



**PROGRAMME**

**of the**

**PALMERSTON NORTH BOYS' HIGH SCHOOL**

**115<sup>th</sup> ANNUAL**

**ATHLETIC SPORTS**

**at the**

**MANAWATU COMMUNITY**  
**ATHLETICS TRACK**

**WEDNESDAY 9 MARCH, 2016**

| <b>POINTS:</b> | 1st | 2nd | 3rd | 4th | 5th | 6th |
|----------------|-----|-----|-----|-----|-----|-----|
|                | 3   | 2   | 1   |     |     |     |
| Pentathlon     | 9   | 6   | 3   | 1   |     |     |
| Relays         | 10  | 8   | 6   | 4   | 2   | 1   |

### AGE GROUPS:

|              |                         |
|--------------|-------------------------|
| Senior       | Over 16 on 1st January  |
| Intermediate | Under 16 on 1st January |
| Junior       | Under 14 on 1st January |

### PROGRAMME OF SPORTS

| <b>Event<br/>No.</b> |    |              |                             |
|----------------------|----|--------------|-----------------------------|
| 8.50 am              | 1  | Long Jump    | - Junior Pentathlon         |
|                      | 2  | Javelin      | - Senior Pentathlon         |
|                      | 3  | Long Jump    | - Intermediate Pentathlon   |
|                      | 4  | Discus       | - Senior Championship       |
| 9.10 am              | 5  | Shot         | - Intermediate Championship |
| 9.15 am              | 6  | 300m Hurdles | - Junior Championship       |
|                      | 7  | Long Jump    | - Senior Pentathlon         |
|                      | 8  | Javelin      | - Junior Pentathlon         |
|                      | 9  | High Jump    | - Junior Championship       |
|                      | 10 | Triple Jump  | - Intermediate Championship |
|                      | 11 | Long Jump    | - Senior Championship       |
|                      | 12 | Discus       | - Junior Championship       |
| 9.20 am              | 13 | 300m Hurdles | - Intermediate Championship |
| 9.25 am              | 14 | 300m Hurdles | - Senior Championship       |
| 9.30 am              | 15 | 800m         | - Junior Championship       |

|          | <b>Event<br/>No.</b> |              |                             |
|----------|----------------------|--------------|-----------------------------|
| 9.35 am  | 16                   | 800m         | - Intermediate Championship |
| 9.40 am  | 17                   | 800m         | - Senior Championship       |
|          | 18                   | Javelin      | - Intermediate Championship |
| 9.45 am  | 19                   | 200m         | - Junior Championship       |
| 9.50 am  | 20                   | 200m         | - Intermediate Championship |
| 9.55 am  | 21                   | 200m         | - Senior Championship       |
| 10.00 am | 22                   | 110m hurdles | - Senior Championship       |
|          | 23                   | Shot Put     | - Senior Championship       |
| 10.05 am | 24                   | 110m hurdles | - Senior Pentathlon         |
| 10.10 am | 25                   | 100m hurdles | - Intermediate Championship |
| 10.15 am | 26                   | 100m hurdles | - Intermediate Pentathlon   |
| 10.20 am | 27                   | 80m hurdles  | - Junior Championship       |
| 10.25 am | 28                   | 80m hurdles  | - Junior Pentathlon         |
|          | 29                   | Triple Jump  | - Senior Championship       |
| 10.30 am | 30                   | 3000m        | - Senior Championship       |
|          |                      |              | - Int Championship          |
|          |                      |              | - Junior Championship       |
| 10.40 am | 31                   | Discus       | - Int Championship          |
|          | 32                   | Javelin      | - Senior Championship       |
|          | 33                   | Long Jump    | - Junior Championship       |
|          | 34                   | High Jump    | - Intermediate Championship |
|          | 35                   | Shot         | - Junior Championship       |
| 10.50 am | 36                   | 60m          | - Junior Championship       |
| 10.55 am | 37                   | 60m          | - Intermediate Championship |
| 11.00 am | 38                   | 60m          | - Senior Championship       |

