



# Track & Field Athletics Meeting

*See New Zealand's best in action and breaking records!!!*

**SATURDAY 20<sup>TH</sup> JANUARY 2021**

**4:00 – 8:00PM**

**NEWTOWN ATHLETICS STADIUM, WELLINGTON**

---

## **ENTRY PRICES**

ADULTS  
STUDENTS  
CHILDREN (UNDER 12)

\$10  
\$ 5  
FREE







## Mayor's Welcome

Kia ora competitors, supporters, and fans

Welcome to the annual 17th Capital Classic Track and Field Meeting an event that has justly earned its place in the annals of New Zealand sporting history.

I want to acknowledge the commitment to your sporting discipline that will be so evident in this year's competition. The challenge that you as individual athletes have faced to compete is inspiration to both fellow competitors and the wider community. The preparedness to pit yourself against each other and the elements is exciting and takes personal courage. In the words of the late and great Sir Peter Snell, "when it's pouring rain and you're bowling along through the wet, there's satisfaction in knowing you're out there and the others aren't."

Good luck everyone.

**Andy Foster**  
**Mayor of Wellington City**

# Absolutely Positively Wellington City Council

## Me Heke Ki Pōneke

## Welcome to Newtown Park on behalf of Athletics Wellington.

This is the 17<sup>th</sup> edition of the Capital Classic and once again we are incredibly happy to hold such a prestigious event here in Wellington. We especially welcome all athletes and coaches who have travelled to Wellington this year and wish them all the best.

2020 provided plenty of challenges and uncertainty. We are very fortunate to be living in New Zealand where we are able to hold events such as the Capital Classic while much of the rest of the world still grapples with the Covid-19 pandemic. Sport has the amazing ability to unify and bring people together, from all walks of life.

Events such as these do not just happen. Countless people put in time and effort, many of which are volunteers. Thank you to all the volunteers and officials that have put their hand up to help with the Capital Classic this year. Your contribution goes a long way to ensuring athletes can continue to enjoy participating in athletics. There is also a tremendous amount of work that is done behind the scenes. Athletics Wellington would like to acknowledge, and thank, all those who have contributed to making this even happen, in particular Tony Rogers as the Meet Director.

I would also like to thank Mike, Tania and their team at Team Ledger Harcourt's for their continued, generous support, allowing this event to be the very best it can be.

On behalf of Athletics Wellington, welcome, thank you for coming along to support the athletes competing today and we hope you enjoy your day here at Newtown Park.

**Chairman, Athletics Wellington**  
**Jake Inwood**

### **TEAM LEDGER Harcourts Capital Classic Track and Field Meeting** **Greets and Thanks our Athletes, Officials, VIPs, Sponsors and Spectators**

Our last year has continued to throw the world many new challenges and we have had to adapt and marks our 17<sup>th</sup> Capital Classic under unusual circumstances not the least that we have been unable to have some of our own international athletes return to New Zealand. We too will miss the fantastic extra dimension and competition provided by some of our Australian athletics guest over the last so many years to spice up today's competition.

In 2020, the Capital Classic again was one of the Premier NZ one day meetings with nine meeting records set with some truly international class performances as athletes pursued the Olympic qualifying targets and valuable World Athletics ranking points for the Olympics. This year the meeting is on replay mode as athletes again try to gain Olympic qualifying performance points for Tokyo 2021. With Little International competition possible almost in the last 12 months our own New Zealand athletes are primed and ready to set some new records.

Events like the Capital Classic only happen with an incredible amount of goodwill from the many stakeholders and key supporters willing to contribute to our sport. We wish to acknowledge once again the tremendous support from our naming right sponsor **Mike and Tania Ledger** of "**TEAM LEDGER Harcourts**" for your continued support now for eight years, as well as key associate partners **Athletics New Zealand, Wellington City Council** and we welcome aboard our family of supporters **Craigs Investment Partners and Mediterranean Foods**. The continued support of our long-standing partners namely the staff teams at **Fuji Xerox, Brentwood Hotel, SAS Sports Apparel**, all who again continue their support for our officials and athletes. We appreciate the support and work of **Roger Robinson** one of our regular event announcers. We wish to special publication about our sport "**When Running Made History**" as well as his Scholarship offer to young athletes.

Acknowledgement and thank to our Area Federation **Oceania Athletics** for working with World Athletics on our behalf to accredit the Capital Classic with Area Permit status and Athletics Wellington board and local officials for their outstanding work locally for athletes to experience the joy of competition.



We hope all athletes, coaches, parents, our valuable officials and volunteers and supporters and fans enjoy your Capital Classic experience, whether in the stadium or watching on the **Skysport NEXT** livestream and wish you all the best for the remaining season in 2021 and hope to see you back here in 2022.

**Tony Rogers**  
**ACEsports - Meeting Director**

# Protect yourself and others from COVID-19



Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Put used tissues in the bin or a bag immediately.



