



PROGRAMME

of the

PALMERSTON NORTH BOYS' HIGH SCHOOL

122nd ANNUAL

ATHLETIC SPORTS

at the

MANAWATU COMMUNITY

ATHLETICS TRACK

TUESDAY 7 MARCH 2023

S T A R T

POINTS

	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

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

Time	Event No.		
10.05am	20	200m	Intermediate Championship
10.10am	22	200m	Senior Championship
10.15am	22	110m Hurdles	Senior Championship
	23	Shot Put	Senior Championship
10.20am	24	110m Hurdles	Senior Pentathlon
10.25am	25	100m Hurdles	Intermediate Championship
10.30am	26	110m Hurdles	Intermediate Pentathlon
10.35am	27	80m Hurdles	Junior Championship
10.40am	28	80m Hurdles	Junior Pentathlon
	29	Triple Jump	Senior Championship
10.45am	30	3000m	Senior Championship
			Intermediate Championship
			Junior Championship
10.55am	31	Discus	Intermediate Championship
	32	Javelin	Senior Championship
	33	Long Jump	Junior Championship
	34	High Jump	Intermediate Championship
	35	Shot	Junior Championship
11.05am	36	60m	Junior Championship
11.10am	37	60m	Intermediate Championship
11.15am	38	60m	Senior Championship
11.20am	39	Steeplechase	Open
	40	3000m Walk	
	41	Javelin	Junior Championship
11.40am	42	4 x 100	Staff vs prefects Relay
11.45am	43	100m	Junior Pentathlon
11.50am	44	100m	Junior Championship
11.55am	45	100m	Intermediate Pentathlon
12.00pm	46	100m	Intermediate Championship
12.05pm	47	100m	Senior Pentathlon
	48	Javelin	Intermediate Pentathlon
12.10pm	49	100m	Senior Championship
12.15pm	50	400m	Junior Championship
	51	High Jump	Senior Championship
	52	Long Jump	Intermediate Championship
	53	Triple Jump	Junior Championship
12.20pm	54	400m	Intermediate Championship
12.25pm	55	400m	Senior Championship
12.20pm	56	1500m	Junior Championship & Pentathlon

Time	Event No.		
12.35pm	57	1500m	Intermediate Championship & Pentathlon
12.40pm	58	1500m	Senior Championship & Pentathlon
12.45pm		RELAY SQUADS ASSEMBLE	
12.55pm	59	Medley Relays (800m, 400m, 200m, 200m)	Junior
	60		Intermediate
	61		Senior
1.15pm	62	4 x 400 Relay	Junior
	63		Intermediate
	64		Senior
1.35pm	65	4 x 200 Relay	Junior
	66		Intermediate
	67		Senior
1.55pm	68	4 x 100 Relay	Junior
	69		Intermediate
	70		Senior
2.10pm		MARCH PAST	
2.20pm		ROLL CALL IN CLUBS	

SCHOOL RECORDS

SENIOR

60 metres	S Higgle 6.9secs	1999
	H Townsend 6.9secs	2000
	C Hayton 6.9secs	2004
	S McFarlane 6.9secs	2008
100 metres	H Townsend 10.6secs	2001
200 metres	H Townsend 21.3secs (21.51 ET)	2002
400 metres	S Higgle 47.6secs (47.86 ET)	1999
800 metres	H Donnelly 1m 53.85secs	2007
1500 metres	B Wall 3m 52.55secs (ET)	2019

