

PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER November 2011

PORT HILLS ATHLETIC CLUB

<http://www.porthills.org.nz>

Port Hills Athletic Club, PO Box 12-069, Beckenham.
Clubrooms: Hansen Park, Hawford Road, Opawa.

Contact names and Phone numbers

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SECRETARY Peter King	341-1154
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XC & ROAD CLUB CAPTAIN	
Peter Watts	332-1964
XC & ROAD JUNIOR, CLUB CAPTAIN	
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T & F CLUB CAPTAIN	
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Wahren Hensley	389-8944
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Glen Watts	332-1964
Les Woods	981-3581

Your Newsletter

Contributions for the next issue should be received by **11th December 2011**. Please **post** articles to PO Box 12-069, Beckenham; Or leave them in the mail box at the **clubrooms**; Or **email** (text only please) to one of the editorial team:

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Tom_Jarman@christchurchstar.co.nz
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NEWSLETTER ADVERTISING RATES

1/4 page: \$10/issue; \$100/year (11 issues)
1/2 page: \$20/issue; \$180/year
Full page: \$35/issue; \$350/year

Call **Tom Jarman** or **John Caughley**

Uniforms

Adults': available from Faye Fyfe, Ph 942-3366
Singlets \$40, Crop tops \$40, Jackets \$90.
Children's: from Sue Leadbeater, Ph 366-2376.

Cover photo: Patch Harnett, at Timaru on 29 Oct.
2nd in M17 High Jump, with 1.85 m.

THE CLUB WEEK

This is intended as a guide to regular club activities for members and interested persons. **Please phone the contact numbers, as holidays or rather lack of regularly updated information may render the following misleading or inaccurate.**

MONDAY

- 5.00pm** Junior Trail Running
Halswell Quarry: Philip Chapman (322-4266).
5.00pm Steady state OR speed workouts -
Ayr St, Hagley Park: Pete Watts (332-1964).
5.30pm Club night Hillmorton High School
Kathy Robins (338-7558)

TUESDAY

- 5.00pm** Hill reps or Circuit training, -
meet 31 Dunn St: Pete Watts (332-1964).
5.00pm Coaching for 12 yrs+ Christa Jellyman.(359-4126)

WEDNESDAY

- 9.30am** Hill run/walk for all levels,
Hansen Park: Glen Watts (332-1964).
5.00pm Steady state training
Ayr St, Hagley Park: Pete Watts (332-1964).
5.30pm Junior middle-distance training. Paul Johnston

THURSDAY

- 5.00pm** Steady state OR speed workouts -
Ayr St, Hagley Park: Pete Watts (332-1964).
5.00pm Coaching for 7-9 yrs Liz Keenan (322-1006)
Coaching for 12 yrs+ Christa Jellyman.
6.30pm Coaching for 10 & 11 yrs Nick Leadbeater

FRIDAY

- 9.30am** A flat run/bike/walk for all fitness levels-
Hansen Park: Graham White (322-7147).

SATURDAY

- TBA** See Club Calendar (March 2011 Newsletter) and
Coming Events for details for Satdays.

SUNDAY

- 7.30am** Hill run (Long run on the Port Hills), -
meet 31 Dunn St: Pete Watts (332-1964).

COMING EVENTS

NB Check the Sports Draw in Wednesday's Press

NOVEMBER

- 26th 2pm 8k Points Race 2,
& Club run/walk, Hansen Park

DECEMBER

- 3rd 2pm Club run/walk, Hansen Park
2nd -4th SI Masters T & F Champs, Timaru
10th 2pm Club run/walk, Gary's & Alison's
32a Tuckers Road, Redwood.
Please bring a plate - BBQ after, byo.
17th 2pm Club run/walk, Hansen Park
18th (Sun) 8am run/walk, Wendy's & Mike's
BBQ after, byo. 7 Clare Place
Harewood
24th NO RUN - run tomorrow at King's
25th 7.30 am Christmas Run Ray's & Peter's
Bring Christmas nibbles. 7 Palazzo Lane
31st 2pm Club run/walk, Hansen Park

President's Pleasure

Christmas is just around the corner, together with the summer weather – fingers crossed.

It was fantastic to see such a large collection of fine athletes at the recent Road & Cross Country trophy presentation. It was particularly noted, by several people, just how many youngsters attended – well done, especially to our winners!

If you didn't quite get in the prizes this year, let's see what you can do through the summer season.

Another BIG Well Done goes to those competitors involved in the Tai Tap races. As in previous years, Port Hills had prize winners in many of the age categories and there was an abundance of club vests around the course.

Together with the weather, things will be hotting up for the track and field season. Don't miss out on the chance to improve your times.

Thanks to all helpers and organisers involved in the recent club events, especially the Corporate Challenge. This always raises helpful funds for the club.

I was asked to thank all our junior members who have assisted in certain club events recently, good on you guys!!

Hope to see you down at the Saturday club runs and don't forget our special meeting on 3rd December. (See page 4.)

Have a brilliant month.