Stay home if you feel unwell.

For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

Unite  
against  
COVID-19

PROTECT\_AA\_20/03





## Officials List



Meeting Director	Tony Rogers – Acesports
Meeting Managers	Charlie Nairne and Mike Ritchie
Technical Delegate	<b>John Phillips</b>
Jury of Appeal	Tony Rogers, John Phillips, Alan Stevens & Referees
Arena and Safety Manager	Anne Hare
Gate Entry Manager	Peter Jack and Kiwi Athletics Club
Medical and First Aid	Tony Snell (Physio), Tracey Baldwin (Nurse)
<b>PRESENTATION</b>	
Announcers	Sarah Biss, Roger Robinson, Richard Willis
Field Event Introductions	Sarah Cowley
Livestream Production	TheStreamShop
Livestream Commentators	Rees Buck, Sarah Cowley, Mark Rosanowski,
Medal Ceremonies	Todd Stevens, Joan Merrilees, Tony Rogers
VIP's and Hospitality	Macy and Miron Hare
<b>ATHLETE SERVICES</b>	
Doping Control Station Liaison	Charlie Nairne
Athlete Check In	Ryan McAlister , Mike Dwyer
Technical Manager & Gear Stewards	Brian Curry
Volunteers	Wellington College Athletes
Results Management	Mark Harris, Andrea Harris, Michael du Toit
<b>TRACK</b>	
Photo Finish team	Mark Harris [Chief], Peter Baillie, Ed Hutchinson, John Gallagher
Track Referee	Peter Maunder
Track Umpires	Tony McKone, Alan Stevens, Bev Hodge, John Leonard, Phillip du Toit
Start referee	Peter Collerton
Starter	Deb Fern
Starter's Assistant	Alan Adamson, Stephen Whiti,
Wind Gauge Operator – track	<i>as required</i>
Finish Line	Tony McKone, Chris Hare,
Recorder	Mike Dwyer
<b>FIELD</b>	
High Jump team: <b>Adrienne Bruce</b> (Referee), <b>Eddie Soria</b> (Chief - Men), George McConachy (Chief - Women), Chris Mori, Kelly Cairns, Melissa Hitch cock (M), Sheelagh Prosser (W), Abi Skelton (M)	<b>Long Jump team:</b> <b>Sylvia Maunder</b> (Referee), <b>Sharee Jones</b> (Chief), Frances Bayler, Dawn Melrose, Sonya Reeves, Jason Stack, Richard Drabczynski
<b>Pole Vault team:</b> <b>Willy Szeto</b> (Referee), <b>Steve Simcox</b> (Chief), Alex Merrilees, Murray Gowans, Russell Sears	<b>Triple Jump team:</b> <b>Willy Szeto</b> (Referee), <b>Steve Simcox</b> (Chief), Brian Stewart, Mike Sceats, Sheelagh Prosser, Richard Drabczynski
<b>Hammer team:</b> <b>Joan Merrilees</b> (Referee) <b>Ross Hanning</b> (Chief), Sione To'ia, Graham Cooke, Vaughan Oates, Corran Hanning, Justine Krynen	<b>Discus team:</b> <b>David Sim</b> (Referee), <b>Vaughan Oates</b> (Chief), Atene Karauria, Richard Swan, Finlay Abbott, John Turner
<p><b>Thanks to Newtown's <i>MEDITERRANEAN FOODS</i> and <i>Patisserie Delight Café</i>, for supporting the Capital Classics hospitality services</b></p>	



## TEAM LEDGER

Proud sponsors of  
**Capital Classic Track and Field Meeting**

We are absolutely proud to be sponsoring the Capital Classic yet again in 2021.

Team Ledger are hugely committed to the Wellington community, specifically the Hutt Valley, where we are privileged to be involved in many community organisations and events.

We love our involvement in the Capital Classic and seeing New Zealand's future athletes shine.

Best of luck to all those competing!

