



PROGRAMME

of the

PALMERSTON NORTH BOYS' HIGH SCHOOL

120th ANNUAL

ATHLETIC SPORTS

at the

MANAWATU COMMUNITY

ATHLETICS TRACK

WEDNESDAY 17 MARCH 2021

Points

	1 st	2 nd	3 rd	4 th	5 th	6 th
	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

Time	Event No.		
9.05 am	1	Long Jump	Junior Pentathlon
	2	Javelin	Senior Pentathlon
	3	Long Jump	Intermediate Pentathlon
	4	Discus	Senior Championship
9.25	5	Shot	Intermediate Championship
9.30	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
9.35	13	300m Hurdles	Intermediate Championship
9.40	14	300m Hurdles	Senior Championship
9.45	15	800m	Junior Championship
9.50	16	800m	Intermediate Championship
9.55	17	800m	Senior Championship
	18	Javelin	Intermediate Championship
10.00	19	200m	Junior Championship

Time	Event No.		
10.05	20	200m	Intermediate Championship
10.10	21	200m	Senior Championship
10.15	22	110m Hurdles	Senior Championship
	23	Shot Put	Senior Championship
10.20	24	110m Hurdles	Senior Pentathlon
10.25	25	100m Hurdles	Intermediate Championship
10.30	26	100m Hurdles	Intermediate Pentathlon
10.35	27	80m Hurdles	Junior Championship
10.40	28	80m Hurdles	Junior Pentathlon
	29	Triple Jump	Senior Championship
10.45	30	3000m	Senior Championship Intermediate Championship Junior Championship
10.55	31	Discus	Intermediate Championship
	32	Javelin	Senior Championship
	33	Long Jump	Junior Championship
	34	High Jump	Intermediate Championship
	35	Shot	Junior Championship
11.05	36	60m	Junior Championship
11.10	37	60m	Intermediate Championship
11.15	38	60m	Senior Championship
11.20	39	Steeplechase	Open
	40	3000m Walk	
	41	Javelin	Junior Championship
11.40	42	4 x 100	Staff vs prefects Relay
11.45	43	100m	Junior Pentathlon
11.50	44	100m	Junior Championship
11.55	45	100m	Intermediate Pentathlon
12.00pm	46	100m	Intermediate Championship
12.05	47	100m	Senior Pentathlon
	48	Javelin	Intermediate Pentathlon

Time	Event No.		
12.10	49	100m	Senior Championship
12.15	50	400m	Junior Championship
	51	High Jump	Senior Championship
	52	Long Jump	Intermediate Championship
	53	Triple Jump	Junior Championship
12.20	54	400m	Intermediate Championship
12.25	55	400m	Senior Championship
12.30	56	1500m	Junior Championship & Pentathlon
12.35	57	1500m	Intermediate Championship & Pentathlon
12.40	58	1500m	Senior Championship & Pentathlon

12.45 RELAY SQUADS ASSEMBLE

12.55	59	Medley Relays (800m, 400m, 200m, 200m)	Junior
	60		Intermediate
	61		Senior
1.15	62	4 x 400 Relay	Junior
	63		Intermediate
	64		Senior
1.35	65	4 x 200 Relay	Junior
	66		Intermediate
	67		Senior
1.55	68	4 x 100 Relay	Junior
	69		Intermediate
	70		Senior

2.10 MARCH PAST

3.00 ROLL CALL IN CLUBS

SCHOOL RECORDS (up-dated March 1 2021)

Senior

60 metres	S Higgle <i>6.9secs</i>	1999
	H Townsend <i>6.9secs</i>	2000
	C Hayton <i>6.9secs</i>	2004
	S McFarlane <i>6.9secs</i>	2008
100 metres	H Townsend <i>10.6secs</i>	2001
200 metres	H Townsend <i>21.3secs (21.51 ET)</i>	2002
400 metres	S Higgle <i>47.6secs (47.86 ET)</i>	1999
800 metres	H Donnelly <i>1m 53.85secs</i>	2007
1500 metres	B Wall <i>3m 52.55secs (ET)</i>	2019
3000 meters	J Baan <i>8m 47.53secs</i>	2013
5000 meters	J Baan <i>15m 5.66secs</i>	2013
10,000 meters	P Stuart <i>33m 5.0secs</i>	1983
Long Jump	L Carr <i>6 metres 86cm</i>	2013
High Jump	C Johnson <i>1metre 87cm</i>	1988
Triple Jump	L Carr <i>13 metres 92cm</i>	2012
3000m Open Walk	B Richardson <i>13m.22.0secs</i>	2000
Discus	A Miller <i>50 metres 12cm</i>	2010

Shot	5kg A Miller <i>15 metres 07cm</i>	2010
	6kg A Miller <i>14 metres 48cm</i>	
Javelin	B Langton Burnell <i>69 metres 10cm</i>	2011
Hammer	A Miller <i>46 metres 92cm</i>	2010
Hurdles 100m	L Smith <i>13.98secs</i>	1995
Hurdles 110m	W Hansen <i>14.98secs(ET)</i>	2002
Hurdles 300m	C Hayton <i>37.75secs (ET)</i>	2003
Hurdles 400m	C Hayton <i>55.55secs (ET)</i>	2004
Pentathlon	L Smith <i>3277 points</i>	1995
2000 Steeple	J Lynch <i>6mins 15.7secs</i>	2000
Relay 4 x 100 (Club)	Phoenix <i>44.7secs</i> (A Mullen, S McFarlaneR Badenhorst, J Puohotaua)	2008
Relay 4 x 100 (School)	<i>42.3 secs [H.T] (Ch-Ch)</i> (G Webb, S Higgie, L Anderson, S Walsh)	1997
Relay 4 x 200 (Club)	Murray <i>1m 37.70secs</i> (H Spencer, S Radley, L Mataparae, J Kellow)	2014
Relay 4 x 400 (Club)	Gordon <i>3m 40.65secs</i> (J Robinson, B Hyde, N Wilson, S Craven)	2008
Relay 4 x 400 (School)	<i>3m 29.51secs</i> (S Kearins, J Baan, P Kellow, Q Hartley)	2013
Relay Medley (Club)	Vernon <i>3m 49.63secs</i> (800, 400, 200, 200) (H Donnelly, B Pullen, J Quayle, J Boxall)	2008

