



# PORT HILLS

## ATHLETIC

### CHILDRENS BEST PERFORMANCES - GIRLS

#### TRACK & FIELD

AS AT 22 FEB 2020

#### CURRENT SEASON

#### CANTERBURY OR SEC SCHOOL RECORD

#### 60 meters

Grade 7	Z Whinham	16/03/2019	9.99
Grade 8	A Chiswell	27/02/2010	9.69
Grade 9	W Palamo	23/11/2013	9.29
Grade 10	C Dickinson	19/02/2011	9.06
Grade 11	S Rutherford	19/02/2011	8.73
Grade 12	W Palamo	10/12/2016	8.66
Grade 13	S Rutherford	16/02/2013	8.23
Grade 14	G Pratten	15/12/2018	8.22

#### 100 meters

Grade 7	F Williamson	20/03/2010	16.52
Grade 8	A Chiswell	27/02/2010	15.69
Grade 9	J Davison	14/03/2015	14.91
Grade 10	R Frapwell	10/03/2007	14.25
Grade 11	W Palamo	13/03/2016	13.82
Grade 12	W Palamo	5/03/2017	13.15
Grade 13	S Rutherford	9/02/2013	13.07
Grade 14	S Rutherford	6/04/2014	12.95

#### 200 meters

Grade 7	F Williamson	27/02/2010	36.07
Grade 8	L Pratten	13/03/2016	32.88
Grade 9	L Pratten	4/03/2017	31.41
Grade 10	M Gribbin	10/03/2007	29.61
Grade 11	S Rutherford	16/01/2011	29.02
Grade 12	S Rutherford	10/03/2012	27.83
Grade 13	S Rutherford	9/03/2013	26.71
Grade 14	K Stuart	28/02/2009	26.25

#### Hurdles

Grade 12	S Rutherford	7/04/2012	12.63
Grade 13	S Rutherford	8/12/2012	12.45
Grade 14	S Rutherford	11/01/2014	12.3

#### 300m Hurdles

Grade 14	B Fidow	2/12/2016	51.46
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#### Medley relay

Grade 10	10/12/2016	4:54.67
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#### 400 meters

Grade 10	A Pitt	29/03/2014	1:06.65
Grade 11	L Pratten	9/02/2019	1:04.27
Grade 12	L Pratten	22/02/2020	1:02.51
Grade 13	G Pratten	3/03/2018	1:03.03
Grade 14	N Mesman	1/03/2008	01:01.1

#### 800 meters

Grade 10	P Burrige	10/03/2012	2:34.64
Grade 11	P Burrige	5/01/2013	2:32.91
Grade 12	E McGuiness	22/04/2019	2:28.11
Grade 13	E McGuiness	22/02/2020	2:22.14
Grade 14	N Mesman	11/01/2008	2:26.97

#### 1500 meters

Grade 10	P Burrige	10/03/2012	5:23.77
Grade 11	F Chittock	17/03/2019	5:07.23
Grade 12	E McGuiness	21/04/2019	5:00.52
Grade 13	L Dunlop	4/03/2017	4:54.87
Grade 14	M Vardy	13/03/2010	4:53.89

#### Walks

Grade 10	G Mackay	9/03/2013	8:30.04	1200m
Grade 11	M Scott	17/03/2019	7:55.60	1200m
Grade 12	K Newitt	8/03/2003	5:05.70	1000m
Grade 12	J Landers	15/03/2014	7:23.50	1200m
Grade 13	R Clearwater	11/02/2007	7:57.30	1500m
Grade 13	E Lee	17/03/2019	9:34.21	1600m
Grade 13	J Landers	6/12/2014	12:21.10	2000m
Grade 14	K Newitt	6/03/2005	7:17.20	1500m
Grade 14	E Lee	22/02/2020	12:38.35	2000m

#### 4 x 100 meters relay

Grade 7	4/12/2010	1:12.20
Grade 8	13/03/2016	1:05.65
Grade 9	5/03/2017	1:03.03
Grade 10	16/01/2016	1:01.48
Grade 11	15/01/2016	58.40
Grade 12	28/02/2009	56.23
Grade 13	4/03/2017	54.75
Grade 14	15/01/2009	53.71

Grade 11	17/01/2016	4:47.09
Grade 12	15/12/2018	4:31.97
Grade 13	14/12/2019	4:23.75
Grade 14	14/12/2019	4:35.87

