

# PORT HILLS ATHLETIC

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**PORT HILLS ATHLETIC CLUB  
NEWSLETTER December 2012**

# PORT HILLS ATHLETIC CLUB

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

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

	THE CLUB WEEK
<p><b>Contact Names and Phone Numbers</b></p> <p><b>PRESIDENT</b>, Gary McIlroy 354-1005  <b>VICE-PRESIDENT</b>, Kevin Jago 980-2457  <b>SECRETARY</b>, Bernadette Jago 980-2457  <b>TREASURER</b>, Peter King 341-1154  <b>XC &amp; ROAD CLUB CAPTAIN</b>, Peter Watts 332-1964  <b>XC &amp; ROAD JNR CAPTAIN</b>, Paul Johnston 332-1894  <b>T&amp;F CLUB CAPTAIN</b>, George Edwards 960-3993  <b>T&amp;F JNR CAPTAIN</b>, Sue Leadbeater 366-2376</p> <p><b>Selectors</b></p> <p>Kevin Knight 358-7220  Peter Watts 332-1964</p> <p><b>Committee</b></p> <p>Peter Bayliss 980-8395  Elizabeth Keenan 322-1006  Mike Newland 332-6411  Jason Pierson 960-6393  Kerry Rutherford 981-0941  Glen Watts 332-1964</p>	<p>This is intended as a guide to regular club activities for members and interested persons. Please phone the contact numbers as holidays or lack of regularly updated information may render the following inaccurate.</p> <p><b>MONDAY</b></p> <p><b>5:00PM</b> Phil's Junior Trail Run  Halswell Quarry, Phil Chapman (322-4266)  <b>5:00PM</b> Steady state OR speed workouts  Ayr St, Hagley Park, Pete Watts (332-1964)</p> <p><b>TUESDAY</b></p> <p><b>5:00PM</b> Hill Reps or Circuit Training  Sign of the Takahe, Pete Watts (332-1964)</p> <p><b>WEDNESDAY</b></p> <p><b>9:30AM</b> Hill run/walk for all levels  Hansen Park, Glen Watts (332-1964)  <b>5:00PM</b> Steady state training  Ayr St, Hagley Park, Pete Watts (332-1964)  <b>5:30PM</b> Family Fun Run  Victoria Park, Phil Chapman (322-4266)</p> <p><b>THURSDAY</b></p> <p><b>5:00PM</b> Steady state OR speed workouts  Ayr St, Hagley Park, Pete Watts (332-1964)</p> <p><b>FRIDAY</b></p> <p><b>9:30AM</b> A flat run/bike/walk for all fitness levels  Hansen Park, Graham White (322-7147)</p> <p><b>SATURDAY</b></p> <p><b>TBA</b> See Club Calendar (March 2012 Newsletter) and Coming events for details for Saturdays.</p> <p><b>SUNDAY</b></p> <p><b>7:30AM</b> Hill run (long run on the Port Hills)  31 Dunn St, Pete Watts (332-1964)</p>
<p><b>Your Newsletter</b></p> <p>Contributions for the next issue should be received by 16<sup>th</sup> February 2013. 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:</p> <p><b>George Edwards</b> 960-3993  george.marg@paradise.net.nz  <b>Tom Jarman</b> 332-9877  tom_jarman@christchurchstar.co.nz  <b>John Caughley</b> 980-4435  john.caughley@paradise.net.nz</p>	<p><b>COMING EVENTS</b></p> <p><b>December</b></p> <p>22<sup>nd</sup> 2pm Club run/walk, Hansen Park  25<sup>th</sup> 7:30am Christmas run/walk, Peter &amp; Rays  7 Palazzo Lane, Riccarton  29<sup>th</sup> NO CLUB RUN</p> <p><b>January to March 2013</b>  See Road &amp; XC Summer Programme, later in the newsletter</p>
<p><b>NEWSLETTER ADVERTISING RATES</b></p> <p>1/4 page: \$10/issue; \$100/year (11 issues)  1/2 page: \$20/issue; \$180/year  Full page: \$35/issue; \$350/year  Call <b>Tom Jarman</b> or <b>John Caughley</b></p>	
<p><b>Uniforms</b></p> <p>Adults available from Faye Fyfe, Ph 942-3366  Singlets \$40, Caps \$10, Jackets \$90.  Training Jackets (fluoro yellow) \$53  Childrens available from Sue Leadbeater, Ph 366-2376</p>	
<p><b>Cover Photo:</b></p> <p>The next generation of Port Hills Athletes, Penny Burridge, Sam Mackay, Larissa McKewen</p>	

**Club Newsletter Editors Welcome**

Hi Everyone

Unfortunately our regular editor, who does a fantastic job, is in hospital as I'm writing this introduction. We all wish John a speedy recovery.

Just to top off the situation, Gary is in Australia (I think) and everyone else I've tried to contact must be out at the Christmas break ups. So that leaves me to write the final welcome and Merry Christmas message from the club and committee members to you all!

A lot of events have happened over the past month and the next couple of months, things don't get any quieter. Hopefully you're getting a holiday in there somewhere!

Last weekend I travelled down to Dunedin to watch the NZ Secondary School Athletics and the Port Hills club was well represented with some results which George has written about to come later in the newsletter. It was actually quite inspiring and has hardened my personal resolve to have a crack at some of the masters track and field titles available over summer, specifically the 5000m and 3000m.

If you're every looking for a bit of inspiration with your sports, our young adults and kids are certainly that!!

Have a great Christmas and New Year!

*Paul Johnston*

*Temporary Editor!!*

**XC & R CAPTAINS REPORT**

Hi Members,

Well Christmas is near and you will all be out trying to decide on a present for me!!!

I look back and think "where has the year gone". This is some of the things that have happened recently.

Front Runner Off Road series has been on with several Port Hills members taking part. Sorry, no results to hand.

South Island Masters T & F in Nelson had sixteen members taking part with some very good results.

National Secondary Schools Champs were held in Dunedin which also had some excellent performances from Port hills members.

Club runs going well with the last one at Gary and Alison's which was reasonably well attended and a very good afternoon.

Well there's not much more to report on, so I hope you all have a merry Xmas. Keep the training up - I will be in Christchurch for Xmas and New Year, so no slacking.

Don't forget the 5k Series which will be in its 30th year. This has raised lots of money for the club over the years and needs plenty of help over 5 weeks. Please consider giving a hand. Contact Glen or myself on 3321964 or [wattsinaname@clear.net.nz](mailto:wattsinaname@clear.net.nz)

*Pete Watts*

## TRACK & FIELD CLUB CAPTAINS REPORT

CONGRATULATIONS - to Ross Hulley who was selected as a reserve for the New Zealand team to go to the Australian Young olympics Festival in January following the NZ Secondary Schools Championships in Dunedin. While he is unlikely to go to the festival, it still ranks him as one of the top forty athletes at the championships. Well done Ross!

November has rushed by with a flurry of athletic activity and we are well into December with Christmas and all its excesses closing fast.

November saw the Primary and Intermediate schools and Zone championships, with the Finals in early December and many of our athletes competed in these with distinction, well done.

On the 8th and 9th of December the New Zealand Secondary schools Championships were held in Dunedin, the biggest athletic event in the country. Eight of our athletes competed for their schools with many personal bests resulting, and this is reported on elsewhere. Well done.

However there is no let-up in spite of the festive activity. Our younger athletes are training right through for the Colgate games in Invercargill on the 11th and 12th of January with a large team attending from the club. Good luck to you all and "have lots of fun"!

For older athletes (and also some of the younger) there is the Lovelock Classic meeting in Timaru on the 5th of January, which is always worth attending. Some events have prizes!!

Throughout January there are also the series of Classic meets in the North Island, which are great to attend, but often difficult because of the timing.

Then at the beginning of February (the 2nd) there is the International Track meet at Christs College, which is really worth going to with some NZ's leading athletes competing in an intimate venue – write it on your calendar as a 'must do'

Then in no time it's February, with Christmas but a distant memory, and we are into Club Championships and Canterbury Track and Field Championships (senior) with the Childrens Champs then in early March.

Not to be overlooked is the Clubs 5K series running all January on Tuesday evenings at Hagley park – if you are not away on holiday come along and help in what is now a premier event on the calendar and very lucrative for the club and its members, but help is needed to continue its success.

So athletically there is an extremely busy time ahead, but you are allowed two days off training to eat the turkey and Christmas pud and recover, and another on New Years day to recover from kissing all those policemen, but apart from that, keep putting in the effort, but enjoy it as you go!

See you at the track.

*George Edwards*





## CORNER

SHOP 120 , WESTFIELD MALL,  
RICCARTON  
PHONE: 348 0841



*Merry Christmas and Happy New Year.*

On behalf of the Shoe Clinic team I would like to thank you all for your support this year. We really do appreciate it and we hope you appreciate the support we give to the club, athletics and running in Canterbury. There won't be any break for us in the retail sector but this is the time to fill the stockings and grab yourself a Christmas bargain! So come in store and check out our great Christmas specials. We hope you enjoy the Christmas and New Year break and look forward to seeing you all down at North Hagley for the 2013 Shoe Clinic Asics 5km Series.

As always we have lots for great product in store and don't forget your Porthills Athletic Club discount, our points loyalty programme and our famous 30 day Money Back guarantee.

Happy Running and see you in store soon.

**30 DAY MONEY BACK GUARANTEE ON ALL PRESCRIBED FOOTWEAR**



**BUY 3 PAIRS GET THE 4<sup>th</sup> PAIR FREE.**

*For a limited time*



**FREE \$40 KEEN SOCKS WITH ANY KEEN FOOTWEAR PURCHASE.**

*For a limited time and while stocks last*



**FREE DRINK BOTTLE AND CAP WITH ANY SKINS PURCHASE OVER \$150.**

*For a limited time and while stocks last*

### SHOE CLINIC PORTHILLS ATHLETIC CLUB DISCOUNT

Get 10% off items not already reduced and still get your advantage club points – 1 point for every dollar spent, 500 points = \$50 voucher to use in store.



# GREAT SAVINGS ON SELECTED ASICS FOOTWEAR



GEL KATOOMBA MNS+ WMNS



SAVE \$60. NOW \$219.90



GEL TECH WALKER  
NEO 3 WMNS

SAVE \$60.  
NOW \$219.90



GEL 720TR WMNS

SAVE \$50.  
NOW \$119.90

# FREE NIKE BACKPACK WITH ALL SCHOOL FOOTWEAR



## **NZ SECONDARY SCHOOLS NATIONAL CHAMPIONSHIPS, DUNEDIN, 7-9TH DECEMBER**

This major athletic event, the largest in the country, has just been held in Dunedin in relatively good weather. The club had eight athletes representing their various schools, and their participation resulted in nine top eight results, which included a gold and two bronze medals, which is a great result considering the size and quality of the fields. For many of the athletes this was their first time in this intense competition, and was a steep learning curve for them.

Most experienced was Jarno Plenter in his last year at this event, where he gained third in the Pole Vault with a vault of 3.8m, and a personal best in the 110m hurdles with a time of 16.12 to gain eighth place. A good way to end his years at school.

Newcomer to the club, Ross Hulley, had a very successful first time at this event. He had the fastest time in the 100m junior hurdles heats, and in spite of a poor start stormed home in 13.84 to take the gold in the final.

Then in the junior high jump he gained a personal best of 1.84m to come third, and with a bit of luck could easily have gained second or first. A great start to what should be a very promising athletic career.

Another first timer was Summer Rutherford, who at 13 was one of the youngest in her events, but she showed age is no barrier, gaining fourth in the 100m hurdles in a blanket finish where there was only 0.08 seconds between second and fifth, with a personal best time of 12.45secs. She also had a big personal best in the long jump with a 5.19m leap to take seventh.

Two first timers competed in the shot and discus. Larissa McKewen, returning from injury, cast the shot out to 10.56 for seventh, and threw the discus to 31.45m for ninth and a

seasons best. Recent member Ngarama O'Keefe came eighth in the shot with 10.27m and 21st in the discus with 20.5m, a great start for someone joining the club at the start of this season.

Frances Daly ran well for eighth in the 3000m with a time of 11.20.94, while in the 4000m road race Isaac Johnston found the going tough to come home 50th in a very big field.

Jed Cookson-Ryan gained a personal best in the Junior 400m with a 58.47 single lap, but such was the quality of the field he did not progress past the first heat. He also had the misfortune to throw three fouls in the discus.

So a total of seven personal bests, and a heap of useful experience bodes well for the future of these athletes, and we look forward to their exploits later in the season.

## **TRACK & FIELD CLUB NIGHTS**

### **Monday 6.00 to 7.30pm**

21st January	Hillmorton High School
28th January	Hillmorton High School
4th February	Hillmorton High School
11th February	Hansen Park
18th February	Hillmorton High School
25th February	Hillmorton High School
4th March	Hillmorton High School

## **INTERCLUB ( CCAA )**

### **TRACK & FIELD INTERCLUB**

**Christchurch 8.30am to 12.30pm**

**Timaru 10.00am to 2.00 pm**

26th January	Rawhiti Domain
2nd February	Rawhiti Domain
9th February	Timaru - Aorangi Park
16th February	Rawhiti Domain
23rd February	Timaru - Aorangi Park
2nd March	Rawhiti Domain
9/10 March	Timaru - Aorangi Park



Summer Rutherford – Secondary School Champs Dunedin

## Port Hills Children's Track and Field Best Performances 2

Last season we 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 6 athletes with new best performances.

Please see below for these best performances

<b>GIRLS GRADE 8</b>	<b>V GUTTMANN</b>	<b>LONG JUMP</b>	<b>3.40M</b>
<b>GIRLS GRADE 11</b>	<b>P BURRIDGE</b>	<b>800M</b>	<b>2.38.26</b>
<b>GIRLS GRADE 13</b>	<b>S RUTHERFORD</b>	<b>80m HURDLES</b>	<b>13.32S</b>
		<b>60M SPRINT</b>	<b>8.61S</b>
		<b>100M SPRINT</b>	<b>13.34S</b>
		<b>LONG JUMP</b>	<b>4.83M</b>
<b>GIRLS GRADE 14</b>	<b>L MCKEWEN</b>	<b>DISCUS</b>	<b>30.79M</b>
<b>BOYS GRADE 13</b>	<b>J COOKSON-RYAN</b>	<b>60M SPRINT</b>	<b>8.23S=</b>
<b>BOYS GRADE 13</b>	<b>K GUTTMAN</b>	<b>1500M</b>	<b>4.56.75</b>