INTERMEDIATE

60 metres	H Townsend <i>7.0secs</i>	2000
	S McFarlane <i>7.0secs</i>	2007
100 metres	H Townsend <i>10.7secs</i>	2000
200 metres	H Townsend <i>21.6secs</i>	2000
400 metres	P Kellow <i>50.72secs</i>	2013
800 metres	H Porritt <i>1m 54.65secs</i>	2016
1500 metres	A Le Pine Day <i>4m 01.08secs (ET)</i>	2018
3000 meters	B Wall <i>8m 56.87secs (ET)</i>	2017
5000 meters	H Williams <i>16m 8.7secs</i>	1977
Long Jump	J Kendall <i>6 metres 74cm</i>	2008
High Jump	S Atmore <i>1 metre 86cm</i>	2005
Triple Jump	L Carr <i>13 metres 92cm</i>	2012
Discus	B Sutton-Davis <i>46metres 84cm</i>	2004
Shot	J Croot <i>14 metres 40cm</i>	2005
Javelin	A Smith <i>58metres 69cm</i>	2015
Hurdles 100m	G Weitenberg <i>13.6secs (13.84 ET)</i>	2005
Hurdles 300m	B Kauri <i>40.20 (40.14 ET)</i>	2020
Hurdles 400m	D Russell <i>61.4secs</i>	1976
Pentathlon	B Sutton-Davis <i>3226 points</i>	2004

Relay 4 x 100 (Club)	Phoenix <i>46.0secs</i> (A Mullen, S McFarlane, R Badenhorst, J Puohotaua)	2007
Relay 4 x 100 (School)	44.2secs (S Walsh, J Vakapuna, L Anderson, B McHardy)	1996
Relay 4 x 200 (Club)	Gordon <i>1m 40.0secs</i> (M Shilvock, S Sinamoni, B Hooper, A Smith)	2015
Relay 4 x 400 (Club)	Albion <i>3m 49.0secs</i> (M Seumanu, E Johanson, J Shaw, J Pronk)	2017
Relay 4 x 400 (School)	<i>3m 35.0secs</i> (S Kearins, D Monaghan, D Wilson, Q Hartley)	2012
Relay Medley (Club)	Murray <i>3m 59.1secs</i> (800, 400, 200, 200) (J Loza, N Murphy, A McGregor, J Skerman)	1994

JUNIORS

60 metres	C Wickes <i>7.5secs</i>	1976
	J Croot <i>7.5secs</i>	2004
	H Townsend <i>7.5secs</i>	1998
	T Hamilton <i>7.5secs</i>	2005
100 metres	H Townsend <i>11.5secs</i>	1998
200 metres	H Townsend <i>23.44secs</i>	1998
400 metres	H Townsend <i>54.4secs</i>	1998
800 metres	H Porritt <i>2m 4.96secs (ET)</i>	2014
1500 metres	S Richardson <i>4m 24.7secs</i>	1999
3000 meters	S Richardson <i>9m 34.0secs</i>	1999

Long Jump	J Puohotaua <i>5 metres 89cm</i>	2005
High Jump	R Lyver <i>1 metre 73cm</i>	2018
Triple Jump	L Carr <i>11 metres 92cm</i>	2010
Discus	J Croot <i>49 metres 63cm</i>	2004
Shot	J Croot <i>14 metres 49cm</i>	2004
Javelin	B Sutton-Davis <i>46 metres 04cm</i>	2002
Hurdles 80m	H Porritt <i>11.70secs (ET)</i>	2014
Hurdles 300m	P Kellow <i>43.12secs</i>	2012
Hurdles 400m	P Butson <i>64.4secs</i>	1975
Softball Throw	D Dickerson <i>65 metres 36cm</i>	1994
Cricket Ball Throw	A Smith <i>83 metres 69cm</i>	2013
Pentathlon	B Sutton-Davis <i>3117 points</i>	2002
Relay 4 x 100 (Club)	Phoenix <i>50.1secs</i> (M Sutherland, B Yarrell, M Harrison, J Burr)	1975
	Phoenix <i>50.1secs</i> (J Croot, J Puohotaua, B Cousins, T Hamilton)	2004
Relay 4 x 100 (School)	<i>47.53secs</i> (I Harris, D Wilson, S Kearins, T Brookie)	2011
Relay 4 x 200 (Club)	Murray <i>1m 46.0secs</i> (T Hamilton, S Robinson, T James, H Manthel)	2005
Relay 4 x 400 (Club)	Albion <i>4m 08.3secs</i> (M Seumanu, J Shaw, R Norman, E Johanson)	2015
Relay Medley (Club)	Vernon <i>4m 20secs</i>	1977

Warm-up Area

Bike Park:

