

## Results from NZ Secondary Schools Champs WANGANUI

### NZ Sec Schools T&F Championships, Cooks Gardens – 6/7 December 2014

Bailey Stewart of Sacred Heart Auckland highlighted the second day of the championships with a record breaking run in the senior boys 400m.

He not only retained his title but obliterated the field smashing the record with an outstanding time of 46.67, erasing Andrew Whyte's 2011 record of 46.91.

Stewart had no idea that he would come up with a record breaking time.

"I went into it thinking about the conditions and the athletes in the race. I was aiming for around 22 seconds to the first 200m with a tail wind down the back straight and I achieved that. It was just an amazing breeze down the back that pulled me round," he said.

Lauren Bruce's last year at school was crowned with a record of 63.67m on the first day in the open girls hammer throw.

The 17 year old 2013 Oceania under 18 champion added 5.44 metres to her own record set at last year's schools championships and bettered her previous best of 62.01m set in Timaru last month.

Bruce, who was delighted with the result, was rewarded with a hug from her coach Ian Baird.

"The first throw was quite good it was 59m and so I was happy with that and then I threw further in the next two, the fourth didn't go quite as planned and then the sixth one I kind of put out a big one," said Bruce.

She also won the discus with a throw of 43.16m.

Atipa Mabonga set a record of 12.21m in the senior girls triple jump improving on 2012 Oceania champion Nneka Okpala's 2004 record of 12.13m. She was second in the long jump with 5.80m the same distance as the winner Pheobe Edwards.

"To jump 12 metres was crazy and I'm so happy I was over the moon," said Mabonga.

The just turned 16 year old who has been in New Zealand with her family from Zimbabwe since she was four is coached by Lance Smith.

"He was very happy. He is a great coach," she added.

Scott Gregory a promising thrower from Northland excelled in the junior boys hammer throw adding a massive 7.92m to the record set by Matthew Bloxham in 2011. Gregory from Whangarei threw 67.12m beating arch rival Anthony Nobilo of Westlake who had the 4kg hammer out to 66.59m. Gregory was also second in the shot put and won the discus with a throw of 51.12m.

Eliza McCartney's retained her title but was unable to increase her championship record in the pole vault. After coming in at a safe height of 3.80m she easily cleared four metres. The bar was then raised to 4.15m, five centimetres higher than her record set last year. But it proved an impossible barrier for the world junior championships bronze medallist and she had to be satisfied with retaining her title at 4.00m. McCartney who turns 18 next Thursday has a personal best of 4.45m.

The national champion said that it is still early in the season.

"I'm only just starting getting back to my long run ups so I'm still getting the rust off basically from winter. But it was good to come out as it is such a lovely day here and it is always such an amazing atmosphere at this comp and I absolutely love it but it is a bit of a shame it didn't go so well but that's how it is," she said.

McCartney has her sights set on the world university games in Korea in July and the world championships in athletics in Beijing in August.

Sam Ulufonua collected the senior boys throwing double with 59.15m in the discus and 17.89m in the shot put.

The 18 year old said that he tried to get the best with each throw and go with the flow.

"Just got to do it on the day. I just backing it up from training and believing in myself that I can do it. It is a good way to finish my last year at school," he said.

Jordan Rackham came back from a slight illness to show plenty of determination to win the 1500m in 3:57.57 from Guy Kilmister 3:58.72.

"That was as good as I could do, I had a vomiting bug on Friday and yesterday I was just lucky to get through the heats. It was my goal to come and defend the title again, I'm just so happy that I did the speed work in time," he said.

Rackham later competed in the steeplechase but his legs were so drained of energy that he was not up with the pace which was set by Jack Beaumont who led from start to finish in 6:00.05. Troy Lonergan coming over the final hurdle in the race tripped and fell. Rackham just behind him could have gone on and taken the bronze medal but in a sportsmanlike gesture slowed just before the finish line to allow Lonergan

to take third. Anneke Grogan ran a well-judged race to beat Kelsey Forman in the girls steeplechase in 7:09.99.

Tom Smith showed class winning the 100m in 11.24, but forewent the chance of the double withdrawing from the 200m which was won by Jacob Matson in 21.77. Michael Dawson was majestic in the 800m claiming the title in 1:54.18. George Beamish wore the other top ranked runners Dan Hoy and Jacob Priddey down with his relentless pace in the 3000m which he won in 8:24.08.

Jamie Shaw gave Jared Free plenty of competition in the 3000m race walk which Free had to raise a last minute surge to win in 13:33.21. Samantha Parkinson came from behind to win the open girls 2000m track walk in 11:20.47 heading in defending champion Kerri Batin who competed in bare feet.

Zoe Hobbs defended the senior girls 100m in 12.57, but did not compete in the 200m won by Olivia Eaton in 25.45. Symone Tafuna'i was second in both races. Hanna English won the 3000m in 10:08.81 and in the 1500m in a tight bunch on the last lap was tripped from behind and fell, but she got back up for third. Maiya Christini won in 4:43.88.

Pheobe Edwards won the 100m hurdles in 14.44, the long jump 5.80m and the high jump 1.73m.

Georgia Hulls was outstanding in the junior girls retaining her sprint double in 12.28 for 100m and 24.72 for 200m. In the 4 x 100m relay she anchored her Havelock North team to victory downing Columba in the last few strides. Lucy Sheat and Jade Henley-Smith were second and third in both the 100m and 200m.

Ari Graham, just pipped by Isobel Hegan in the 800m came back later to beat Hegan in the 1500m.

Nick Smith had the junior boys sprints to himself easily winning the 100m in 11.24 and the 200m in 22.66. Macleans College runners Flynn Palmer and Theo Quax had a great battle in the 1500m, Flynn outsprinting Quax over the closing stages in 4:10.49. Eduard Korent won the long jump with 6.24m and the high jump clearing 1.85m.

Anna Grimaldi in the Para-Athlete section won the long jump clearing 5.05m and clocked 14.01 in the 100m and 64.92 in the 400m. Harry Crawford in the boys PA A/O javelin throw bettered the New Zealand record of 16.91m with a throw of 19.44m.

Senior road race winners were Sam Pendreigh and Deborah Paine, while Trent Dodds and Phoebe Van Boheemen took the junior titles and Alexander Hull and Hannah O'Connor were winners in the Year 9 sections.