Gary McIlroy

President

TRACK & FIELD CLUB CAPTAINS REPORT

The season has been underway for a month and we have been competing well. All meetings have been at Burnside High School except for the one at Timaru on the 29th of October. In the children's section the coaches hard work has borne fruit already with numerous personal bests. The coaching nights have been well attended with lots of enthusiasm from the athletes.

Our senior section is somewhat depleted this year, with two retirements and two changing

clubs (one to CBHS-school rules!) and one new recruit. However those remaining have competed well.

The month ahead will be busy, with another trip to Timaru, and the National Secondary Schools' Championships in Wellington on the 10th & 11th of December. It is unlikely the Rawhiti track will ready in November. The possibility of coaching athletes at Cashmere high school has not eventuated
George Edwards

XC & R CLUB CAPTAIN'S REPORT

Hi Members,

Where is the summer? – not much sun shining yet.

Past events: Crater Rim was held from St Martin's School on a more pleasant Sunday morning. Numbers were on a par with last year and everyone seemed to enjoy the two courses. A big thanks to Kev & Bernie and all the others who helped out as marshalls and catering staff.

Corporate Challenge: held in North Hagley, but on a different course and starting venue to the past 17 years that we have been fund-raising with the event. A 2.5 k circuit worked out very well for marshalls and less taping and marking made it easier to set out. Numbers were down to approximately 400, which is a big drop from the average of 1100. Another big thanks to those who helped.

6k Points Race: Held in Hansen Park over a tried and true 2k circuit with about 30 runners taking part. The wind was cold but we were lucky that the rain had stopped. Well done to all who fronted up.

Training: This is going well on most nights, although Wednesday could do with some more athletes turning up. Start time is 5.30 at Hansen Park. Coaches - Paul Johnston and Pete Watts. All welcome.

5K Series: Planning is underway. If you can help in any way contact Pete or Glen ph 332-1964.

That's it for now – happy training.

Pete Watts

Special General Meeting

There will be a Special General Meeting of the Club on Saturday 3rd December 2011 at the Clubrooms in Hansen Park, St Martins at 3:30pm.

This meeting is to approve a number of changes to the constitution that are needed to bring it up-to-date but, in the opinion of the Committee, do not change the spirit or intent of the constitution..

Every member should have received formal notice of the meeting and the proposed changes but do not hesitate to call any of the Committee members if you need further information.

Peter King

Secretary

HOLIDAY RUNS

All runs/walks start 9am.

Bring a flask and goodies (something that tickles your fancy)

DEC 2011

Fri 30th Pioneer Stadium, Lyttleton Street, car park near playground.

JAN 2012

Wed 4th Halswell Quarry,
Far car park if open.

Fri 6th Matai Street East, Riccarton,
Near Girls High.

Wed 11th Victoria Park, Main car park

Fri 13th Rawhiti Domain, Keyes Road.
New Brighton Club rooms.

Wed 18th McCormacks Bay Road, Mt Pleasant,
near Glenstrae Road.

Fri 20th Captain Thomas Walkway,
Wakefield Ave, Sumner.

Wed 25th Sign of the Bellbird,
Right at Kiwi, about 2k on.

Fri 27th Curletts Reserve, Warren Cres, (near 100),
Hillmorton

Glen Watts, phone 3321964

WEDNESDAY XMAS PARTY

14th December. Eating 11.15 / 11.30 approx

Please bring finger food and a gift for the lucky dip sack.

The theme is Baubles, Bangles and Bright Shiny Beads.

Cooper's (Jill) Famous Xmas Item will be prior to the "bun fight".

Enquiries to Glen 3321964, 0277758716,

wattsiname@clear.net.nz

New Members Welcome

A special warm welcome to all new members who have joined the club since our last newsletter.

Welcome to:

Amelia Cunningham/Johns

Finella Guttman

Harry Coleman

Isabella Luhetoa

Jed Cookson-Ryan

Kate Rattray

Kevin Guttman

Louise Martin

Margot Coleman

Max Cunningham/Johns

Mikayla Butson

Olivia Luhetoa

Patrick Harnett

Tamati Cunningham/Johns

Ted Coleman

Paul Johnston

From the Quarry

Mondays, 5 pm (during Daylight Saving – "Summer Time").

The summer-time trail running format is a pretty laid back affair with lots of places to run and explore. Last year the Crocodile Track proved popular and we will use this trail again if there is enough interest. Remember Mums and Dads are needed for some of these runs, as we sometimes split into two groups.

I will start the winter hill-climb circuit again when daylight saving finishes, but if anyone wants to do a time trial over summer, we can fit that in.

I hope everyone is enjoying their chosen summer sport and making the most of the longer summer evenings.

Phil Chapman

Club Run Woodend Beach

For the people that are interested in camping for a night or two at Woodend camping ground, there is a range of powered, non-powered and cabins available at pretty good rates. This could be a great way to catch up with club members and relax after the Christmas break. More details will be in the next club news letter.

If you would like more information please contact

Mike Newland.