### TEAM LEDGER

Harcourts Upper Hutt

Mike 027 358 1028 | Scott 027 376 6350

teamledger@harcourts.co.nz

teamledgernz.com



# 2021 Team Ledger **Harcourts** Capital Classic

## Guide to Order of Events

**3.00pm Gates Open**

### TRACK EVENTS

3.40pm	<b>Athletics Wellington</b> Open and Under 16 One Mile Track Walk
4.00pm	<b>Athletics Wellington</b> Under 16 Girls & Boys Graded 100 metres
4.30pm	<b>Acesports</b> Under 16 Girls & Boys Graded 1500 metres
5.00pm	<b>SAS Sports</b> Secondary Schools Girls 4 x 100 metres relay
5.05pm	<b>SAS Sports</b> Secondary Schools Boys 4 x 100 metres relay
5.10pm	<b>Acesports</b> Under 14 Juniors Mixed Relay 4 x 100 metres relay
5.20pm	<b>Craigs Investment Partners</b> Men and Women Open Graded 3000 metres races
5.45pm	<b>Brentwood Hotel</b> Women's Open Graded 100 metres races
5.55pm	<b>Brentwood Hotel</b> Men's Open Graded 100 metres races
6.10pm	<b>Wellington City Council Women's Elite 100 metres Hurdles</b>
6.20pm	<b>Athletics New Zealand Men's Elite 110 metres Hurdles</b>
6.30pm	<b>Team Ledger Harcourts</b> Men and Women's' Open Graded 400 metres
6.35pm	<b>Mediterranean Foods Women's Elite 400 metres</b>
6.40pm	<b>Team Ledger Harcourts Men's Elite 400 metres</b>
6.50pm	<b>Team Ledger Harcourts</b> Men's Open Graded 800 metres
7.00pm	<b>Roger Robinson</b> Women's Open Graded 800 metres
7.05pm	<b>Roger Robinson Women's Elite 800 metres</b>
7.15pm	<b>Fuji Xerox Women's Elite 100 metres</b>
7.20pm	<b>Wellington City Council Men's Elite 100 metres</b>
7.30pm	<b>Acesports Men's Elite 1500 metres</b>

*Blue Highlighted **Track** events and All **Field** events are World athletics "D" Permit meet  
Events which score Olympic qualifying points*

### FIELD EVENTS

5.00pm	<b>Fuji Xerox Men's Elite Hammer Throw</b>
	<b>Brentwood Hotel Women's Elite Hammer Throw</b>
5.00pm	<b>Athletics New Zealand Men's Elite High Jump</b>
5.00pm	<b>Craigs Investment Partners Women's Elite Pole Vault</b>
5.15pm	<b>Wellington City Council Women's Elite Long Jump</b>
6.15pm	<b>Team Ledger Harcourts Men's Elite Pole Vault</b>
6.30pm	<b>Craigs Investment Partners Men's Elite Discus Throw</b>
	<b>SAS Sports Women's Elite Discus Throw</b>
6.30pm	<b>Fuji Xerox Women Elite High Jump</b>
6.45pm	<b>Team Ledger Harcourts Men's Elite Triple Jump</b>

Changes to start times may occur at the discretion of the Meeting Director.



From running  
lessons to university  
funds, everyone's  
investment story is  
different.

---

We can help you with yours.  
Speak with Anne Hare today.  
04 914 2942  
[anne.hare@craigsip.com](mailto:anne.hare@craigsip.com)



Craigs Investment Partners is a NZX Firm Participant. A Disclosure Statement is available on request and free of charge. Please visit [craigsip.com](http://craigsip.com) for more information.

# Competition Rules

## Important information for Competitors

The Capital Classic will be conducted under the rules of IAAF and Athletics New Zealand.

**All competitors must be registered with Athletics New Zealand or their National Federations and compete in their National, Club or an approved uniform.**

**Stadium entry:** Athletes must enter the track by the door behind the stand near the finishing line end west end], which is 70 metres from the main gate. Entry through this door for athletes will be free, by quoting your name and event, and being checked by the registration official at athlete check in.

Your competitor's accreditation and wristband will then be issued as your entry pass.

**This Room is the Technical Information Centre.**

**Pick up your numbers when you enter and confirm your event entries and confirmation to compete.**

**Competition Numbers:** Numbers are to be worn and must be displayed on the front of the uniform during competition. Walkers will wear numbers front and back. Pole Vault athletes may wear them on their back.

**Entry Confirmation:** All athletes must confirm their entry by signature when picking up their competition numbers, at **least 90 minutes before** the scheduled start of their event for track and **60 minutes before** the scheduled start of their event for field athletes.



**Only athletes who confirm their entry will be drawn in the fields for the event.**

**Scratching:** A competitor who wishes to scratch from an event must do so in person to the Technical Information Centre as soon as possible.

**Draws: Track:** Lane Draws will be published after all confirmed entries are received and posted on an information board outside the Technical Information Centre.

**Jumps and Field:** The competing order will be as set out by the draw sheets published 60 minutes prior to the event. If required Men's and Women's events will be conducted concurrently.

### Reporting Call Times:

Athletes must report to the start line or the field event position no later than **10 minutes before the scheduled start of the event**. Field event athletes should report early to do supervised warm ups at event site.

**Warming up:** Warming up is not allowed on the main field. Warming up can be done on the top field or outside the stadium. If you warm up on the top field or outside the stadium take your wristband accreditation with you to show to the gate stewards to gain easy re-entry access.

**Start Heights:** The start heights for the Pole Vault and High Jump will be decided on the day after athletes have reported to the officials.

**Implement Weigh In:** Implements must be presented for checking and weigh in at the Gear Shed by the 100m start, no later than **2 hours before** the event is scheduled.

**Post Event Procedure and Availability for Media Interview and or drug testing:** Athletes must leave the competition area after their event is completed. Care should be taken not to interfere with other events which will be under way.

