

## **Review of New Zealand Championships Wellington, March 27, 28, 29 2009.**

We had 61 club members chosen in the Auckland Centre team and numerous others who decided to travel and compete as individuals. They returned with 63 individual medals - 26 gold medals, 20 silver and 17 bronze. Added to this can be the shares Cougars had in medal-winning relay teams. When these are divided by four (4 runners per team, get it!), then we won another 4 gold and 1.75 silver, so the total tally is 68 medals.

The strength of the club can be gauged by the fact that its members comprised almost exactly half of the Auckland regional team and won more than 50% of the team's medals. In a long list of outstanding performances, three prolific medal collectors were Monique Williams with three sprint (100m, 200m, 400m) and two relay golds; Brent Newdick's three titles in the pole vault, long and triple jumps plus second in the 110m hurdles and a part of the silver medal 4 x 400m relay; and Damian Smuts with 6 medals in Mens 19 and Senior shot, discus and hammer.

Nikki Hamblin pulled off a difficult 800m/1500m senior women's double. Originally from Britain, her class was obvious and she should become eligible to represent New Zealand within a month, so, at only 20 years of age, she is on the edge of an international career as a Kiwi. At the championships Nikki was classed as a "visitor", and accordingly received a visitor's gold medal; the first NZ registered athlete receives the championships medal and in this race it was Erin Montgomery, Nikki's training partner and club mate.

Frazer Wickes ran yet another qualifying time for the World Youth Champs in Italy later this year in winning the Mens 16 400m. His was one of the most emphatic titles at the meet. Nick Gerrard (high jump) and Kerry Charlesworth (pole vault) also reached qualifying marks for the World Youth Champs, on their way to winning titles. They were both double gold medallists, Kerry winning two grades of the pole vault and Nick the long as well as the high jump.

In winning the M19 400m hurdles, Daniel Dyet ran 53.87, which is believed to be a National aged 18 Record.

With a title in the 100m hurdles, a silver medal in the long jump and a part of two winning relay teams, Veronica Torr came back with four medals, as did James Mortimer with gold in the 110m hurdles and 4 x 100m relay, silver in the 4 x 400m relay and bronze in the 100m.

In what was described by many as the biggest surprise of the meet, Carl Van Der Speck won the senior 100m title with an inspired run. Those who think this, though, must have forgotten that Carl dominated the sprint track every week before Xmas and then went a bit quiet, only to resurface in brilliant fashion at Wellington.

The full list of medalists is:

## **GOLD**

### **Senior Women**

Jessica Charlesworth - hammer  
Monique Williams - 100m, 200m, 400m.  
Nikki Hamblin - 800m, 1500m  
Erin Montgomery - first NZ resident 800m  
Veronica Torr - 100m hurdles  
Julia Hart - pole vault

### **Senior Men**

Brent Newdick - long jump, triple jump, pole vault  
James Mortimer - 110m hurdles  
Carl Van Der Speck - 100m

### **Women 19**

Kerry Charlesworth - pole vault  
Carly Botes - javelin

### **Mens 19**

Damian Smuts - discus, shot  
Daniel Dyet - 400m hurdles

### **Women 16**

Kerry Charlesworth - pole vault  
Anika Pfitzinger

### **Mens 16**

Nick Gerrard - long jump, high jump  
Frazer Wickes - 400m  
Cameron Beetson - pole vault  
Cameron Graves - 3000m

## **SILVER**

### **Senior Women**

Erin Montgomery - 1500m  
'Ana Po'uhila - shot, discus  
Veronica Torr - long jump  
Millie McNie - Hammer

### **Senior Men**

Brent Newdick - 100m hurdles  
James Dolphin - 200m  
Johan Smallberger - javelin  
JG Nel - pole vault  
Simon Manson - 400m hurdles  
Damian Smuts - shot

### **Women 19**

Chelsea Johannsen - 100m

Mille McNie- hammer

**Mens 19**

Shay Taylor - 400m hurdles  
Cameron Beetson - pole vault  
Damian Smuts - hammer

**Womens 16**

Lucy McGall - pole vault  
Madison Gipson - 300m hurdles  
Livy Wilson - 200m

**Mens 16**

Nick Southgate - pole vault

**BRONZE**

**Senior Women**

Amber Grogan - triple jump  
'Ana Po'uhila - hammer  
Morgan Williams - pole vault  
Cary Botes - javelin

**Senior Men**

James Mortimer - 100m  
Carl Van Der Speck - 200m  
Damian Smuts - hammer, discus  
Charles Nicolson - triple jump

**Womens 19**

Morgan Williams - pole vault

**Mens 19**

Nick Southgate - pole vault  
James Doyle - shot

**Womens 16**

Portia Bing - 300m hurdles  
Kimberley Burke - 3000m  
Zoe Ballantyne - 100m hurdles

**Mens 16**

Ben Paltridge - 200m, triple jump

**Athletes who won medals in relays (4 x 100m, 4 x 400m)**

**Senior Women** - Monique Williams (2 gold), Veronica Torr (2 gold)

**Senior Men** - James Mortimer (1 gold, 1 silver), James Dolphin (1 gold),  
Matt Brown (1 silver), Brent Newdick (1 silver).

**Womens 19** - Elena Hewett (1 gold), Bianca Lawrie (1 gold).

**Mens 19** - Daniel Dyet (1 gold, 1 silver), Shay Taylor (1 gold, 1 silver).

**Womens 16** - Livy Wilson (2 gold), Portia Bing (2 gold), Louise Hodge (2 gold), Madison Gipson (1 gold).

**Mens 16** - Ben Paltridge (1 bronze), John Whibley (1 bronze).