he will compete in the 100, 200, 400m as well as long and high jump.

He has had some great success in the past at the World Transplant Games and jumping a PB a week out from competition shows that he will be fired up and ready to go in sunny Australia.

We wish you all the best, Matt!