Ph 332-6411

PORT HILLS ATHLETIC CLUB Summer Programme 2011—12

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
November 5th, Sat	2 pm	Club run/walk	Hansen Park
6th, Sunday	8 am	ShoeClinic/Adidas ½ / ¼ Marathon	Tai Tapu
9th, Wednesday	6.15 pm	Frontrunner Mizuno Off-road #1	Halswell Quarry
12th, Saturday	2 pm	6k Points Race #1 & Club run/walk	Hansen Park
16th, Wednesday	6.15 pm	Frontrunner Mizuno Off-road #2	Halswell Quarry
19th, Saturday	2 pm	Club run/walk	Hansen Park
23rd, Wednesday	6.15 pm	Frontrunner Mizuno Off-road #3	Halswell Quarry
26th, Saturday	2 pm	8k Points Race #2 & Club run/walk	Hansen Park
December 3rd, Sat	2 pm	Club run/walk	Hansen Park
2nd (Fri) to 4th (Sun)		South Island Masters T & F Champs	Timaru
10th, Saturday	2 pm	Club run/walk Please bring plate; BBQ, BYO after	Home of Gary & Alison 32a Tuckers Rd Redw'd
14th, Wednesday	9.30 am	Mid-week Xmas party (Glen 332-1964)	Hansen Park
17th, Saturday	2 pm	Club run/walk	Hansen Park
17th, Saturday	4.45 pm	CMA 5000 m Championships	Rawhiti Domain
18th, Sunday	8 am	Run/walk. BBQ, BYO afterwards	Home of Wendy & Mike, 7 Clare Close, Harewood
24th, Saturday		NO CLUN RUN	
25th, Sunday	7.30 am	Run/walk. Please bring Xmas nibbles.	Home of Peter & Ray, 7 Palazzo Lane, Riccarton
31st, Saturday	2 pm	Club run/walk	Hansen Park
January 3rd, Tuesday	5.45 pm	Shoe Clinic Asics/ Port Hills 5k #1	North Hagley Park
7th, Saturday	2 pm	6 k Points Race #3	Hansen Park
7th, Saturday		NZ SM & SW 10,000m Champs	Tauranga
10th, Tuesday	5.45 pm	Shoe Clinic Asics/ Port Hills 5k #2	North Hagley Park
14th, Saturday	2 pm	Club run/walk	Hansen Park
17th, Tuesday	5.45 pm	Shoe Clinic Asics/ Port Hills 5k #3	North Hagley Park
21st, Saturday	2 pm	Club run/walk	Hansen Park
24th, Tuesday	5.45 pm	Shoe Clinic Asics/ Port Hills 5k #4	North Hagley Park
28th, Saturday	2 pm	Club run/walk. Please bring a plate.	Home of Pete & Glen 31 Dunn St, Somerfield
31st, Tuesday	5.45 pm	Shoe Clinic Asics/ Port Hills 5k #5	North Hagley Park

PORT HILLS ATHLETIC CLUB Summer Programme 2011—12

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
February 4th, Sat	2 pm	Club run/walk	Hansen Park
4th, Saturday		International Track Meeting	Christ's College
5th (Sun) - 12th (Sun)		Oceania Masters T & F Champs	Tauranga
11th, Saturday	2 pm	Club run/walk	Hansen Park
11th, Saturday		Buller Marathon and Half Marathon	Westport
18th, Saturday	2 pm	Club run/walk. BBQ after and/or camping weekend.	Woodend Beach. Mike N. 332-6411
19th, Sunday		Canty Masters Assn, T. & F.	Rawhiti Domain
25th, Saturday	2 pm	8 k Points Race # 4	Hansen Park
28th, Tuesday	6 pm	Rovers Twilight 10 k Road Race	Halswell Quarry
March 3rd, Saturday	2 pm	Club run/walk	Hansen Park
2nd (Fri) - 5th (Mon)		NZ Masters T & F Championships	Auckland
3rd (Sat) - 4th (Sun)		Canterbury T & F Championships	Timaru
10th, Saturday	2 pm	Club 2-person Relay.	To be announced
17th, Saturday	2 pm	Clun Winter Opening. Please bring a plate.	Hansen Park
24th, Saturday	2 pm	Link Relay	Halswell Quarry
23rd (Fri) - 25th (Sun)		NZ Track & Field Championships	Auckland
31st, Saturday	2 pm	Hagley Trials. Please bring a plate.	Home of Faye & Bob 108 Warren Cresc, Hillmorton
April 7th, Saturday	2 pm	Club run/walk	Hansen Park
7th, Saturday	10 am	Ashburton Easter 10 miler.	Racecourse Road
14th Saturday	2 pm	6 k Turkey Trot	Hansen Park

SHOE CLINIC ASICS 5K SERIES 2012

HELPERS NEEDED!!