|               | <b>Event<br/>No.</b>  |                    |                                    |
|---------------|-----------------------|--------------------|------------------------------------|
| 11.05 am      | 39                    | 2000m Steeplechase | - Open                             |
| 11.05 am      | 40                    | 3000m Walk         | - Open                             |
| 11.05 am      | 41                    | Javelin            | - Junior Championship              |
| 11.25 am      | 42                    | 4 x 100            | - Staff vs Prefects Relay          |
| 11.30 am      | 43                    | 100m               | - Junior Pentathlon                |
| 11.35 am      | 44                    | 100m               | - Junior Championship              |
| 11.40 am      | 45                    | 100m               | - Intermediate Pentathlon          |
| 11.45 am      | 46                    | 100m               | - Intermediate Championship        |
| 11.50 am      | 47                    | 100m               | - Senior Pentathlon                |
|               | 48                    | Javelin            | - Intermediate Pentathlon          |
| 11.55 am      | 49                    | 100m               | - Senior Championship              |
| 12.00<br>noon | 50                    | 400m               | - Junior Championship              |
|               | 51                    | High Jump          | - Senior Championship              |
|               | 52                    | Long Jump          | - Int Championship                 |
|               | 53                    | Triple Jump        | - Junior Championship              |
| 12.05pm       | 54                    | 400m               | - Int Championship                 |
| 12.10 pm      | 55                    | 400m               | - Senior Championship              |
| 12.15 pm      | 56                    | 1500m              | - Junior Championship & Pentathlon |
| 12.20 pm      | 57                    | 1500m              | - Int Championship & Pentathlon    |
| 12.25 pm      | 58                    | 1500m              | - Senior Championship & Pentathlon |
| 12.30 pm      | Relay Squads Assemble |                    |                                    |

|          | <b>Event<br/>No.</b>     |                    |                |
|----------|--------------------------|--------------------|----------------|
| 12.40 pm | 59                       | Medley relays      | - Junior       |
|          | 60                       |                    | - Intermediate |
|          | 61                       |                    | - Senior       |
|          | (800m, 400m, 200m, 200m) |                    |                |
| 1.00 pm  | 62                       | 4 x 400 relay      | - Junior       |
|          | 63                       |                    | - Intermediate |
|          | 64                       |                    | - Senior       |
| 1.20 pm  | 65                       | 4 x 200 relay      | - Junior       |
|          | 66                       |                    | - Intermediate |
|          | 67                       |                    | - Senior       |
| 1.40 pm  | 68                       | 4 x 100 relay      | - Junior       |
|          | 69                       |                    | - Intermediate |
|          | 70                       |                    | - Senior       |
| 1.55 pm  |                          | MARCH PAST         |                |
| 2.45 pm  |                          | ROLL CALL IN CLUBS |                |