**All Athletes** are requested to remain available after their event if required by the DFNZ [Drug Testing Agency] for testing. News media and infield interviews are also likely for winners, and they are likely to be undertaken in front of the grandstand.

**All Athletes** should listen to the Public Address and report for medal presentations if and when requested.

# Athletes of the Capital Classic Track & Field Meet enjoy the hospitality of the



Brentwood Hotel is proud to be the Preferred Accommodation Provider and Sponsor of the 2021 Team Ledger Harcourts Capital Classic. We wish all athletes well in their events and hope friends and family enjoy watching them participate and celebrating their success.

We look forward to welcoming you to the **Brentwood Hotel** at 16 Kemp St, Kilbirnie. Whether staying with us overnight for accommodation, dining in our Aqua Bistro or simply catching up with old friends and rivals over drinks and snacks in the Aqua Bar overlooking the pool courtyard, we know you will love our friendly atmosphere and comfortable environment.

The hosting of sporting groups is one of the Brentwood Hotel's specialties. Our spacious accommodation rooms (sleeping up to 4 people), nutritious catering options and competitively priced packages offer great value for money. The outdoor pool is heated in summer to around 26 degrees - perfect for relaxing after a day of competition.

Brentwood Hotel is located 3.6km from the Airport and close to many local sporting facilities including Newtown Park, ASB Sports Centre and Wellington Regional Aquatic Centre which suits many different sporting disciplines.

The complimentary 24-hour airport shuttle service and free onsite car/van parking offer additional convenience and cost savings. We have 9 conference rooms which can be booked for team use, meetings for up to 400 people or banquet dinners for up to 230 people.

To enquire call us free on 0508 273 689 or visit [www.brentwoodhotel.co.nz](http://www.brentwoodhotel.co.nz)



# NOTES for ATHLETES

## PUBLIC HEALTH

**All athletes must follow any protocols requested of them to adhere to safe practices in the interest of all for Public Health as we unite against COVID**

## Field Events

Officials have the right of discretion to determine athletes who qualify for additional three rounds and the number of further rounds

Under 20 World Athletics Implement specifications may be used at the discretion of the field referee.

### Starting Heights

These will be assessed with the athletes on reporting for Pole vault and High Jump. Athletes are welcome to collaborate with Technical Delegate and Referee to set these progressions.

## Track Events

For Laned events up to 400 metres the top 8 seeds will be drawn from entries to run in the elite or "A" race. The balance of entries will be seeded into Graded Divisions. Please be sure to check times and divisions and some event may be combined



## Roger Robinson Scholarship for Student Runners

This scholarship has been established by **Victoria University of Wellington** to help student runners at any discipline succeed academically and as athletes while enrolled at Victoria University.

The Scholarship celebrates the varied career of Professor Roger Robinson  
(Roger is a regular announcer each year at the Capital Classic).

Applications are due by 31 October each year.

For details, see [vuw.ac.nz/scholarships](http://vuw.ac.nz/scholarships)  
or contact **Scholarships Office, VUW**.



## TRACK EVENTS

<b>3.40pm</b>	<b>Athletics Wellington Open and Under 16 One Mile Track Walk</b>
<b>MEET RECORD</b>	<i>Not held</i>

1	McLean, Sonja	455	55	TRENTAM UNITED HARR	12:10.00
2	McLean, Dani	481	22	WELLINGTON HARRIER A	9:40.00
3	Jones, Daphne	498	79	WELLINGTON SCOTTISH	11:12.00
4	Wilson, Jacqueline	456	75	TRENTAM UNITED HARR	9:45.00
5	Langley, Laura	357	24	HASTINGS ATHLETIC CL	7:20.00
6	du Toit, Sarah	479	15	WELLINGTON HARRIER A	10:05.00
7	Robinson, Alice	461	48	UNATTACHED	11:00.00
1	McLean, Brent	459	57	TRENTAM UNITED HARR	11:10.00
2	Iremonger, Geoff	457	74	TRENTAM UNITED HARR	6:49.00
3	du Toit, Daniel	487	17	WELLINGTON HARRIER A	6:15.00
4	Morton, Ian	161	64	WELLINGTON SCOTTISH	10:15.00
5	McGovern, Clive	458	70	TRENTAM UNITED HARR	9:25.00
6	du Toit, Joseph	488	12	WELLINGTON HARRIER A	11:40.00
7	Lake, Sean	129	49	WELLINGTON SCOTTISH	8:45.00
8	Jones, Ryan	358	16	HASTINGS ATHLETIC CL	7:30.00
9	Dunlop-Brown, Kieran	389	11	MANA AMATEUR ATHLETI	9:45.00

<b>4.00pm</b>	<b>Athletics Wellington Under 16 Girls &amp; Boys Graded 100 metres</b>
<b>MEET RECORD</b>	<i>Not held</i>