The 2012 Shoe Clinic Asics 5K Series is almost upon us. The continuing sponsorship from The Shoe Clinic and Asics has allowed us to build the Series into the most popular road race series in Christchurch and a major fund raiser for our Club. This year we will be starting from behind the Croquet Club in Hagley Park North but the carnival atmosphere catering for the whole family will be just as strong. But all this means more organisation and we are looking for even more helpers to make the Series a success. People are needed to help with setting up, marshalling, time calling, running the BBQ, entry desk and recording.

To do this the Club needs about two hours of your time each Tuesday evening from 3rd January to 31st January. As well as ensuring that our hundreds of competitors have great fun each evening you will be assisting the Club to raise some thousands of dollars, an essential part of providing the facilities and support offered to Members.

For several years we have been dependent on a small number regular helpers and need others to step forward. If you can help please let one of the organisers know:

Glen Watts 332-1964 Peter Watts 332-1964 Peter King 341-1154

If you cannot help, then come along for a run and bring all your friends.

We need lots of competitors as well as helpers to make this a great event. With the summer break in the Track & Field programme here is the ideal way to keep up the children's running each week.



PORT HILLS CHRISTMAS MORNING RUN

No chance of our normal run through the centre of the city this year but we will make sure it is interesting nonetheless

We will be having our regular Christmas Morning run from Ray & Peter's at 7 Palazzo Lane, Riccarton.

Start time is 7:30 am and we will be "running" at a very sedate pace for about an hour before returning to Palazzo Lane for bubbles and a Little Christmas breakfast so BYO whatever you want to eat or drink. There is also a walking option so all are catered for.

There are major road works in Deans Avenue but parking is available on the closed-off side of Deans Avenue opposite the entrance to Palazzo Lane. You can enter this side of the Avenue opposite Mayfair St about 100 metres south.

If you need any further information call Peter or Ray at 341 1154.

All club members are invited.

SHOE CLINIC ASICS 5K SERIES 2010

11th Jan, 18th Jan, 25th Jan, 1st Feb, 8th Feb

**5 Kilometre Road Race Series
Each Tuesday Evening**

Start in North Hagley Park opposite Ayr St.

Children	5:30pm
Athletics NZ Registered Runners	5:45pm
Fun Runners	6:15pm
Recreational Walkers	6:15pm

**Total Prize Pool over \$7,000
Cash Grants of \$1,600 for
Registered Runners**

Entry \$5 (Children free)

Entry on the evening at least 30 minutes before start

Info: Shoe Clinic 377 9004 or 348 0841
Peter King 341 1154 Peter Watts 332 1964

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**A Port Hills Athletic Club Inc.
Fund Raising Promotion**

Website: www.porthills.org.nz

This is an Athletics New Zealand sanctioned event and is to be held under the Rules of Athletics New Zealand

Saturday Children's Athletic Interclub 2011

We had had steady numbers attend the opening rounds of interclub. We have a number of kids registered for Saturdays but have only had about 60 % attending. I would like to see this number increase to at least 80% on a regular basis. I am looking forward to seeing a number of you in the near future.

Remember Athletes are to be at Burnside High by 8.30am for warm up and to be ready to start when competition kicks off at 9am. Your child needs to be at their event at least five minutes beforehand and ready to compete. Athletics is set to carry on at Burnside High at the current time and hopefully we will head off to Rawhiti Domain sometime in December. We will also head off to Timaru once again on November 26th to let our athletes compete on an all-weather surface.

All age patches and registration numbers must be worn. It is your responsibility as a parent to ensure that your child turns up to their event on time. The correct uniform must be worn which is the club singlet and black shorts or spandex.

We as a club also run the Number One Shot Put circle and help out on the track, and I would like to take this moment to thank all of the parents who help out each Saturday. Each Parent needs to complete their fair share of parent help.

All of our interclub athletes are able to train with our club coaches. Check out the club calendar for details of this.

A number of PB's have already been achieved this season. Well done to all of those children who have achieved these.

If you have any questions about interclub give me a call or text on 366-2376 or 027 5500028

Sue Leadbeater Saturday Interclub Manager

Port Hills Children's Track and Field Best Performances

We have introduced club best performances into the club for our children's section to give all of our athletes something to aim for as well as Personal bests and 5 star certificates. The best performances have been taken from all interclub, secondary school results, Colgate results, interprovincial results and any Canterbury representative meetings held over the previous 6 years.

So far this season there have been 5 new personal bests.

Grade 10 Boys

1500m

Ayrton Shadbolt

5:34.41

Grade 9 Boys

Shot Put

James Coates

9.73 metres

Grade 12 Girls

High Jump

Ella Apps

1.42 Metres

Grade 13 Girls

Shot Put

Larissa McKewen

10.64 Metres

Grade 13 Girls

Discus

Larissa McKewen

29.89 Metres

Congratulations to all of the above Athletes. May you achieve many more this season.

Sue

HANSEN PARK USAGE

The athletic track has been an ongoing saga. The master and then his apprentice completed the track marking, with lane one out of use and the normal 100m start also unusable. A 100m track is marked on the back straight, and a reverse 200m starting at the 100m finish marked. The topdressing done in September has not produced any grass. This was pointed out to the Council who undertook to re-sow it, which they have. However before they could do this, great heaps of soil mysteriously appeared on the ground, in particular on the 200m start! Hasty phone calls revealed that our usual groundspeople knew nothing about it, and as a school was due to use the park for their sports, some frantic ringing around was done. It turned out that the earthquake recovery section of the council had done the deed under the impression that the park was closed. Neither we or the cricket community was amused. Council departments obviously do not communicate. The soil was removed

from the track immediately and work is on hold at the moment, but some frantic remarking of the track was required as they had scraped the track away. The school successfully used it the next day. Work has been successful in re-levelling the throwing circles, and once they are filled in they should be as good as new

Five schools have had their sports on the track, borrowing some of our gear as well. One cancelled due to weather. Two zone sports are being held on it this week, and one school sports next week. Hopefully this will give us a bit of income – it had better after all the work and panics!

Long term we need to liaise further with the council to determine what is planned to bring the park back to its sparkling best. I intend to initiate this in the near future, meantime we have stumbled our way through.

George

CRATER RIM TRAIL RUN

16 October

16.5k

Women

4th 1.35.13 Robyn Daly
7th 2.04.26 Shirley Rolston

Men

4th 1.22.14 Corey Platt

23k

Women

11th 2.39.43 Catherine Moran

Men

13th 1.57.23 Charlie Nolan
19th 2.06.33 Kevin Slattery
26th 2.17.54 John Shivas
29th 2.24.21 Shu Nakagawa
30th 2.33.22 Peter Bayliss

SHOE CLINIC - ADIDAS

½ & ¼ MARATHON

Tai Tapu, 6 November

Half

W35-44

3rd 1.36.56 Sarla Donovan *3rd 35-39

W55-64

1st 2.11.27 Shirley Rolston *1st 60-64

M35-44

1st 1.24.33 Paul Johnston *1st 40-44
8th 1.31.55 Michael Smith *3rd 40-44
9th 1.34.57 Corey Platt *1st 35-39

M45-54

7th 1.37.51 Kevin Slattery *4th 45-49

M65&Over

1st 1.39.38 John Shivas *1st 65-69
2nd 1.58.21 Terry Warren *1st 70-74

* denotes placings in Canterbury Half Marathon Champs

Quarter

W34&Under

6th 64.11 Jo Johnston

W35&Over

1st 46.29 Mary Hart

M34&Under

3rd 40.43 Braeden Botica
4th 46.18 Isaac Johnston

M35&Over

2nd 45.58 Kieron Berry
5th 47.58 Len Millward
6th 48.22 Hugh Conly
7th 48.32 Chris Arnold
9th 50.09 Louis Jensen

6K POINTS RACE 1

12 November

The weather had been dreadful all day, so there was the likelihood of a fairly low attendance for the club 6K handicap.

Unusually, I was one of the first to turn up at the club and at ten to two only myself and Army Dave were present. Maybe the run was somewhere else, I was thinking.

Amazingly over the next ten minutes, the regulars began to arrive and by the time Coach Pete had got his whistle out to bring order to the mob, we had around 30 starters.

Even more surprisingly, the rain stopped and we were ready to go.

We were asked to put down our estimated times and some thought this must be a Turkey Trot. This wasn't the case but just a method of speeding up the handicap process.

As I was last off but sadly, these days, just not good enough to catch the many, I can't give a precise summary of the race as it unfolded but I know there were many great efforts.

What I can say is that the overall winner was the former 'Battersea Boy' Bob Fyfe and also that there were some amazing performances by our junior runners.

Well done to all concerned, especially all of the helpers.

Gary

Place Gross Hcp Net Time Place Name

1 st	37.52	4.00	33.52	18 th	Bob Fyfe
2 nd =	38.06	4.00	34.06	19 th =	John Eastmond
2 nd =	38.06	4.00	34.06	19 th =	Ethan Gardiner *
4 th	38.47	10.00	28.47	11 th	Kirsty Taylor
5 th	39.04	6.00	33.04	16 th	Julie Edwards
6 th	39.14	4.00	35.14	23 rd	Fred Cooper
7 th	39.28	12.00	27.28	9 th	Ross Warmington
8 th	39.42	15.00	24.42	4 th	Isaac Johnston
9 th	39.43	6.00	33.43	17 th	Shirley Rolston
10 th	39.49	4.00	35.49	24 th	Warren Elliott
11 th	39.53	15.00	24.53	5 th	Dave Brostow
12 th	40.06	10.00	30.06	13 th	Terry Warren
13 th	40.09	6.00	34.09	21 st	Carol Thompson
14 th	40.28	10.00	30.28	14 th	Jos Galavazi
15 th	40.33	15.00	25.33	6 th	Len Millward
16 th	40.36	15.00	25.36	7 th	Peter Bayliss
17 th	40.47	00.00	40.47	27 th	John Caughley
18 th	40.49	10.00	30.49	15 th	Annie Yau *
19 th	41.06	6.00	35.06	22 nd	Mark Russell
20 th	41.42	20.00	21.42	1 st	Gary McLlroy
21 st	41.44	00.00	41.44	28 th	Allan Gardiner
22 nd	41.45	2.00	39.45	26 th	John Waite
23 rd	41.48	15.00	26.48	8 th	Chris Arnold
24 th	42.41	15.00	27.41	10 th	Robyn Daly
25 th	42.47	20.00	22.47	2 nd	Paul Johnston
26 th	42.57	19.00	23.57	3 rd	Mel Orange
27 th	43.15	00.00	43.15	29 th	Kevin Knight
28 th	44.12	15.00	29.12	12 th	Phil Chapman
29 th	49.34	10.00	39.34	25 th	Eric Saxby