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## SCHOOL RECORDS

### SENIORS

|                        |  |              |                     |
|------------------------|--|--------------|---------------------|
| 60 metres              | S Higgle   | 1999         | 6.9secs             |
|                        | H Townsend   | 2000         | 6.9secs             |
|                        | C Hayton   | 2004         | 6.9secs             |
|                        | S McFarlane  | 2008         | 6.9secs             |
| 100 metres             | H Townsend   | 2001         | 10.6secs            |
| 200 metres             | H Townsend   | 2002         | 21.3secs (21.51 ET) |
| 400 metres             | S Higgle   | 1999         | 47.6secs (47.86 ET) |
| 800 metres             | H Donnelly   | 2007         | 1m 53.85secs        |
| 1500 metres            | J Baan   | 2013         | 4m 0.60secs         |
| 3000 metres            | J Baan   | 2013         | 8m 47.53secs        |
| 5000 metres            | J Baan   | 2013         | 15m 5.66secs        |
| 10,000 metres          | P Stuart   | 1983         | 33m 5.0secs         |
| Long Jump              | L Carr   | 2013         | 6 metres 86cm       |
| High Jump              | C Johnson  | 1988         | 1metre 87cm         |
| Triple Jump            | L Carr   | 2012         | 13 metres 92cm      |
| 3000m Open Walk        | B Richardson                                       | 2000         | 13m.22.0secs        |
| Discus                 | A Miller   | 2010         | 50 metres 12cm      |
| Shot 5kg               | A Miller   | 2010         | 15 metres 07cm      |
| 6kg                    | A Miller   | 2010         | 14 metres 48cm      |
| Javelin                | B Langton Burnell                                  | 2011         | 69 metres 10cm      |
| Hammer                 | A Miller   | 2010         | 46 metres 92cm      |
| Hurdles 100m           | L Smith  | 1995         | 13.98secs           |
| Hurdles 110m           | W Hansen   | 2002         | 14.98secs (ET)      |
| Hurdles 300m           | C Hayton   | 2003         | 37.75secs (ET)      |
| Hurdles 400m           | C Hayton   | 2004         | 55.55secs (ET)      |
| Pentathlon             | L Smith  | 1995         | 3277 points         |
| 2000 Steeple           | J Lynch  | 2000         | 6mins 15.7secs      |
| Relay 4 x 100(Club)    | Phoenix  | 2008         | 44.7secs            |
|                        | (A Mullen, S McFarlane, R Badenhorst, J Puohotaua) |              |                     |
| Relay 4 x 100 (School) |  | 1997 (Ch-Ch) | 42.3 secs [H.T]     |
|                        | (G Webb, S Higgle, L Anderson, S Walsh)            |              |                     |
| Relay 4 x 200 (Club)   | Murray   | 2014         | 1m 37.70secs        |
|                        | (H Spencer, S Radley, L Mataparae, J Kellow)       |              |                     |
| Relay 4 x 400(Club)    | Gordon   | 2008         | 3m 40.65secs        |
|                        | (J Robinson, B Hyde, N Wilson, S Craven)           |              |                     |
| Relay 4 x 400 (School) |  | 2013         | 3m 29.51secs        |
|                        | (S Kearins, J Baan, P Kellow, Q Hartley)           |              |                     |
| Relay Medley (Club)    | Vernon   | 2008         | 3m 49.63secs        |
| (800, 400, 200, 200)   | (H Donnelly, B Pullen, J Quayle, J Boxall)         |              |                     |

### INTERMEDIATES

|             |                |      |                |
|-------------|----------------|------|----------------|
| 60 metres   | H Townsend     | 2000 | 7.0secs        |
|             | S McFarlane    | 2007 | 7.0secs        |
| 100 metres  | H Townsend     | 2000 | 10.7secs       |
| 200 metres  | H Townsend     | 2000 | 21.6secs       |
| 400 metres  | P Kellow       | 2013 | 50.72secs      |
| 800 metres  | H Porritt      | 2016 | 1m 54.65secs   |
| 1500 metres | W Morrison     | 1993 | 4m 10.79 secs  |
| 3000 metres | W Morrison     | 1992 | 9m 9.63secs    |
| 5000 metres | H Williams     | 1977 | 16m 8.7secs    |
| Long Jump   | J Kendall      | 2008 | 6 metres 74cm  |
| High Jump   | S Atmore       | 2005 | 1 metre 86cm   |
| Triple Jump | L Carr         | 2012 | 13 metres 92cm |
| Shot        | J Croot        | 2005 | 14 metres 40cm |
| Discus      | B Sutton-Davis | 2004 | 46metres 84cm  |
| Javelin     | A Smith        | 2015 | 58metres 69cm  |

|                        |      |  |      |                     |
|------------------------|------|--|------|---------------------|
| Hurdles                | 100m | G Weitenberg                                       | 2005 | 13.6secs (13.84 ET) |
| Hurdles                | 300m | N Wilson   | 1994 | 40.5secs            |
|                        |      | P Kellow   | 2014 | 40.5secs            |
| Hurdles                | 400m | D Russell  | 1976 | 61.4secs            |
| Pentathlon             |      | B Sutton-Davis                                     | 2004 | 3226 points         |
| Relay 4 x 100 (Club)   |      | Phoenix  | 2007 | 46.0secs            |
|                        |      | (A Mullen, S McFarlane, R Badenhorst, J Puohotaua) |      |                     |
| Relay 4 x 100 (School) |      |  | 1996 | 44.2secs            |
|                        |      | (S Walsh, J Vakapuna, L Anderson, B McHardy)       |      |                     |
| Relay 4 x 200 (Club)   |      | Gordon   | 2015 | 1m 40.0secs         |
|                        |      | (M Shilvock, S Sinamoni, B Hooper, A Smith)        |      |                     |
| Relay 4 x 400 (Club)   |      | Murray   | 2002 | 3m 49.66secs        |
|                        |      | (P Spilman, N Handley, H Signal, C Belton)         |      |                     |
| Relay 4 x 400 (School) |      |  | 2012 | 3m 35.0secs         |
|                        |      | (S Kearins, D Monaghan, D Wilson, Q Hartley)       |      |                     |
| Medley Relay           |      | Murray   | 1994 | 3m 59.1secs         |
| (800, 400, 200, 200)   |      | (J Loza, N Murphy, A McGregor, J Skerman)          |      |                     |