### Under 16 Girls Race

2	Franks, Edie	315	15	ATHLETICS WANGANUI I	13.60 _____
3	Whiti, Micayla	297	15	ATHLETICS RICHMOND	12.53 _____
4	Kilmister, Sacha	386	13	MANAAMATEUR ATHLETI	13.55 _____
5	Wilson, Morgan	319	15	ATHLETICS WANGANUI I	13.70 _____

### Under 16 Boys Race

1	Gempton, Theodora	316	14	ATHLETICS WANGANUI I	4:57.10 _____
2	Petley, Mady	318	13	ATHLETICS WANGANUI I	5:30.10 _____
3	Brabyn, Louise	314	14	ATHLETICS WANGANUI I	4:56.10 _____

<b>4.30pm</b>	<b>Acesports OPEN MENS B 1500 &amp; Under 16 Girls &amp; Boys Graded 1500 metres</b>
<b>MEET RECORD</b>	<i>Not held</i>

### Under 16 Girls Race

1	Gempton, Theodora	316	14	ATHLETICS WANGANUI I	4:57.10 _____
2	Petley, Mady	318	13	ATHLETICS WANGANUI I	5:30.10 _____
3	Brabyn, Louise	314	14	ATHLETICS WANGANUI I	4:56.10 _____

### Open Men's B and Under 16 Boys

1	Wright, Liam	426	16	OLYMPIC HARRIER AND	4:11.00 _____
2	Conder, Ben	320	19	ATHLETICS WANGANUI I	4:12.00 _____
3	Britton, Benjamin	444	19	QUEENSTOWN ATHLETICS	4:14.00 _____
4	Davies, Nick	448	16	TAKAPUNA AMATEUR ATH	4:12.70 _____
5	Duker, Reuben	352	21	FEILDING MOA HARRIER	NT _____
6	Beliveau, Henry	486	18	WELLINGTON HARRIER A	4:04.20 _____
7	Hou, Josh	369	17	HILL CITY UNIVERSITY	4:05.30 _____
8	Ford, James	449	15	TAKAPUNA AMATEUR ATH	4:07.00 _____
9	Stewart, Callum	496	22	WELLINGTON HARRIER A	4:17.00 _____
10	Evelt, Luca	489	14	WELLINGTON HARRIER A	3:58.90 _____
11	Tanimoto, Hiro	169	35	WELLINGTON SCOTTISH	4:01.00 _____
12	Harding, James	438	18	PAPAKURA ATHLETIC AN	3:59.20 _____
13	Slee, Logan	371	20	HILL CITY UNIVERSITY	4:01.00 _____
14	Kilmister, Jacob	440	16	PARAPARAUMU TRACK AN	4:33.40 _____
15	Waterworth, Mason	497	18	WELLINGTON HARRIER A	3:59.00 _____

<b>5.00pm</b>	<b>SAS Sports Secondary Schools Girls 4 x 100 metres relay</b>
<b>MEET RECORD</b>	<i>Not held</i>

Wanganui Collegiate Girls

<b>5.05pm</b>	<b>SAS Sports Secondary Schools Boys 4 x 100 metres relay</b>
<b>MEET RECORD</b>	<i>Not held</i>

Hutt International Boys School
Wanganui Collegiate Boys
St Patricks Silverstream
Napier Boys High

<b>5.10pm</b>	<b>Acesports Under 14 Juniors Mixed Relay 4 x 100 metres relay</b>
<b>MEET RECORD</b>	<i>Not held</i>

Mana Athletics Club
---------------------

<b>5.20pm</b>	<b>Craigs Investment Partners Men &amp; Women Open Graded 3000 metres races</b>
<b>MEET RECORD</b>	Men: 7.53.41 - 1095 - Rory Hunter AUSTRALIA 2019 Women: 9.07.85 - 1079 - Rosa Flanagan Uni. Canterbury 2015
<b>Previous Winners</b>	<b>2019 Men:</b> Rory Hunter AUSTRALIA 7.53.41 <b>2019 Women:</b> Camille Buscomb Hamilton City Hawks 9:08.62

1	Rogers, Mathew	382	41	LOWER HUTT AMATEURA	9:45.00	___	_____
2	McLean, Grant	138	52	WELLINGTON SCOTTISH	9:30.00	___	_____
3	Beliveau, Henry	485	17	WELLINGTON HARRIER A	8:42.50	___	_____
4	Miller, Hamish	351	23	EASTERN ATHLETIC AND	8:58.70	___	_____
5	Slee, Logan	371	20	HILL CITY UNIVERSITY	8:47.00	___	_____
6	Day, Stephen	115	45	WELLINGTON SCOTTISH	9:25.00	___	_____
7	Goodisson, Eva	365	22	HASTINGS HARRIER CLU	9:27.90	___	_____
8	Lovelock, David	433	34	PALMERSTON NORTH ATH	9:09.00	___	_____
9	Tanimoto, Hiro	169	35	WELLINGTON SCOTTISH	8:45.00	___	_____
10	Lambert, George	322	18	ATHLETICS WANGANUI I	8:54.60	___	_____