* Guests

Children's Track & Field Interclub Results

15th October, at Burnside High School

Girls Grade 8		60 m	100 m	L. Jump	Discus	
Keenan	Jacqueline	10.50	18.40	2.66	9.21	
Pierson	Abbey	11.39	19.35	2.53	6.31	
Roberts	Sophie	10.80	18.90	2.40	5.85	
Van der Voort	Jamie	11.53	19.31	2.90	6.96	
Whinham	Alyssa	10.81	18.10	2.83	12.35	
Girls Grade 9		60 m	100 m	L. Jump	Discus	
Fidow	Brianna	10.85	17.77	2.85	13.07	
Mackay	Georgia	10.40	17.90	2.44	8.65	
Robins	Samantha	11.20	19.10	2.25	9.02	
Van der Voort	Robyn	11.16	18.61	2.47		
Girls Grade 10		100 m	400 m	1500 m	L. Jump	Discus
Burridge	Penny	15.90	75.44		3.47	10.78
Landers	Jemesa	16.24		7:09.30	2.84	9.16
Girls Grade 11		100 m	400 m	L. Jump	Discus	
Carson	Brenna	15.56	73.86	3.11	16.69	
Dickinson	Caitlin	15.87	78.43	3.71	13.38	
Girls Grade 12		100 m	400 m	L. Jump	Discus	
Apps	Ella	14.93	76.80	3.69	18.61	
Clarke	Tayla	17.30	81.45	3.60	20.62	
Rutherford	Summer	14.20	76.72	4.40	20.14	
Girls Grade 13		100 m	400 m	1500 m	L. Jump	Discus
Keenan	Kate	16.33		6:18.70	3.15	10.33
McKewen	Larissa	15.28	81.78		3.81	29.89
Mingard	Rebecca	14.93			3.75	12.02
Van der Voort	Abigail	16.44			3.30	12.52
Girls Grade 14		100 m	400 m	L. Jump	Discus	
Tudehope	Holly	14.97	81.11	3.89	15.20	
Boys Grade 7		60 m	200 m	Shot Put		
Landers	Zachary	13.60		3.95		
Fidow	Xavier	11.50	39.60	5.56		
Boys Grade 8		60 m	200 m	Shot Put		
Clarke	Matthew	12.48	44.30	3.54		
Landers	Micah	12.27	48.70	3.92		
Shadbolt	Clayton	11.67	41.00	4.61		
Boys Grade 10		200 m	800 m	H. Jump	Shot Put	
Shadbolt	Ayrton	32.40	2:49.12	1.16	6.30	
Boys Grade 11		200 m	H. Jump	Shot Put		
Clarke	Joshua	37.60	1.05	6.33		
Boys Grade 12		60 m	200 m	800 m	H. Jump	Shot Put
Landers	Farran	11.08	37.80	3:04.00		5.49
Mackay	Sam		32.70		1.29	5.71
Newey	James	10.48				5.38

Captions for photos on page 15

Best Performance awards 7/11/11

(see page 9)

Abigail

Josh

Larissa

Gary, Dave B and Pete W at Corporate Challenge.

Braeden running in ¼Marathon (Tai Tapu).

Terry running in ½ Marathon (Tai Tapu).

Back: Gwen, Phyl, Annie - 80th birthday, Jude,

Front: Joan, Gwyn, Faye & Theresa..

Children's Track & Field Interclub Results

22nd October, at Burnside High School

Girls Grade 7		60 m	200 m	Shot Put			
Carroll	Catherine	11.80	40.46	4.36			
Cunningham	Amelia		43.64	1.81			
Herman	Kate	11.75	43.55	4.60			
Girls Grade 8		60 m	100 m	200 m	Shot Put		
Keenan	Jacqueline	11.35	18.05		5.42		
Pierson	Abbey	11.78		53.01	2.74		
Roberts	Sophie	11.18	17.76		3.11		
Whinham	Alyssa	11.64		38.46	4.44		
Girls Grade 9		60 m	200 m	Shot Put			
Fidow	Brianna	11.00	43.31	5.74			
Herman	Mandy	11.58	41.20	4.20			
Mackay	Georgia	11.17	39.32	4.69			
Van der Voort	Robyn	11.79	43.16	4.89			
Wrathall	Olivia	10.39	39.29	3.73			
Girls Grade 10		60 m	200m	800 m	Walk	H. Jump	Shot Put
Burridge	Penny		34.06	2:54.51		1.18	6.31
Landers	Jemesa	11.38		3:37.83	10:29.30		4.79
Girls Grade 11		60 m	200 m	800 m	H. Jump	Shot Put	
Carson	Brenna		32.91	2:56.56	1.10	7.31	
Dickinson	Caitlin	9.93	34.08		1.10	6.62	
Girls Grade 12		60 m	200 m	800 m	H. Jump	Shot Put	
Apps	Ella	9.12	31.96		1.45	7.53	
Fidow	Olivia	10.10				6.66	
Whitwham	Tess		33.32	3:03.87		5.01	
Girls Grade 13		60 m	200 m	800 m	H. Jump	Shot Put	
Keenan	Kate	10.58	35.76	3:06.35	1.15		
McKewen	Larissa	9.75	32.77		1.35	10.64	
Van der Voort	Abigail	9.96				5.08	
Bingham	Dana	10.51		3:01.26	1.25		
Girls Grade 14		60 m	H. Jump	Shot Put			
Tudehope	Holly	9.45	1.38	6.59			
Boys Grade 7		60 m	100 m	L. Jump			
Landers	Zachary	13.95		1.38			
Fidow	Xavier	11.55	19.09	2.39			
Wrathall	Hugo	11.85	18.78	2.12			
Boys Grade 8		60 m	100 m	L. Jump	Discus		
Clarke	Matthew	11.12	21.64	2.55	7.72		
Landers	Micah	12.69	20.52	2.43	6.85		
Shadbolt	Clayton	11.78	19.61	3.38	9.29		
Boys Grade 9		60 m	L. Jump				
Cunningham	Tamati	10.72	2.75				
Boys Grade 10		100 m	400 m	1500 m	L. Jump	Discus	
Mackay	Drew	16.21	78.91		3.31	10.23	
Mackay	Gregor	16.13		5:36.02	3.56	14.19	
Pierson	Lachlan	16.49		6:00.33		13.38	
Shadbolt	Ayrton	16.24		5:34.41	3.02	15.82	
Boys Grade 11		60 m	100 m	400 m	L. Jump	Discus	
Clarke	Joshua		18.37	85.40	3.10	18.73	
Lawson	Callum	17.63		83.73	3.30	12.96	
Boys Grade 12		100 m	400 m	1500 m	L. Jump	Discus	
Carroll	Thomas	16.81			3.72	12.30	
Landers	Farran	18.63		5:58.78	3.28	10.98	
Mackay	Fraser	14.72	83.51		3.91	17.47	
Mackay	Sam	16.37	83.98		3.79	14.03	
Boys Grade 13		400 m					
Johnston	Corey	77.44					

Children's Track & Field Interclub Results

29th October, at Burnside High School

Girls Grade 7		60 m	100 m	L. Jump	Discus		
Williamson	Isabelle	13.18	24.61	2.31	4.14		
Coleman	Margot	11.81	22.49	2.26	0.00		
Herman	Kate	11.45	19.33	2.49	8.69		
Coates	Emily	11.61	19.93	2.19	6.20		
Girls Grade 8		60 m	100 m	L. Jump	Discus		
Keenan	Jacqueline	11.09	18.93	2.78	10.91		
Roberts	Sophie	10.64	18.17	2.92	10.10		
Whinham	Alyssa	10.92	18.23	3.11	10.95		
Girls Grade 9		60 m	100 m	L. Jump	Discus		
Fidow	Brianna	10.82	17.50	3.19	11.91		
Herman	Mandy	11.55	19.36	2.46	11.35		
Mackay	Georgia	11.85	18.76	2.96			
Robins	Samantha	11.50	19.35	2.51	9.85		
Williamson	Francesca	9.97	16.07	3.30	10.70		
Girls Grade 10		100 m	800 m	L. Jump	Discus		
Landers	Jemesa	17.96	3:37.04	2.89	10.31		
Girls Grade 11		100 m	400 m	L. Jump	Discus		
Carson	Brenna	15.27	68.93	3.34	20.39		
Dickinson	Caitlin				14.23		
Girls Grade 12		100 m	Hurdles	L. Jump	Discus		
Apps	Ella	14.64		3.83	18.56		
Fidow	Olivia	15.94		3.32	16.41		
Rutherford	Summer	14.39	15.72	4.21	22.35		
Whitwham	Tess	15.38		3.33	13.79		
Girls Grade 13		100 m	400 m	800 m	L. Jump	Discus	
Bingham	Dana	16.09		2:52.25	0.00	13.19	
Keenan	Kate	16.50	77.95		3.05	10.96	
McKewen	Larissa	15.29				27.67	
Girls Grade 14		100 m	Hurdles	L. Jump	Discus		
Tudehope	Holly	15.00	16.26	3.74	13.77		
Boys Grade 7		60 m	200 m	Shot Put			
Landers	Zachary	12.98	47.13	3.50			
Fidow	Xavier	11.30	40.22	6.10			
Williamson	Mitchell	11.32	43.15	6.63			
Boys Grade 8		60 m	200 m	Shot Put			
Landers	Micah	12.34	48.22	3.83			
Boys Grade 9		60 m	200 m	Shot Put			
Coates	James	9.75	33.00	9.73			
Boys Grade 10		60 m	200 m	H. Jump	Shot Put		
Coleman	Ted	9.33	32.41	1.15	6.34		
Mackay	Drew	10.15	34.67	1.10	4.18		
Mackay	Gregor	9.84	32.74	1.15	6.67		
Boys Grade 11		60 m	200 m	H. Jump	Shot Put		
Lawson	Callum	10.64	38.27	1.05	4.75		
Roberts	Benjamin				5.85		
Walker	Joshua	9.61	32.83	1.20			
Boys Grade 12		60 m	200 m	1500 m	Hurdles	H. Jump	Shot Put
Landers	Farran	11.11	40.29	5:55.40			5.12
Mackay	Fraser		30.18		15.76	1.37	7.44
Mackay	Sam	9.91	34.18			1.37	6.08
Newey	James	10.27	34.64		18.70		5.43