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





**2013**

**TRACK AND FIELD  
CLUB CHAMPIONSHIPS**

**HANSEN PARK**

**SUNDAY**

**FEBRUARY 17<sup>TH</sup>**

**9.30AM**

\* HAMMER THROW 9.00 AM START \*

**SAUSAGES ON THE BBQ WILL BE PROVIDED WITH A LOLLY  
SCRAMBLE AT COMPLETION OF EVENTS**

**OPEN TO ALL FINANCIAL CLUB MEMBERS**

**:::::: PLEASE NOTE :::::**

**800 METRE WILL BE RUN AT HILLMORTON HIGH  
SCHOOL AT 7.15PM ON MONDAY 4<sup>th</sup> FEBUARY**

\*GRADE 10 AND OVER\*

**1500 METRE WILL BE RUN AT HANSEN PARK AT  
7.15PM ON MONDAY 11<sup>th</sup> FEBUARY**

\*GRADE 10 AND OVER\*

**S.I.M.T&F CHAMPS Nelson**

The South Island Masters Champs hosted a great meeting at Saxton Fields in Nelson. What a great venue this is with its modern stadium which it shares with cricket. Perhaps the only negative is the seating which is a bit uncomfortable as you get older. Loris, who has just gone into a new age group, broke 3 S.I and NZ records and Shirley broke a S.I. record. Well done girls. Gwyn set herself targets for all her throwing events and managed to surpass them all. What good judgement! Kevin joined the throwers and, I think enjoyed his events. (\* S I Record ^ N Z Record)

**Max Wood M75**

1st 60m 10.39 \* ^  
1st 100m 17.08  
1st 200m 36.88  
300m 1.10.40

**Bob Heseltine M75**

2nd 60m 13.93  
2nd 100m 24.78  
2nd 200m 51.95  
2nd 300m 1.19.40

**Maurice Cook M85**

1st 60m 17.76  
1st 100m 29.43

**Carol Thompson W70**

1st 800m 4.28.05  
1st 1500m 8.18.57  
1st 3000m 17.10.03

**Bernie Jago W55**

1st 1500m 6.00.26  
1st 3000m 12.34.70

**Loris Reed W65**

1st 1500m 6.02.81 \* ^  
1st 2000m S/C 9.20.23 \* ^  
1st 5000m 21.56.10 \* ^  
1st Discus 17.29  
1st Javelin 19.60

**Stan Gawler M80**

1st 1500m 8.22.00  
1st 3000m 18.15.57

**Shirley Rolston W60**

1st 3000m Walk 20.17.09  
1st 5000m Walk 37.21 80 \*

**Ann Henderson W70**

1st 3000m Walk 22.54.28  
1st 5000m Walk 39.03.35

**Pete Watts M70**

1st 3000m 21.12.82

**John Waite M70**

2nd 3000m 22.53.18  
1st 5000m 35.19.89

**Tom Reihana M55**

4th 5000m 25.27.93  
2nd Javelin 26.52

**Kevin Jago M65**

1st Discus 15.26  
1st Shot 5.31  
1st Javelin 14.50

**Barbara Bird W70**

2nd Discus 12.38  
3rd Hammer 14.32  
2nd Shot 6.03  
1st Javelin 16.95  
3rd Weight 5.55  
2nd Throws Pent. 2413 points

**Gwyn Heseltine W70**

3rd Discus 11.21  
2nd Hammer 16.61  
3rd Shot 5.24  
3rd Javelin 8.09  
2nd Weight 5.99  
3rd Throws Pent. 1990 points

**Glen Watts W70**

1st Discus 17.74  
1st Hammer 21.00  
1st Shot 6.57  
2nd Javelin 14.54  
1st Weight 10.00  
1st Throws Pent. 3151 points

**24.11.12 6K POINTS RACE**

Place	Gross time	HCP	NET time	
1st	33.45	9.00	24.45	Corey Johnston
2nd	34.02	9.00	25.02	Len Millward
3rd	34.43	9.00	25.43	Chris Arnold
4th	34.44	12.00	22.44	Jamie Hawker
5th	34.59	00.00	34.59	John Caughley
6th	35.08	9.00	25.08	Barry Finch
7th	35.16	6.00	29.16	Catherine Moran
8th	35.31	14.00	21.31	Paul Johnston
9th	35.46	12.00	23.46	Kieron Berry
10th	36.17	12.00	24.17	Geert Linders
11th	36.37	6.00	30.37	Rachael Pharazyn
12th	36.52	6.00	30.52	Jos Galavazi
13th	37.04	14.00	23.04	Isaac Johnston
14th	37.30	6.00	31.30	Terry Warren
15th	37.46	4.00	33.46	Mark Russell
16th	37.51	12.00	25.51	Hugh Conly
17th	38.31	4.00	34.31	John Eastmond
18th	38.45	4.00	34.45	Warren Elliott
19th	39.05	00.00	39.05	Kevin Knight
20th	39.09	4.00	35.09	Bob Fyfe
21st	40.09	00.00	40.09	Stew Hill
22nd	41.04	00.00	41.04	Colleen Donaldson
23rd	42.47	00.00	42.47	John Waite

**Holiday Mid Week Runs**

Bring your flask and goodies for afters. 9am start.

**Dec 2012**

Fri 28th - Ashgrove Tce footbridge, opp Studholme Street.

**Jan 2013**

Wed 2nd - Halswell Quarry, far carpark if open.

Fri 4th - Matai St East, Riccarton, near Girls High.

Wed 9th - Victoria Park, main car park.

Fri 11th - Rawhiti Domain, Keyes Rd, near NBO club rooms.

Wed 16th - McCormacks Bay Rd, Mt Pleasant, near Glenstrae Rd.

Fri 18th - Capt. Thomas walkway, Wakefield Ave, Sumner.

Wed 23rd - Sign of the Bellbird, right at the Kiwi, about 2k on.

Fri 25th - Curletts Rd, Warren Cres, near 100, Hillmorton.

Wed 30th - repeat Fri 28th if kids are NOT back at school, otherwise back to clubrooms.

Some of these venues may be compromised so you may have to do a few little adjustments here and there.

Enquiries - Glen Watts 3321964 or 0277758716

**WEDNESDAY GROUP**

We had our Xmas breakup with a super rendition of Mary Poppins by Jill Callon, Geoff Stark and Betty and Mike Knife. Everybody was impressed and the group would have been rich if they had charged \$10 per person to the 40 or so people that watched the 15mins show. Well done folks. This was followed by a testing quiz which was won by Glyn Williams and the best costumes were won by Karen and Trish. Maurice donned the Santa costume to give out the presents from the lucky dip. I think he enjoyed all the women sitting on his knee and the cuddles. There were lots of goodies for us all to scoff. Thanks to Julie and the others who helped clean up afterwards. Then we all went home for a snooze!!

**TUSITALA QUIZ**

- 1 I sometimes hold court in white.
- 2 I am not related to somebody small.
- 3 I love vacations.
- 4 I was born in India.
- 5 My name makes me edgy.

Answers to Glen watts in a name@clear.net.nz

Last month's quiz was won by Kevin Knight, who beat Lois Richmond to the punch by 16 hours. The answer was Robin Hood.

# SHOE CLINIC ASICS 5K SERIES

## 2013

## HELPERS NEEDED!!

The 2013 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. We will be starting from behind the Croquet Club in Hagley Park North again this year so 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 8<sup>th</sup> January to 29<sup>th</sup> January plus Monday 4<sup>th</sup> February. 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 of 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.