<b>5.45pm</b>	<b>Brentwood Hotel Women's Open Graded 100 metres races</b>
<b>MEET RECORD</b>	11.42 - 1109 - Zoe Hobbs North Harbour Bays 2019
<b>Previous Winner</b>	<b>2020</b> Zoe Hobbs North Harbour 11.59 -1.8

1	Leikis, Libby	372	22	KARORI ATHLETICS CLU	15.58	___	_____
2	Chayille, Collette	429	16	PALMERSTON NORTH ATH	12.364	___	_____
3	Whiti, Micayla	297	15	ATHLETICS RICHMOND	12.53	___	_____
4	Blake , Jordyn	338	21	CHRISTCHURCH OLD BOY	11.91	___	_____
5	Gearey, Shannon	356	23	HASTINGS ATHLETIC CL	12.5	___	_____
6	Whiti Micayla	297	15	ATHLETICS RICHMOND	12.53	___	_____
7	Steinegg, Maicalia	342	27	CHRISTCHURCH OLD BOY	12.72	___	_____
8	Witharana, Chethana	424	16	OLYMPIC HARRIER AND	12.82	___	_____

#### Heat 1

2	Leikis, Libby	372	22	KARORI ATHLETICS CLU	15.58	___	_____
3	Collette, Chayille	429	16	PALMERSTON NORTH ATH	12.64	___	_____
4	Blake, Jordyn	338	21	CHRISTCHURCH OLD BOY	11.91	___	_____
5	Gearey, Shannon	356	23	HASTINGS ATHLETIC CL	12.5	___	_____
6	Whiti, Micayla	297	15	ATHLETICS RICHMOND	12.53	___	_____
7	Steinegg, Maicalia	342	27	CHRISTCHURCH OLD BOY	12.72	___	_____
8	Witharana, Chethana	424	16	OLYMPIC HARRIER AND	12.82	___	_____

5:55pm	<b>Brentwood Hotel Men's Open Graded 100 metres races</b>
<b>MEET RECORD</b>	10.36 – 1085 - Joseph Millar, Athletics Tauranga 2016
<b>Previous Winner</b>	<b>2020</b> Tiaan Whelpton Christchurch 10.66 -1.7

### B Race

1	Shotter, Ryan	396	16	NAPIER HARRIERS	11.40
2	Lotsu, Joshua	442	14	PARAPARAUMU TRACK AN	11.40
3	Topping, Zac	436	30	PALMERSTON NORTH ATH	11.16
4	Krijnen, Oliver	391	17	MANA AMATEUR ATHLETI	11.00
5	Paul, Jake	376	22	KIWI ATHLETIC CLUB I	11.03
6	Sos, Saravee	494	29	WELLINGTON HARRIER A	11.08
7	Rodger, Matthew	473	17	WAIRARAPA TRACK AND	11.37
8	Lambert, Ben	441	16	PARAPARAUMU TRACK AN	11.18

### C Race

1	Pratap, Sainesh	377	20	KIWI ATHLETIC CLUB I	12.03
2	McNicholas, Dominic	493	17	WELLINGTON HARRIER A	12.20
3	Kearns, Jamie	390	16	MANAAMATEUR ATHLETI	11.90
4	Trego, Tyrone	393	16	MANAAMATEUR ATHLETI	11.47
5	Ash, Nick	344	34	CHRISTCHURCH OLD BOY	11.61
6	Woods, Logan	364	16	HASTINGS ATHLETIC CL	11.78
7	Aliva, Fita	388	15	MANAAMATEUR ATHLETI	12.00
8	Lawrence, Matthew	492	23	WELLINGTON HARRIER A	12.07

6.10pm	<b>Wellington City Council Women's Elite 100 metres Hurdles</b>
<b>MEET RECORD</b>	13.41 – 1094 - Rochelle Coster Pakuranga AC 2015
<b>Previous Winner</b>	<b>2020</b> Fiona Morrison Christchurch 13.69 -1.0

3	Taylor, Zoe	474	19	WAITAKERE CITY ATHLE	14.11	_____
4	Robertson, Amy	405	22	NORTH HARBOUR BAYS A	13.60	_____
5	Morrison, Fiona	340	32	CHRISTCHURCH OLD BOY	14.00	_____
6	Knowles, Hinewai	336	19	CAMBRIDGE ATHLETIC A	14.11	_____
7	Hyland, Alexandra	326	21	AUCKLAND CITY ATHLET	14.91	_____

6.20pm	<b>Wellington City Council</b> Men's Elite 110 metres Hurdles
<b>MEET RECORD</b>	14.34 – 1005 - James Mortimer North Harbour Bays 2006
<b>Previous Winner</b>	<b>2017</b> Jack Henry Christchurch Old Boys 14.48