#### Shot Putt

Grade 7	L Pratten	28/02/2015	6.33	1kg
Grade 7	B Carson	1/03/2008	4.55	1.375kg
Grade 8	L Pratten	20/03/2016	6.49	1.5kg
Grade 9	W Palamo	22/02/2014	9.81	1.5kg
Grade 10	W Palamo	7/02/2015	9.77	2kg
Grade 11	W Palamo	6/02/2016	12.37	2kg
Grade 11	L McKewen	24/11/2009	8.91	2.72kg
Grade 12	L McKewen	6/11/2010	11.25	3kg
Grade 12	L McKewen	2/04/2011	10.34	3.25kg
Grade 13	N O'Keefe	6/04/2013	11.87	3kg
Grade 13	L Kini	17/03/2009	9.90	3.25kg
Grade 14	J Busch	20/02/2016	12.88	3kg
Grade 14	H Cain	2/02/2008	10.50	3.25kg

#### High Jump

Grade 10	Z McMeeken	14/03/2015	1.32
Grade 11	E Apps	19/02/2011	1.40
Grade 12	E Apps	14/01/2012	1.46
Grade 13	Z McMeeken	25/11/2017	1.56
Grade 14	J Hicks	11/01/2008	1.61

#### Hammer Throw

Grade 12	C Dickinson	2/03/2013	11.08	3kg
Grade 13	A Clapp	27/02/2016	27.64	3kg
Grade 14	A Clapp	28/01/2017	35.64	3kg

#### Quadrathon

Grade 10	L Pratten	17/02/2018	1475
Grade 11	L Pratten	16/02/2019	1833
Grade 12	L Pratten	23/11/2019	2094
Grade 13	S Rutherford	17/11/2012	2148
Grade 14	G Pratten	16/02/2019	2220

#### Discus

Grade 7	L Pratten	14/03/2015	13.88	500g
Grade 8	E Pratten	15/03/2014	17.93	500g
Grade 9	G Pratten	29/03/2014	20.41	500g
Grade 10	W Palamo	7/03/2015	23.05	750g
Grade 11	W Palamo	20/03/2016	30.27	750g
Grade 12	W Palamo	4/03/2017	38.86	750g
Grade 12	L McKewen	2/04/2011	29.68	1kg
Grade 13	F Lai Kong	13/03/2016	33.94	1kg
Grade 14	N O'Keefe	2/03/2014	36.93	1kg

#### Long Jump

Grade 7	V McMeeken	14/03/2014	3.30
Grade 8	V Guttman	17/03/2013	3.79
Grade 9	J Davison	14/03/2015	3.87
Grade 10	M Gribbin	12/01/2007	4.37
Grade 11	L Pratten	24/03/2019	4.55
Grade 12	S Rutherford	1/04/2012	4.83
Grade 13	S Rutherford	8/12/2012	5.19
Grade 14	S Rutherford	15/03/2014	5.13

#### Javelin

Grade 12	L McKewen	3/04/2011	21.91	400g
Grade 13	Z McMeeken	17/03/2018	30.73	600g
Grade 14	Z McMeeken	23/03/2019	30.98	600g



# PORT HILLS

## ATHLETIC

### CHILDRENS BEST PERFORMANCES - BOYS

#### TRACK & FIELD AS AT 22 FEB 2020

**CURRENT SEASON**  
**CANTERBURY OR SEC SCHOOL RECORD**

#### 60 meters

Grade 7	P J Palamo	14/03/2015	9.72
Grade 8	P J Palamo	14/03/2015	9.22
Grade 9	J Coates	10/03/2012	9.12
Grade 10	J Dempster	17/12/2016	8.66
Grade 11	T Coleman	9/02/2013	8.88
Grade 12	J Dempster	9/02/2019	8.30
Grade 13	J Cookson-Ryan	9/02/2013	8.05
Grade 14	C Kaufuti	11/11/2017	7.77

#### 100 meters

Grade 7	S Phillip	10/03/2007	15.74
Grade 8	P J Palamo	20/03/2016	15.20
Grade 9	P J Palamo	5/03/2017	14.72
Grade 10	J Dempster	7/01/2017	13.24
Grade 11	F MacKay	15/01/2011	13.79
Grade 12	J Cookson-Ryan	7/04/2012	13.29
Grade 13	C Tyndall	10/11/2007	12.72
Grade 14	C Kaufuti	4/11/2017	12.26

#### 200 meters

Grade 7	S Phillip	10/03/2007	33.36
Grade 8	S Phillip	1/03/2008	31.30
Grade 9	A Sevier	13/03/2016	31.14
Grade 10	J Dempster	17/12/2016	29.23
Grade 11	B Gleaves	1/03/2008	28.49
Grade 12	C Tyndall	17/12/2007	27.10
Grade 13	B Gleaves	3/04/2010	24.89
Grade 14	M Winter	22/02/2020	24.38

#### 4 x 100 meters relay

Grade 7	14/02/2009	1:10.49
Grade 8	13/02/2010	1:06.71
Grade 9	13/03/2016	1:03.26
Grade 10	27/01/2007	1:00.59
Grade 11	12/01/2018	57.71
Grade 12	10/11/2018	54.83
Grade 13	9/03/2013	53.60
Grade 14	19/01/2020	51.41