3000 metres	J Baan 8m 47.53secs	2013
5000 metres	J Baan 15m 5.66secs	2013
10,000 metres	P Stuart 33m 5.0secs	1983
Long Jump	L Carr 6 metres 86cm	2013
High Jump	C Johnson 1metre 87cm	1988
Triple Jump	L Carr 13 metres 92cm	2012
3000m Open Walk	B Richardson 13m.22.0secs	2000
Discus	A Miller 50 metres 12cm	2010
Shot	5kg A Miller 15 metres 07cm 6kg A Miller 14 metres 48cm	2010
Javelin	B Langton Burnell 69 metres 10cm	2011
Hammer	A Miller 46 metres 92cm	2010
Hurdles 100m	L Smith 13.98secs	1995
Hurdles 110m	W Hansen 14.98secs(ET)	2002
Hurdles 300m	C Hayton 37.75secs (ET)	2003
Hurdles 400m	C Hayton 55.55secs (ET)	2004
Pentathlon	L Smith 3277 points	1995
2000 Steeple	J Lynch 6mins 15.7secs	2000
Relay 4 x 100 (Club)	Phoenix 44.7secs (A Mullen, S McFarlaneR Baden- horst, J Puohotaua)	2008
Relay 4 x 100 (School)	42.3 secs [H.T] (Ch-Ch) (G Webb, S Higgie, L Anderson, S Walsh)	1997
Relay 4 x 200 (Club)	Murray/Vernon 1m 37.70secs (H Spencer, S Radley, L Matapar- ae, J Kellow) (D Clinton, A Porritt, C Evans, G Simpson)	2014/2021

Relay 4 x 400 (Club)	Gordon 3m 40.65secs (J Robinson, B Hyde, N Wilson, S Craven)	2008
Relay 4 x 400 (School)	3m 29.51secs (S Kearins, J Baan, P Kellow, Q Hartley)	2013
Relay Medley (Club)	Vernon 3m 49.63secs (800, 400, 200, 200) (H Donnelly, B Pullen, J Quayle, J Boxall)	2008

INTERMEDIATE

60 metres	H Townsend 7.0secs	2000
	S McFarlane 7.0secs	2007
100 metres	H Townsend 10.7secs	2000
200 metres	H Townsend 21.6secs	2000
400 metres	P Kellow 50.72secs	2013
800 metres	H Porritt 1m 54.65secs	2016
1500 metres	A Le Pine Day 4m 01.08secs (ET)	2018
3000 metres	B Wall 8m 56.87secs (ET)	2017
5000 metres	H Williams 16m 8.7secs	1977
Long Jump	J Kendall 6 metres 74cm	2008
High Jump	S Atmore 1 metre 86cm	2005
Triple Jump	L Carr 13 metres 92cm	2012
Discus	B Sutton-Davis 46metres 84cm	2004
Shot	J Croot 14 metres 40cm	2005
Javelin	A Smith 58metres 69cm	2015
Hurdles 100m	G Weitenberg 13.6secs (13.84 ET)	2005
Hurdles 300m	B Kauri 38.83secs (ET)	2021
Hurdles 400m	D Russell 61.4secs	1976

Pentathlon	B Sutton-Davis 3226 points	2004
Relay 4 x 100 (Club)	Phoenix 46.0secs (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 1m 40.0secs (M Shilvock, S Sinamoni, B Hooper, A Smith)	2015
Relay 4 x 400 (Club)	Albion 3m 49.0secs (M Seumanu, E Johanson, J Shaw, J Pronk)	2017
Relay 4 x 400 (School)	3m 35.0secs (S Kearins, D Monaghan, D Wilson, Q Hartley)	2012
Relay Medley (Club)	Murray 3m 59.1secs (800, 400, 200, 200) (J Loza, N Murphy, A McGregor, J Skerman)	1994

JUNIOR

60 metres	C Wickes 7.5secs	1976
	J Croot 7.5secs	2004
	H Townsend 7.5secs	1998
	T Hamilton 7.5secs	2005
100 metres	H Townsend 11.5secs	1998
200 metres	H Townsend 23.44secs	1998
400 metres	H Townsend 54.4secs	1998
800 metres	H Porritt 2m 4.96secs (ET)	2014
1500 metres	S Richardson 4m 24.7secs	1999
3000 metres	S Richardson 9m 34.0secs	1999
Long Jump	J Puohotaua 5 metres 89cm	2005

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

MANAWATU COMMUNITY ATHLETICS TRACK

Student Toilets
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Warm-up Area

Student Area

Timing Shed

Triple Jump

Long Jump

Finish Line

Shot Put

Javelin

High Jump

Discus

ST Johns

Staff Toilets

Staff Carpark

Staff Carpark

Afternoon Tea

Bike Park :
Behind Hedge