4	Sandilands, James	348	24	CHRISTCHURCH OLD BOY	14.58	_____
5	Moloney, Tom	331	20	AUCKLAND CITY ATHLET	15.89	_____
6	Attwell, Max	345	24	CHRISTCHURCH OLD BOY	16.10	_____

6.30pm	Team Ledger Harcourts Men & Women's' Open Graded 400 metres	
MEET RECORD	47.28 - 1026 - Daniel Dyet North Harbour Bays 2015	
Previous Winner	2020 Men: Luke Mercieca	2020 Women: Portia Bing

### Race A

3	Sew Hoy, William	370	30	HILL CITY UNIVERSITY	54.11	____	_____
4	Taylor, Daniel	323	18	ATHLETICS WANGANUI I	53.06	____	_____
5	O'Sullivan, Finn	347	16	CHRISTCHURCH OLD BOY	53.10	____	_____
6	Willcocks, Liam	394	17	MANA AMATEUR ATHLETI	54.06	____	_____
7	Stefanidis, Lachlan	495	15	WELLINGTON HARRIER A	54.58	____	_____

### Race B

2	Mckenna, Axel	452	16	TITAHY BAY AMATEUR A	52.29	_____
3	McKenzie, Ethan	453	18	TITAHY BAY AMATEUR A	51.66	_____
4	Paddy, Kheal Muliaga	462	19	UNATTACHED	50.19	_____
5	Sos, Saravee	494	29	WELLINGTON HARRIER A	51.47	_____
6	Calder, Ethan	439	19	PARAPARAUMU TRACK AN	51.50	_____
7	Porritt, Aden	435	18	PALMERSTON NORTH ATH	52.25	_____

<b>6.35pm</b>	<b>Mediterranean Foods Women's Elite 400 metres</b>				
<b>MEET RECORD</b>	53.64 - 1063 - Portia Bing North Harbour Bays 2020				
<b>Previous Winner</b>	2020 Portia Bing - Portia Bing North Harbour Bays 53.64				

1	Novak, Tamara	460	31	UNATTACHED	62.5	_____
2	Willis, Bella	381	15	LOWER HUTT AMATEURA	1:00.00	_____
3	Steinegg, Maicalia	342	27	CHRISTCHURCH OLD BOY	57.12	_____
4	Blake, Jordyn	338	21	CHRISTCHURCH OLD BOY	54.55	_____
5	Smart, Camryn	407	19	NORTH HARBOUR BAYS A	54.68	_____
6	Cull, Brooke	447	26	TAKAPUNA AMATEURATH	56.52	_____
7	Gearey, Shannon	356	23	HASTINGS ATHLETIC CL	58.5	_____
8	Walker, Amy	499	18	WELLINGTON SCOTTISH	59.14	_____

<b>6.40pm</b>	<b>Team Ledger Harcourts Men's Elite 400 metres</b>				
<b>MEET RECORD</b>	47.28 - 1026 - Daniel Dyet North Harbour Bays 2015				
<b>Previous Winner</b>	2020 Luke Mercieca University of Canterbury 48.51				

1	Ash, Nick	344	34	CHRISTCHURCH OLD BOY	50.99	_____
2	Pimm, Kairon	362	17	HASTINGS ATHLETIC CL	50.1	_____
3	Robertson, James	333	19	AUCKLAND CITY ATHLET	49.13	_____
4	Ledger, Josh	375	23	KIWI ATHLETIC CLUB I	47.6	_____
5	Gill, Hamish	414	23	NORTH HARBOUR BAYS A	47.75	_____
6	Blaikie, Rowan	374	21	KIWI ATHLETIC CLUB I	48.86	_____
7	Starzynski, Mikael	313	19	ATHLETICS WAIRARAPA	49.18	_____
8	Mercieca, Luke	415	22	NORTH HARBOUR BAYS A	49.2	_____

<b>6.50pm</b>	<b>Team Ledger Harcourts Men's Open Graded 800 metres</b>				
<b>MEET RECORD</b>	1.48.42 - 1071 - Alex Rowe AUSTRALIA 2017				
<b>Previous Winner</b>	2020 Open - Mitchell Snell Hastings Athletics 1:53.59 2020 Elite - Robert Lister AUSTRALIA 1:50.96				

#### Race A

2	Mills, Kosta	312	17	ATHLETICS WAIRARAPA	1:58.00	_____
3	Martin, Alex	373	16	KARORI ATHLETICS CLU	1:54.70	_____
4	Nairne, Josh	470	22	VICTORIA UNIVERSITY	1:52.50	_____
5	Snell, Mitch	397	19	NAPIER HARRIER CLUB	1:53.60	_____
6	Karamanolis, Max	490	20	WELLINGTON HARRIER A	1:53.70	_____
7	Vesty, Karsen	363	16	HASTINGS ATHLETIC CL	1:57.00	_____
8	Hunter, Jack	311	16	ATHLETICS WAIRARAPA	1:58.00	_____