### From the Quarry

Another year is nearly finished with the festive season upon us. I have had a couple of enquiries about the Monday and Wednesday runs over the holiday period so will list them below. Due to my workplace not granting any leave, I will be running as per normal except for New Years day. Over the last few weeks I trialled a couple of different runs. One was a cadence workshop and the other circumventing the park at junior pace (with a few stops). These are certainly at different ends of the scale with one taking 10-12 sec, the other 48 mins! All the best for the Christmas break and good luck for the coming year, Phil Chapman, Ph 322 4266.

Junior Trail Running, Halswell Quarry 5PM  
Mondays: Dec 24<sup>th</sup>, Jan 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28th

Family Fun Run, Victoria Park, 5:30PM  
Wednesdays: Dec 19<sup>th</sup>, 26<sup>th</sup>, Jan 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>.



## 2012—13 Road &amp; Cross-Country Programme

## DECEMBER 2012

31 <sup>st</sup> -2 <sup>nd</sup> Fri, Sat, Sun	SIM T&F Champs	Nelson
1 <sup>st</sup> Saturday	2pm Club run/walk	Hansen Park
8 <sup>th</sup> Saturday	2pm Club run/walk	Gary & Allison's, 32a Tuckers Road, Redwood
	pbap, AND bbq after.	
15 <sup>th</sup> Saturday	2pm Club run/walk	Hansen Park
	AND 8k Points Race #2	
22 <sup>nd</sup> Saturday	4.45pm CMA & Centre 5000m Track Champs	Rawhiti Domain
25 <sup>th</sup> Tuesday	2pm Club run/walk	Hansen Park
	7.30am? Xmas Run	Peter & Ray's, 7 Palazzo Lane, Riccarton
29 <sup>th</sup> Saturday	NO RUN	

## JANUARY 2013

5 <sup>th</sup> Saturday	2pm Club run/walk	Hansen Park
	Lovelock Classic Meet including NZ 10000m Champs	Timaru
8 <sup>th</sup> Tuesday	* Shoe Clinic/Adidas/Port Hills 5k Series #1	**N Hagley Park
	*** <u>5.30 children, 5.45 reg race, 5.15 fun run</u> .	
12 <sup>th</sup> Saturday	2pm Club run/walk	Hansen Park
	AND 6k Points Race #3	
15 <sup>th</sup> Tuesday	*** * S C / A / P H 5k Series #2	**
19 <sup>th</sup> Saturday	2pm Club run/walk	Hansen Park
	CMA & Centre Steeplechase Champs	Timaru
22 <sup>nd</sup> Tuesday	*** *S C / A / P H 5k Series #3	**
26 <sup>th</sup> Saturday	2pm Club run/walk	Pete & Glen's, 31 Dunn Street, Somerfield
	pbap	Rawhiti Domain
	CMA & Centre 3000m Champs	**
29 <sup>th</sup> Tuesday	*** * S C / A / P H 5k Series #4	**

## FEBRUARY 2013

2 <sup>nd</sup> Saturday	2pm Club run/walk	Hansen Park
	4pm International Track Meet	Christ's College
5 <sup>th</sup> Tuesday	*** * S C / A / P H 5k Series #5	**
9 <sup>th</sup> Saturday	2pm Club run/walk Hansen Park	
	8.30am Buller Gorge Marathon / Half / Relay	Westport
12 <sup>th</sup> Tuesday	*** *****Athletics Canterbury 5k #1	** N Hagley Park
16 <sup>th</sup> Saturday	2pm Club run/walk	Hansen Park
	AND 8k Points Race #4	
17 <sup>th</sup> Sunday	CMA T&F Champs	Rawhiti Domain
19 <sup>th</sup> Tuesday	*** *****Ath Can 5k #2	**
23 <sup>rd</sup> Saturday	2pm Club run/walk	Hansen Park
23,24 <sup>th</sup> Sat/Sun	Canterbury T & F Champs	Timaru
26 <sup>th</sup> Tuesday	*** *****Ath Can 5k #3	**

## MARCH 2013

1 <sup>st</sup> -3 <sup>rd</sup> Fri-Mon	NZMA T&F Champs	Wellington
2 <sup>nd</sup> Saturday	2pm Club run/walk	Hansen Park
5 <sup>th</sup> Tuesday	6.30pm Cashmere Downs Twilight 10k road race	Halswell Quarry Woodend
8-10 <sup>th</sup> Fri/Sat/Sun	Club Camp Weekend	3326411 / 0272120755 Woodend Camping Ground
9 <sup>th</sup> Saturday	2pm Club run/walk	Auckland
15-17 <sup>th</sup> Fri/Sat/Sun	National T & F Champs	Hansen Park
16 <sup>th</sup> Saturday	2pm Club run/walk	
	AND 6k Turkey Trot	
23 <sup>rd</sup> Saturday	2pm Link Relay	Halswell Quarry
	AND Club run/walk from venue.	
30 <sup>th</sup> Saturday	10am Easter 10 Miller	Ashburton Hotel, Racecourse Road.
	2pm Club run/walk Andrew and Mary's,	68 Jervois Pl, N B

# SHOE CLINIC ASICS 5K SERIES 2013

8<sup>th</sup> Jan, 15<sup>th</sup> Jan, 22<sup>nd</sup> Jan, 29<sup>th</sup> Jan, 4<sup>th</sup> Feb (Monday)

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

Start in North Hagley Park next to Croquet Club

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

**Lots of Great Spot Prizes each Evening and Series Performance Prizes for Registered runners**

Entry \$5 (Children free)

Entry on the evening at least 30 minutes before start

Info: Shoe Clinic 348 0841 Peter King 341 1154



**Shoe Clinic**  
*The fitting choice*



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

Website: [www.porthills.org.nz](http://www.porthills.org.nz)

This event is sanctioned and will be conducted under the rules of Athletics New Zealand





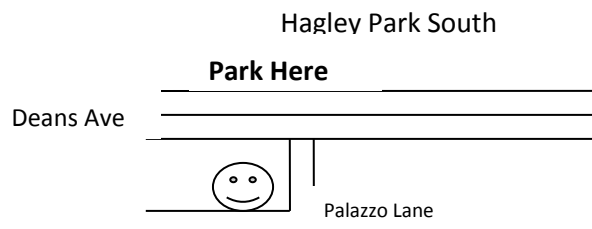
## PORT HILLS CHRISTMAS MORNING RUN

Just about back to our normal run through the centre of the city this year and a chance to see just what is happening

**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 is parking is available on Deans Avenue opposite the entrance to Palazzo Lane. There is very little room to park in Palazzo Lane.



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

**All club members are invited.**

**SENIOR INTERCLUB RESULTS****Aorangi Stadium Timaru, 24/12/2012****Frances Daly (15)**

1500m Run	5.0781
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**Larissa McKewen (15)**

Shot Put	10.70
Discus Throw	27.55

**Ngarama O'Keefe (15)**

Shot Put	10.00
Discus Throw	20.46
Javelin Throw	23.19

**Rawhiti Domain Christchurch, 1/12/2012****Summer Rutherford (15)**

Long Jump	4.60
80m Hurdles	13.29

**Larissa McKewen (15)**

Shot Put	10.15
Discus Throw	30.79

**Ngarama O'Keefe (15)**

Shot Put	9.40
Javelin Throw	10.93

**Ross Hurley (15)**

100m Hurdles	15.32
High Jump	1.80
100m Sprint	12.19

**Logan Brokenshire (17)**

Shot Put	9.10
Javelin Throw	30.50

**Jarno Plenter (17)**

110m Hurdles	16.82
Pole Vault	3.75
High Jump	1.65

**NZSSA RESULTS DUNEDIN, 8/12/2002****Summer Rutherford (Junior)**

80m Hurdles	12.45
Long Jump	5.19

**Ngarama O'Keefe**

Discus Throw	20.50
Shot Put	10.27

**Jed Cookson-Ryan**

400m Sprint	58.47
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**Larissa McKewen**

Discus Throw	31.45
Shot Put	10.56

**Ross Hurley**

100m Hurdles	13.84
High Jump	1.84

**Jarno Plenter**

110m Hurdles	16.12
Pole Vault	3.80





CHILDRENS TRACK AND FIELD  
INTERCLUB COMPETITION RESULTS

DATE:	17/11/2012								
VENUE:	Rawhiti Domain , Christchurch								
WEATHER:	Over Cast, Heavy Showers at Times , Light Winds								

## GIRLS GRADE 10

	Brianna Fidow	Robyn van der Voort	Sophie Daly	Francesca Williamson	Olivia Wrathall	Georgia Mackay	Mandy Herman	Samantha Robins		
100 M	0.00	0.00	0.00	0.00	0.00	35.68	0.00	0.00		
200 M	34.42	41.00	0.00	32.92	0.00	0.00	0.00	0.00		
1500 M	6.3291	0.0000	0.0000	6.1262	0.0000	6.3929	0.0000	8.2871		
LJ	0.00	3.15	0.00	3.62	0.00	2.79	0.00	3.05		
DT	15.01	11.53	0.00	0.00	0.00	0.00	0.00	8.57		
SP	6.93	4.87	0.00	6.44	0.00	4.55	0.00	3.93		

## GIRLS GRADE 11

	Lexi Richards	Penny Burridge	Jemesa Landers	Madeline Humm						
100 M	0.00	15.57	17.96	18.78						
800 M	0.0000	2.3826	3.1832	3.5586						
HJ	0.00	1.22	0.00	0.00						
DT	0.00	0.00	11.83	10.14						
SP	0.00	8.23	5.90	0.00						

## GIRLS GRADE 12

	Breana Carson	Caitlin Dickinson	Lily Taitimu							
LJ	0.00	3.55	0.00							
DT	23.08	19.21	0.00							
SP	8.15	6.75	0.00							

## GIRLS GRADE 13

	Summer Rutherford	Olivia Fidow	Tayla Clarke	Tess Whitwham	Ellie Monohoe-Philli	Ella Apps	Ngrama O'Keefe			
100 M	13.71	15.86	16.18	15.25	14.71	14.37	16.13			
800 M	2.4582	3.2929	2.4762	2.5356	3.2832	3.1278	3.5018			
HJ	1.44	0.00	0.00	0.00	0.00	1.38	0.00			
DT	0.00	16.04	22.42	13.75	14.65	0.00	20.77			
SP	8.55	7.47	7.76	6.43	6.26	8.92	10.60			

## GIRLS GRADE 14

	Abigail Van der Voort	Kate Keenan	Larissa McKewen	Louise Richards	Dana Bingham					
200 M	34.38	34.09	0.00	0.00	0.00					
1500 M	0.0000	6.0663	0.0000	0.0000	0.0000					
LJ	3.63	Foul	0.00	0.00	0.00					
DT	14.88	0.00	0.00	0.00	0.00					
SP	6.97	6.29	0.00	0.00	0.00					



CHILDRENS TRACK AND FIELD  
INTERCLUB COMPETITION RESULTS

DATE:	17/11/2012								
VENUE:	Rawhiti Domain , Christchurch								
WEATHER:	Over Cast, Heavy Showers at Times , Light Winds								

## BOYS GRADE 10

	Ben	Logan							
	Weaver	Johns							
800 M	0.0000	3.1780							
DT	0.00	15.43							

## BOYS GRADE 11

	Drew	Gregor	Lachlan	Ted	Ayrton	Lachlan			
	Mackay	Mackay	Pierson	Coleman	Shadbolt	McCann			
200 M	31.62	31.05	32.60	0.00	31.12	0.00			
800 M	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000			
1500 M	5.4625	5.1167	5.2752	0.0000	5.1413	0.0000			
LJ	4.13	4.20	0.00	0.00	0.00	0.00			
DT	0.00	0.00	17.24	0.00	22.51	0.00			
SP	4.78	5.77	4.66	0.00	5.93	0.00			

## BOYS GRADE 12

	Benjamin	Ethan	Joshua	Callum	Joshua	Louis	Harrison		
	Roberts	Bargh	Clarke	Lawson	Walker	Andrews	Crossley		
100 M	0.00	0.00	17.55	0.00	0.00	15.34	15.90		
800 M	0.0000	0.0000	3.0351	3.2086	0.0000	2.3911	3.1566		
LJ	0.00	0.00	0.00	NH	0.00	0.00	0.00		
HJ	0.00	0.00	0.00	0.00	0.00	1.25	0.00		
DT	0.00	0.00	21.13	0.00	0.00	0.00	13.73		
SP	0.00	0.00	7.01	5.16	0.00	7.31	5.64		

## BOYS GRADE 13

	Jed	Josh	Callum	Fraser	Sam	Kevin	Farran	Alek	
	Cookson-Ryan	Sutton	Pierson	Mackay	Mackay	Guttman	Landers	Krupa	
200 M	26.44	0.00	35.22	29.32	30.10	29.40	0.00	0.00	
1500 M	5.4299	0.0000	5.5544	6.1870	5.5151	4.5675	5.4036	0.0000	
LJ	0.00	0.00	0.00	4.53	0.00	0.00	3.49	0.00	
DT	33.47	0.00	0.00	0.00	17.42	16.64	14.52	0.00	
SP	8.92	0.00	5.61	0.00	5.79	6.18	5.12	0.00	



CHILDRENS TRACK AND FIELD  
INTERCLUB COMPETITION RESULTS

DATE: 24-Nov-12  
VENUE: Aorangi Stadium Timaru

## GIRLS GRADE 5 and 6

	Violet McMeeken	Isabelle Williamson	Emily Herman	Leah Pratten	Finella Guttman					
60 m	12.94	11.41	0.00	13.22	13.08					
100 m	22.03	19.68	0.00	21.38	22.07					
LJ	1.81	2.40	0.00	1.86	1.98					
DT	3.30	4.34	0.00	4.57	4.17					

## GIRLS GRADE 7

	Amelia Williams	Emily Jones	Ellen Wong	Esther Pratten	Brooke Goldsmith					
60 m	11.45	0.00	0.00	11.52	11.18					
100 m	19.26	0.00	0.00	19.58	18.91					
LJ	2.38	0.00	0.00	2.69	2.62					
DT	5.45	0.00	0.00	9.84	7.36					

## GIRLS GRADE 8

	Catherine Carroll	Zoe McMeeken	Asha Molloy	Gracie Pratten	Kate Herman	Vivien Guttman	Zara Griffin			
60 m	11.00	11.01	0.00	10.78	0.00	10.56	0.00			
100 m	18.20	20.68	0.00	17.32	0.00	17.28	0.00			
LJ	2.87	2.87	0.00	3.15	0.00	3.40	0.00			
DT	11.05	12.94	0.00	12.50	0.00	9.87	0.00			

## GIRLS GRADE 9

	Caroline Richards	Jaime van der Voort	Sophie Roberts	Mishka Molloy	Abbey Pierson	Lucy Andrews	Georjarna Humm	Charlotte Sullivan	Jacqueline Keenan	Alyssa Whinham
60 m	10.66	0.00	0.00	0.00	11.42	0.00	0.00	0.00	0.00	10.51
100 m	18.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17.24
LJ	3.10	0.00	0.00	0.00	2.38	0.00	0.00	0.00	0.00	3.10
DT	8.93	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	14.65