## JUNIORS

|                        |   |      |                  |
|------------------------|---|------|------------------|
| 60 metres              | C Wickes                                      | 1976 | 7.5secs          |
|                        | J Croot                                       | 2004 | 7.5secs          |
|                        | H Townsend                                    | 1998 | 7.5secs          |
|                        | T Hamilton                                    | 2005 | 7.5secs          |
| 100 metres             | H Townsend                                    | 1998 | 11.5secs         |
| 200 metres             | H Townsend                                    | 1998 | 23.44secs        |
| 400 metres             | H Townsend                                    | 1998 | 54.4secs         |
| 800 metres             | H Porritt                                     | 2014 | 2m 4.96secs (ET) |
| 1500 metres            | S Richardson                                  | 1999 | 4m 24.7secs      |
| 3000 metres            | S Richardson                                  | 1999 | 9m 34.0secs      |
| Long Jump              | J Puohotaua                                   | 2005 | 5 metres 89cm    |
| High Jump              | M Seumanu                                     | 2015 | 1 metre 70cm     |
| Triple Jump            | L Carr  | 2010 | 11 metres 92cm   |
| Junior Shot Put        | J Croot                                       | 2004 | 14 metres 49cm   |
| Junior Discus          | J Croot                                       | 2004 | 49 metres 63cm   |
| Junior Javelin         | B Sutton-Davis                                | 2002 | 46 metres 04cm   |
| Hurdles 80m            | H Porritt                                     | 2014 | 11.70secs (ET)   |
| Hurdles 300m           | P Kellow                                      | 2012 | 43.12secs        |
| Hurdles 400m           | P Butson                                      | 1975 | 64.4secs         |
| Softball Throw         | D Dickerson                                   | 1994 | 65 metres 36cm   |
| Cricket Ball Throw     | A Smith                                       | 2013 | 83 metres 69cm   |
| Pentathlon             | B Sutton-Davis                                | 2002 | 3117 points      |
| Relay 4 x 100 (Club)   | Phoenix                                       | 1975 | 50.1secs         |
|                        | (M Sutherland, B Yarrell, M Harrison, J Burr) |      |                  |
|                        | Phoenix                                       | 2004 | 50.1secs         |
|                        | (J Croot, J Puohotaua, B Cousins, T Hamilton) |      |                  |
| Relay 4 x 100 (School) |   | 2011 | 47.53secs        |
|                        | (I Harris, D Wilson, S Kearins, T Brookie)    |      |                  |
| Relay 4 x 200 (Club)   | Murray  | 2005 | 1m 46.0secs      |
|                        | (T Hamilton, S Robinson, T James, H Manthel)  |      |                  |
| Relay 4 x 400 (Club)   | Phoenix                                       | 1983 | 4m 8.3secs       |
|                        | (M Seumanu, J Shaw, R Norman, E Johanson)     |      |                  |
| Medley Relay           | Vernon  | 1977 | 4m 20secs        |

# MANAWATU COMMUNITY ATHLETICS TRACK



Student Toilets  
□□□□□□

Warm-up Area

Student Area

Timing Shed

Triple Jump

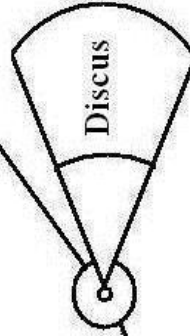
Long Jump

Finish Line

Shot Put

Javelin

High Jump



Discus

ST Johns  
□

Afternoon Tea  
←

Staff Toilets

Staff Carpark