#### 400 meters

Grade 10	J Dempster	19/11/2016	1:07.03
Grade 11	B Gleaves	1/03/2008	1:04.01
Grade 12	J Cookson-Ryan	7/04/2012	58.81
Grade 13	L Howell	5/03/2017	55.90
Grade 14	L Howell	25/03/2018	53.14

#### 800 meters

Grade 10	A Sevier	4/03/2017	2:27.62
Grade 11	J Marryatt	1/03/2008	2:25.58
Grade 12	L O'Donnell	5/01/2018	2:18.48
Grade 13	J Armstrong	6/03/2005	2:04.30
Grade 14	J Armstrong	30/11/2005	2:00.00

#### 1500 meters

Grade 10	A Sevier	5/03/2017	4:52.77
Grade 11	J Marryatt	23/02/2008	4:49.90
Grade 12	J Marryatt	28/02/2009	4:40.00
Grade 13	C Hazlett	5/01/2018	4:26.32
Grade 14	C Hazlett	16/03/2019	4:14.98

#### Walks

Grade 10	Z Landers	25/02/2017	8:18.90	1200m
Grade 11	Z Landers	14/01/2018	7:25.86	1200m
Grade 12	M Landers	27/02/2016	7:45.00	1200m
Grade 13	M Landers	28/10/2016	10:49.29	1600m
Grade 14				

#### Hurdles

Grade 12	I Palamo	27/03/2016	12.97	80m
Grade 13	H Cogle	17/01/2020	12.31	80m
Grade 14	J Plenter	27/02/2012	16.40	100m

#### Medley relay

Grade 10	10/12/2016	4:54.67
Grade 11	17/01/2016	4:47.09
Grade 12	15/12/2018	4:31.97
Grade 13	14/12/2019	4:23.75
Grade 14	14/12/2019	4:35.87

**Shot Putt**

Grade 7	P J Palamo	7/03/2015	10.46	1kg
Grade 7	S Phillip	2/12/2006	6.15	1.375kg
Grade 8	P J Palamo	12/12/2015	9.60	1.5kg
Grade 9	P J Palamo	4/03/2017	10.56	1.5kg
Grade 10	J Waldron	1/03/2014	9.61	2kg
Grade 10	B Gleaves	24/03/2007	10.76	1.92kg
Grade 11	B Gleaves	15/10/2007	10.36	3kg
Grade 12	A Palamo	11/02/2017	11.54	3kg
Grade 12	B Gleaves	29/11/2008	11.08	3.25kg
Grade 13	B Gleaves	3/04/2010	12.41	4kg
Grade 13	B Gleaves	13/03/2010	11.13	5kg
Grade 14	J Waldron	16/12/2017	11.92	5kg

**Discus**

Grade 7	P J Palamo	22/03/2015	23.56	500g
Grade 8	P J Palamo	20/03/2016	28.49	500g
Grade 9	P J Palamo	4/03/2017	31.05	500g
Grade 10	S Higgins	25/02/2017	27.47	750g
Grade 11	B Gleaves	2/02/2008	30.59	750g
Grade 12	B Gleaves	4/04/2009	33.75	1kg
Grade 13	B Gleaves	21/11/2009	38.54	1kg
Grade 13	B Gleaves	13/03/2010	34.02	1.25kg
Grade 14	N McGrath	4/04/2009	39.07	1.25kg

**Long Jump**

Grade 7	P J Palamo	22/03/2015	4.17
Grade 8	P J Palamo	20/03/2016	4.26
Grade 9	P J Palamo	25/02/2017	4.23
Grade 10	J O'Halloran	24/03/2007	4.62
Grade 11	T Coleman	17/03/2013	4.88
Grade 12	B Gleaves	28/02/2009	5.10
Grade 13	J Waldron	4/02/2017	5.47
Grade 14	C Kaufuti	4/11/2017	5.64

**High Jump**

Grade 10	J Waldron	15/03/2014	1.42
Grade 11	J Waldron	17/01/2015	1.53
Grade 12	Z Goldsmith	27/03/2016	1.63
Grade 13	J Waldron	17/12/2016	1.70
Grade 14	J Waldron	9/12/2017	1.76

**Hammer Throw**

Grade 12			-
Grade 13			-
Grade 14			-

**Javelin**

Grade 12			-
Grade 13	B Higgins	17/03/2018	33.23
Grade 14	J Plenter	6/02/2010	23.71

**Quadrathon**

Grade 10	S Higgins	18/02/2017	1369
Grade 11	S Higgins	17/02/2018	1328
Grade 12	L O'Donnell	17/02/2018	1618
Grade 13	J Waldron	18/02/2017	2075
Grade 14	J Waldron	18/11/2017	2033