## GIRLS GRADE 10

	Brianna Fidow	Robyn van der Voort	Sophie Daly	Francesca Williamson	Olivia Wrathall	Georgia Mackay	Mandy Herman	Samantha Robins	Kate Stoddart	
100 M	0.00	0.00	0.00	15.53	0.00	0.00	0.00	0.00	0.00	16.90
400 M	77.83	0.00	0.00	74.34	0.00	0.00	0.00	0.00	0.00	
1500 M	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	6.1838	
LJ	0.00	0.00	0.00	3.80	0.00	0.00	0.00	0.00	0.00	3.03
DT	0.00	0.00	0.00	14.12	0.00	0.00	0.00	0.00	11.72	

## GIRLS GRADE 11

	Lexi Richards	Penny Burridge	Jemesa Landers	Madeline Humm	Katie-Rae Botica					
100 M	16.99	0.00	0.00	0.00	0.00					
LJ	3.42	0.00	0.00	0.00	0.00					
DT	13.32	0.00	0.00	0.00	0.00					

## GIRLS GRADE 12

	Breana Carson	Caitlin Dickinson	Lily Taitimu							
100 M	0.00	15.72	0.00							
LJ	0.00	3.70	0.00							
DT	0.00	20.10	0.00							

## GIRLS GRADE 13

	Summer Rutherford	Olivia Fidow	Tayla Clarke	Tess Whitwham	Ellie Inohoe-Philli	Ella Apps	Ngarama O'Keefe			
100 M	13.34	0.00	0.00	0.00	0.00	14.13	15.94			
400 M	0.00	0.00	0.00	0.00	0.00	72.98	0.00			
1500 M	0.0000	0.0000	5.4184	0.0000	0.0000	0.0000	0.0000			
H 80 M	13.32	0.00	16.68	0.00	0.00	0.00	0.00			
LJ	4.83	3.48	3.61	0.00	4.02	4.10	3.69			
HJ	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
DT	22.91	0.00	23.85	0.00	0.00	18.49	20.46			
SP	0.00	0.00	0.00	0.00	0.00	0.00	10.00			

## GIRLS GRADE 14

	Abigail Van der Voort	Kate Keenan	Larissa McKewen	Louise Richards	Dana Bingham					
H 80 M	0.00	0.00	0.00	15.99	0.00					
DT	0.00	0.00	30.79	15.30	0.00					
SP	0.00	0.00	10.70	0.00	0.00					



CHILDRENS TRACK AND FIELD  
INTERCLUB COMPETITION RESULTS

DATE: 24-Nov-12

VENUE: Aorangi Stadium Timaru

BOYS GRADE 5 AND 6

	Lachlan	Zachery	Oliver
	Brockett	Landers	Williams
60 m	13.67	0.00	0.00
200 m	50.70	0.00	0.00
SP	3.32	0.00	0.00

BOYS GRADE 7

	William	Hugo	Tyzell	Laim
	McMeeken	Wrathall	Barbara	O'Donnell
60 m	11.53	0.00	0.00	0.00
200 m	49.03	0.00	0.00	0.00
SP	5.07	0.00	0.00	0.00

BOYS GRADE 8

	Xavier	Kobe	Lucas
	Fidow	Northmore	Purdon
200 m	37.66	0.00	0.00
SP	5.46	0.00	0.00

BOYS GRADE 9

	Caleb	Dylan	Matthew	Sam	Clayton	William	Zach	Bradley	Micah
	Hazeldine	Bargh	Clarke	Kirby	Shadbolt	Masters	Goldsmith	Robins	Landers
60 m	0.00	0.00	0.00	0.00	0.00	0.00	9.69	0.00	0.00
200 m	0.00	0.00	0.00	0.00	0.00	0.00	32.87	0.00	0.00
SP	0.00	0.00	0.00	0.00	0.00	0.00	6.82	0.00	0.00

BOYS GRADE 11

	Drew	Gregor	Lachlan	Ted	Ayrton	Lachlan
	Mackay	Mackay	Pierson	Coleman	Shadbolt	McCann
60 M	9.68	0.00	0.00	0.00	0.00	0.00
200 M	31.43	30.27	31.82	31.82	0.00	0.00
800 M	0.0000	2.3373	2.4399	2.4399	0.0000	0.0000
HJ	1.28	1.20	1.15	1.15	0.00	0.00
SP	4.80	5.78	5.37	5.37	0.00	0.00

BOYS GRADE 12


	Benjamin	Ethan	Joshua	Callum	Joshua	Louis	Harrison
	Roberts	Bargh	Clarke	Lawson	Walker	Andrews	Crossley
60 M	0.00	0.00	10.98	0.00	0.00	0.00	9.88
200 M	0.00	0.00	35.61	0.00	0.00	29.85	34.32
800 M	0.0000	0.0000	2.5380	0.0000	0.0000	2.4050	3.2070
SP	0.00	0.00	7.65	0.00	0.00	7.14	5.51

BOYS GRADE 13

	Jed	Josh	Callum	Fraser	Sam	Kevin	Farran	Alek
	Cookson-Ryan	Sutton	Pierson	Mackay	Mackay	Guttmann	Landers	Krupa
60 M	8.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00
200 M	0.00	0.00	0.00	28.76	0.00	29.16	0.00	0.00
800 M	0.0000	0.0000	0.0000	0.0000	0.0000	2.2430	0.0000	0.0000
H 80 M	0.00	0.00	0.00	15.56	0.00	0.00	0.00	0.00
HJ	1.51	0.00	0.00	1.35	0.00	1.25	0.00	0.00
SP	9.40	0.00	0.00	7.06	0.00	6.77	0.00	0.00