Children's Track & Field Interclub Results

5th November, at Burnside High School

Girls Grade 7		60 m	100 m	200 m	Shot Put	
Williamson	Isabelle	13.14		56.17	2.70	
Carroll	Catherine	11.48	18.85		4.24	
Coleman	Margot	11.37	19.85		2.80	
Herman	Kate	11.66		43.48	3.93	
Coates	Emily	11.44				
Pratten	Gracie			50.48	3.69	
Girls Grade 8		60 m	100 m	200 m	Shot Put	
Keenan	Jacqueline	11.04		39.64	4.98	
Pierson	Abbey	11.45	18.19		3.77	
Van der Voort	Jaime	11.39		46.29	4.21	
Whinham	Alyssa	10.87		38.36	4.19	
Girls Grade 9		60 m	200 m	Shot Put		
Carolan	Jessica	11.47	41.09	3.51		
Fidow	Brianna	10.89	37.14	5.22		
Herman	Mandy	11.91	42.74	5.17		
Robins	Samantha	11.47	40.22	4.24		
Van der Voort	Robyn	11.32	43.48	4.94		
Williamson	Francesca	10.02	37.79	5.75		
Girls Grade 10		60 m	200 m	1500 m	H. Jump	Shot Put
Burridge	Penny	9.89	32.68		1.21	6.80
Landers	Jemesa	11.36		7:21.10		4.15
Girls Grade 11		60 m	200 m	H. Jump	Shot Put	
Carson	Brenna	9.69	32.00	1.18	7.39	
Dickinson	Caitlin	9.95			6.65	
Girls Grade 12		60 m	200 m	1500 m	H. Jump	Shot Put
Apps	Ella	8.98	31.14		1.42	6.80
Clarke	Tayla		35.80	6:04.20	1.10	5.90
Fidow	Olivia	9.76				6.74
Rutherford	Summer	8.72	30.33		1.33	7.82
Whitwham	Tess	9.47	32.00	6:02.30		5.14
Girls Grade 13		60 m	200 m	1500 m	H. Jump	Shot Put
Bingham	Dana	9.98	34.50	6:01.10	1.30	
Keenan	Kate	10.37	35.99	6:23.30	1.15	
McKewen	Larissa	9.57	31.91		1.35	10.24
Mingard	Rebecca	9.34			1.30	6.18
Van der Voort	Abigail	10.03	36.30		1.15	5.82
Boys Grade 7		60 m	100 m	L. Jump	Discus	
Landers	Zachary	13.57	21.74	2.04	0.00	
Carolan	Nathan	11.11	18.27	2.28	6.50	
Fidow	Xavier	11.61		2.23	10.00	
Williamson	Mitchell	10.82	18.76	2.48	8.43	
Wrathall	Hugo	11.55			2.98	
Boys Grade 8		60 m	100 m	L. Jump	Discus	
Clarke	Matthew	13.31	20.86	2.29	7.54	
Landers	Micah	12.26	20.95	2.45	8.04	
Shadbolt	Clayton	11.36	18.60	2.63	9.77	
Boys Grade 9		100 m	L. Jump	Discus		
Coates	James	15.44	3.31	19.44		
Boys Grade 10		100 m	400 m	L. Jump	Discus	
Coleman	Ted	15.41	85.19	3.45	13.91	
Mackay	Drew	16.17		3.34	10.34	
Mackay	Gregor	16.53	72.77	3.56	14.28	
Boys Grade 11		100 m	400 m	L. Jump	Discus	
Clarke	Joshua	17.75	84.71	3.19	14.47	
Walker	Joshua	15.34	75.53	3.47	11.83	
Boys Grade 12		100 m	800 m	L. Jump	Discus	
Carroll	Thomas	15.78		3.72	13.59	
Landers	Farran	17.87	3:01.46	3.30	11.10	
Newey	James	16.78		3.05	12.69	



Captions for these photos at the bottom of page 11

