



PORT HILLS

ATHLETIC

CHILDRENS BEST PERFORMANCES - GIRLS

TRACK & FIELD

AS AT 15 MAR 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 |
|----------|---------|-----------|-------|

Medley relay

| | | |
|----------|------------|---------|
| Grade 10 | 10/12/2016 | 4:54.67 |
|----------|------------|---------|

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 | 1:01.10 |

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 | 15/03/2020 | 11:49.93 | 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 | L Pratten | 14/03/2020 | 4.84 |
| 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 15 MAR 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 | 14/03/2020 | 52.19 |
| Grade 14 | 14/03/2020 | 50.06 |

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 |