<div>PORT HILLS ATHLETIC CLUB</div>											
CHILDRENS TRACK AND FIELD INTERCLUB COMPETITION RESULTS											
DATE:	1-Dec-12										
VENUE:	Rawhiti Domain										
GIRLS GRADE 5 and 6											
	Violet McMeeken	Isabelle Williamson	Emily Herman	Leah Pratten	Finella Guttman						
60 m	12.90	11.59	12.55	12.51	0.00						
200 m	48.44	41.84	50.05	45.90	0.00						
SP	2.38	2.66	2.69	2.76	0.00						
GIRLS GRADE 7											
	Amelia Williams	Emily Jones	Ellen Wong	Esther Pratten	Brooke Goldsmith						
60 m	11.38	0.00	12.06	0.00	11.32						
200 m	41.63	0.00	0.00	0.00	40.65						
SP	4.47	0.00	0.00	0.00	4.27						
GIRLS GRADE 8											
	Catherine Carroll	Zoe McMeeken	Asha Molloy	Gracie Pratten	Kate Herman	Vivien Guttman	Zara Griffin				
60 m	11.28	12.07	0.00	10.95	10.99	0.00	0.00				
100 m	18.73	0.00	0.00	0.00	0.00	0.00	0.00				
200 m	0.00	40.41	0.00	39.60	39.10	0.00	0.00				
LJ	2.81	0.00	0.00	0.00	0.00	0.00	0.00				
DT	12.56	0.00	0.00	0.00	0.00	0.00	0.00				
SP	0.00	5.89	0.00	4.79	4.92	0.00	0.00				
GIRLS GRADE 9											
	Caroline Richards	Jaime van der Voort	Sophie Roberts	Mishka Molloy	Abbey Pierson	Lucy Andrews	Georjarna Humm	Charlotte Sullivan	Jacqueline Keenan	Alyssa Whinham	
60 m	10.85	11.16	10.86	0.00	11.62	10.59	11.08	0.00	10.64	0.00	
200 m	39.16	46.21	39.73	0.00	0.00	36.50	39.74	0.00	36.78	0.00	
SP	3.94	4.16	4.53	0.00	4.56	5.66	3.24	0.00	4.99	0.00	
GIRLS GRADE 10											
	Brianna Fidow	Robyn van der Voort	Sophie Daly	Francesca Williamson	Olivia Wrathall	Georgia Mackay	Mandy Herman	Samantha Robins	Kate Stoddart		
60 M	9.97	0.00	0.00	9.79	10.26	0.00	0.00	0.00	0.00		
200 M	0.00	0.00	0.00	33.34	0.00	36.77	0.00	0.00	0.00		
800 M	0.0000	0.0000	0.0000	2.5813	0.0000	3.1234	0.0000	0.0000	0.0000		
1200 m W	0.0000	0.0000	0.0000	0.0000	0.0000	10.0110	0.0000	0.0000	0.0000		
HJ	1.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
SP	6.81	0.00	0.00	6.05	0.00	0.00	0.00	0.00	0.00		
GIRLS GRADE 11											
	Lexi Richards	Penny Burridge	Jemesa Landers	Madeline Humm	Katie-Rae Botica						
60 M	10.93	0.00	10.81	11.11	10.14						
200 M	37.94	31.19	38.39	0.00	35.29						
800 M	0.0000	2.4273	3.2882	3.5119	0.0000						
HJ	1.10	1.28	0.00	0.00	0.00						
SP	5.32	7.45	5.71	4.91	5.57						
GIRLS GRADE 12											
	Breana Carson	Caitlin Dickinson	Lily Taitimu								
60 M	0.00	9.76	0.00								
200 M	31.38	0.00	34.22								
H 80 M	17.08	0.00	17.14								
HJ	1.20	0.00	1.33								
SP	7.63	6.93	7.04								
GIRLS GRADE 13											
	Summer Rutherford	Olivia Fidow	Tayla Clarke	Tess Whitwham	Ellie Monohoe-Philli	Ella Apps	Ngarama O'Keefe				
60 M	0.00	9.52	0.00	9.46	0.00	8.97	9.98				
200 M	0.00	0.00	32.67	31.15	0.00	0.00	0.00				
800 M	0.0000	0.0000	2.4802	0.0000	0.0000	0.0000	0.0000				
H 80 M	13.29	0.00	16.68	0.00	0.00	0.00	0.00				
HJ	1.38	0.00	0.00	0.00	0.00	1.41	0.00				
SP	8.20	7.44	8.36	5.90	0.00	8.70	9.40				
GIRLS GRADE 14											
	Abigail Van der Voort	Kate Keenan	Larissa McKewen	Louise Richards	Dana Bingham						
60 M	9.53	10.10	0.00	0.00	10.17						
200 M	35.77	33.84	0.00	0.00	34.95						
800 M	0.0000	2.5359	0.0000	0.0000	0.0000						
HJ	1.20	1.25	0.00	0.00	1.30						
DT	0.00	0.00	31.45	0.00	0.00						
SP	7.29	0.00	10.56	0.00	5.44						

										
CHILDRENS TRACK AND FIELD										
INTERCLUB COMPETITION RESULTS										
DATE:	1-Dec-12									
VENUE:	Rawhiti Domain									
WEATHER:										
BOYS GRADE 5 AND 6										
	Lachlan Brockett	Zachery Landers	Oliver Williams							
60 m	13.80	12.21	0.00							
100 m	23.25	20.66	0.00							
LJ	1.52	2.48	0.00							
DT	FOUL	9.31	0.00							
BOYS GRADE 7										
	William McMeeken	Hugo Wrathall	Tyzell Barbara	Laim O'Donnell						
60 m	11.55	10.69	0.00	11.70						
100 m	19.76	17.24	0.00	18.45						
LJ	2.54	2.73	0.00	2.67						
DT	9.71	10.86	0.00	6.92						
BOYS GRADE 8										
	Xavier Fidow	Kobe Northmore	Lucas Purdon							
60 m	10.90	10.32	0.00							
100 m	18.39	16.57	0.00							
LJ	2.96	3.42	0.00							
DT	8.99	11.25	0.00							
BOYS GRADE 9										
	Caleb Hazeldine	Dylan Bargh	Matthew Clarke	Sam Kirby	Clayton Shadbolt	William Masters	Zach Goldsmith	Bradley Robins	Micah Landers	
60 m	10.62	9.75	11.36	0.00	10.84	10.65	9.80	0.00	11.86	
100 m	17.30	15.97	18.31	0.00	18.66	17.57	15.87	0.00	20.90	
LJ	3.38	3.12	2.92	0.00	0.00	2.77	3.33	0.00	2.72	
DT	14.92	13.19	18.80	0.00	17.51	12.62	12.07	0.00	10.10	
BOYS GRADE 10										
	Ben Weaver	Logan Johns								
100 M	16.52	0.00								
LJ	3.30	0.00								
DT	11.15	0.00								
BOYS GRADE 11										
	Drew Mackay	Gregor Mackay	Lachlan Pierson	Ted Coleman	Ayrton Shadbolt	Lachlan McCann				
100 M	0.00	15.13	15.62	15.26	15.11	0.00				
400 M	76.39	67.60	0.00	73.66	69.03	0.00				
1500 M	0.0000	0.0000	5.3280	0.0000	0.0000	0.0000				
LJ	3.71	4.04	3.76	3.88	3.68	0.00				
DT	14.49	16.21	17.29	19.87	22.71	0.00				
BOYS GRADE 12										
	Benjamin Roberts	Ethan Bargh	Joshua Clarke	Callum Lawson	Joshua Walker	Louis Andrews	Harrison Crossley			
100 M	0.00	15.67	17.38	16.69	15.36	14.42	15.42			
400 M	0.00	77.83	79.51	88.93	73.46	67.67	89.22			
LJ	0.00	3.79	3.68	3.76	3.42	4.15	3.53			
DT	0.00	0.00	17.80	11.64	Foul	16.96	13.12			
BOYS GRADE 13										
	Jed Cookson-Ryar	Josh Sutton	Callum Pierson	Fraser Mackay	Sam Mackay	Kevin Guttmann	Farran Landers	Alek Krupa		
100 M	0.00	14.50	0.00	13.61	0.00	0.00	0.00	0.00		
400 M	58.79	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
1500 M	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	5.3630	0.0000		
LJ	0.00	4.12	0.00	4.58	0.00	0.00	3.43	3.57		
DT	7.28	22.46	0.00	24.02	0.00	0.00	14.60	13.35		

<div><div></div><div>PORT HILLS ATHLETIC CLUB</div></div>											
CHILDRENS TRACK AND FIELD											
INTERCLUB COMPETITION RESULTS											
DATE:	8-Dec-12										
VENUE:	Rawhiti Domain										
GIRLS GRADE 5 and 6											
	Violet McMeeken	Isabelle Williamson	Emily Herman	Leah Pratten	Finella Guttman						
60 m	12.74	0.00	12.55	0.00	13.35						
100 m	20.99	0.00	23.24	0.00	22.47						
LJ	2.10	0.00	2.00	0.00	2.02						
DT	4.74	0.00	3.85	0.00	3.84						
GIRLS GRADE 7											
	Amelia Williams	Emily Jones	Ellen Wong	Esther Pratten	Brooke Goldsmith						
60 m	0.00	0.00	0.00	0.00	11.41						
100 m	0.00	0.00	0.00	0.00	18.78						
LJ	0.00	0.00	0.00	0.00	2.49						
DT	0.00	0.00	0.00	0.00	6.95						
GIRLS GRADE 8											
	Catherine Carroll	Zoe McMeeken	Asha Molloy	Gracie Pratten	Kate Herman	Vivien Guttmann	Zara Griffin				
60 m	0.00	12.07	0.00	0.00	11.24	10.60	0.00				
100 m	0.00	18.96	0.00	0.00	18.46	17.12	0.00				
LJ	0.00	2.87	0.00	0.00	2.76	3.27	0.00				
DT	0.00	13.03	0.00	0.00	10.63	10.42	0.00				
GIRLS GRADE 9											
	Caroline Richards	Jaime van der Voort	Sophie Roberts	Mishka Molloy	Abbey Pierson	Lucy Andrews	Georjarna Humm	Charlotte Sullivan	Jacqueline Keenan	Alyssa Whinham	
60 m	10.71	10.53	10.55	0.00	11.31	11.07	11.08	0.00	10.57	10.95	
100 m	18.43	18.25	16.56	0.00	18.38	17.06	17.62	0.00	16.57	17.56	
LJ	2.87	2.81	3.06	0.00	2.54	2.43	2.62	0.00	3.26	3.20	
DT	8.37	10.24	10.33	0.00	9.79	9.50	Foul	0.00	11.99	13.09	
GIRLS GRADE 10											
	Brianna Fidow	Robyn van der Voort	Sophie Daly	Francesca Williamson	Olivia Wrathall	Georgia Mackay	Mandy Herman	Samantha Robins	Kate Stoddart		
100 M	16.08	0.00	0.00	15.67	0.00	0.00	18.85	0.00	0.00		
400 M	0.00	0.00	0.00	76.30	0.00	0.00	0.00	0.00	0.00		
LJ	3.81	0.00	0.00	3.79	0.00	0.00	0.00	0.00	0.00		
DT	15.52	0.00	0.00	13.50	0.00	0.00	0.00	0.00	0.00		
GIRLS GRADE 11											
	Lexi Richards	Penny Burridge	Jemesa Landers	Madeline Humm	Katie-Rae Botica						
100 M	17.91	0.00	17.83	18.65	0.00						
400 M	87.53	0.00	0.00	0.00	0.00						
1200 m W	0.0000	0.0000	9.1690	12.3230	0.0000						
LJ	3.67	0.00	3.25	2.42	0.00						
DT	12.03	0.00	13.04	10.09	0.00						
GIRLS GRADE 12											
	Breana Carson	Caitlin Dickinson	Lily Taitimu								
100 M	14.68	16.60	16.10								
400 M	70.12	0.00	77.76								
LJ	3.86	3.46	3.55								
DT	27.97	18.96	17.83								
GIRLS GRADE 13											
	Summer Rutherford	Olivia Fidow	Tayla Clarke	Tess Whitwham	Ellie Whohoe-Philli	Ella Apps	Ngarama O'Keefe				
100 M	0.00	15.37	15.79	15.12	0.00	0.00	0.00				
400 M	0.00	0.00	73.14	68.69	74.63	0.00	0.00				
H 80 M	12.45	0.00	0.00	0.00	0.00	0.00	0.00				
LJ	5.19	3.49	3.62	3.70	3.96	0.00	0.00				
DT	0.00	17.00	21.01	15.46	15.36	0.00	20.50				
SP	0.00	0.00	0.00	0.00	0.00	0.00	10.27				
GIRLS GRADE 14											
	Abigail Van der Voort	Kate Keenan	Larissa McKewen	Louise Richards	Dana Bingham						
100 M	0.00	16.07	0.00	0.00	0.00						
400 M	0.00	72.29	0.00	0.00	0.00						
LJ	0.00	3.83	0.00	0.00	0.00						
DT	0.00	10.50	31.45	0.00	0.00						
SP	0.00	0.00	10.56	0.00	0.00						



CHILDRENS TRACK AND FIELD  
INTERCLUB COMPETITION RESULTS

DATE: 8-Dec-12  
VENUE: Rawhiti Domain

## BOYS GRADE 5 AND 6

	Lachlan Brockett	Zachery Landers	Oliver Williams
60 m	13.45	0.00	0.00
200 m	51.59	0.00	0.00
SP	1.98	0.00	0.00

## BOYS GRADE 7

	William McMeeken	Hugo Wrathall	Tyzell Barbara	Laim O'Donnell
60 m	11.69	10.72	0.00	11.46
200 m	40.34	36.62	0.00	38.48
SP	5.09	5.49	0.00	4.25

## BOYS GRADE 8

	Xavier Fidow	Kobe Northmore	Lucas Purdon
60 m	10.46	0.00	0.00
200 m	34.95	0.00	0.00
SP	5.02	0.00	0.00

## BOYS GRADE 9

	Caleb Hazeldine	Dylan Bargh	Matthew Clarke	Sam Kirby	Clayton Shadbolt	William Masters	Zach Goldsmith	Bradley Robins	Micah Landers
60 m	0.00	0.00	11.45	0.00	10.49	10.61	9.69	0.00	12.19
200 m	0.00	0.00	38.39	0.00	37.45	37.70	32.26	0.00	44.18
SP	0.00	0.00	6.14	0.00	6.59	5.55	6.64	0.00	4.78

## BOYS GRADE 10

	Ben Weaver	Logan Johns
60 M	10.52	0.00
200 M	34.90	0.00
1500 M	6.2044	0.0000
SP	5.72	0.00

## BOYS GRADE 11

	Drew Mackay	Gregor Mackay	Lachlan Pierson	Ted Coleman	Ayrton Shadbolt	Lachlan McCann
60 M	0.00	0.00	9.37	9.05	0.00	0.00
200 M	0.00	30.51	30.40	30.49	30.91	0.00
1500 M	0.0000	5.1335	5.2867	0.0000	5.2591	0.0000
HJ	1.33	1.33	0.00	1.30	1.20	0.00
SP	5.01	6.06	5.85	6.48	6.41	0.00

## BOYS GRADE 12

	Benjamin Roberts	Ethan Bargh	Joshua Clarke	Callum Lawson	Joshua Walker	Louis Andrews	Harrison Crossley
60 M	0.00	0.00	10.85	10.71	0.00	8.73	9.93
200 M	0.00	0.00	36.40	38.01	0.00	29.11	35.63
1500 M	0.0000	0.0000	6.0800	0.0000	0.0000	0.0000	0.0000
HJ	0.00	0.00	0.00	1.20	0.00	1.25	NH
SP	0.00	0.00	7.48	5.41	0.00	7.67	5.62

## BOYS GRADE 13

	Jed Cookson-Ryar	Josh Sutton	Callum Pierson	Fraser Mackay	Sam Mackay	Kevin Guttmann	Farran Landers	Alek Krupa
60 M	0.00	0.00	0.00	8.97	0.00	0.00	10.80	0.00
1500 M	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	5.4305	0.0000
H 80 M	0.00	0.00	0.00	17.28	0.00	0.00	0.00	0.00
HJ	0.00	0.00	0.00	1.40	0.00	0.00	0.00	0.00
SP	0.00	0.00	0.00	7.20	0.00	0.00	0.00	0.00



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