#### Race B

3	Mc Ilvenny, Ronan	469	29	VICTORIA UNIVERSITY	2:15.00	_____
4	Manning, Zach	360	22	HASTINGS ATHLETIC CL	2:03.70	_____
5	Kesry, Jaidan	491	16	WELLINGTON HARRIER A	2:06.00	_____
6	Duker, Reuben	432	15	PALMERSTON NORTH ATH	2:11.00	_____

<b>7.00pm</b>	<b>Roger Robinson Women's Open Graded 800 metres</b>				
<b>MEET RECORD</b>	2.02.63 - 1116 - Katherine Camp Canterbury University 2019				
<b>Previous Winner</b>	2020 Angie Petty				

1	Squire, Eliza	408	16	NORTH HARBOUR BAYS A	2:28.10	_____
2	Carpenter, Charlotte	468	21	VICTORIA UNIVERSITY	2:27.70	_____
3	Harris, Amelia	422	22	OLYMPIC HARRIER AND	2:21.00	_____
4	Barton, Ruby	478	16	WELLINGTON HARRIER A	2:13.10	_____
4	Squire, Phoebe	482	16	WELLINGTON HARRIER A	2:28.10	_____
5	Poland, Joanna	329	17	AUCKLAND CITY ATHLET	2:15.00	_____
6	Wilkinson, Maia	484	15	WELLINGTON HARRIER A	2:15.40	_____
7	Abernethy, Amelia	477	15	WELLINGTON HARRIER A	2:22.10	_____



<b>7.05pm</b>	<b>Roger Robinson Women's Elite 800 metres</b>				
<b>MEET RECORD</b>	2.02.63 - 1116 - Katherine Camp Canterbury University 2019				
<b>Previous Winner</b>	2020 Angela Petty Canterbury University 2:05.77				

1	Twyford, Rosa	464	18	UNIVERSITY OF CANTER	2:09.90
1	Leigh, Peyton	327	18	AUCKLAND CITY ATHLET	2:12.50
2	Atkinson, Sophie	325	19	AUCKLAND CITY ATHLET	2:10.40
2	Lee, Brianna	152	18	HASTINGS ATHLETIC CL	2:12.60
3	Greene, Rebekah	367	27	HILL CITY UNIVERSITY	2:05.00
4	Camp, Katherine	463	29	UNIVERSITY OF CANTER	2:07.00
5	White, Kerry	355	26	HAMILTON CITY HAWKS	2:08.10
6	Macdermid, Kara	430	23	PALMERSTON NORTH ATH	2:08.40
7	Solomon, Krystie	353	18	FRANKTON ATHLETIC AN	2:10.60
7	May, Kimberley	328	18	AUCKLAND CITY ATHLET	2:12.20
8	Lynch, Susannah	423	25	OLYMPIC HARRIER AND	2:19.30

<b>7:15pm</b>	<b>Fuji Xerox Women's Elite 100 metres</b>				
<b>MEET RECORD</b>	11.42 - 1109 - Zoe Hobbs North Harbour Bays 2019				
<b>Previous Winner</b>	2020 Zoe Hobbs North Harbour 11.59 -1.8				

1	Collette, Chayille	429	16	PALMERSTON NORTH ATH	12.64
2	Szabo, Lili	467	22	UPPER HUTT ATHLETIC	12.38
3	Maples, Genna	317	17	ATHLETICS WANGANUI I	12.07
4	Eady, Natasha	400	22	NORTH HARBOUR BAYS A	11.61
5	Elliott, Rosie	366	24	HILL CITY UNIVERSITY	11.76
6	Wilson, Livvy	411	29	NORTH HARBOUR BAYS A	11.77
7	Stephenson, Briana	409	21	NORTH HARBOUR BAYS A	12.18
8	Taylor, Zoe	474	19	WAITAKERE CITY ATHLE	12.32

<b>7.20pm</b>	<b>Wellington City Council Men's Elite 100 metres</b>				
<b>MEET RECORD</b>	10.36 - 1085 - Joseph Millar, Athletics Tauranga 2016				
<b>Previous Winner</b>	2020 Tiaan Whelpton Christchurch 10.66 -1.7				

1	Kingi, Zechariah	451	16	TITAH BAY AMATEUR A	10.92
2	Parmar, Abhijeet	332	19	AUCKLAND CITY ATHLET	10.9
3	Wilson, Cody	395	20	MANAAMATEUR ATHLETI	10.66
4	Osei-Nketia, Edward	417	20	NORTH HARBOUR BAYS A	10.28
5	Gill, Hamish	414	23	NORTH HARBOUR BAYS A	10.4
6	Whelpton, Tiaan	349	20	CHRISTCHURCH OLD BOY	10.47
7	Smith, Mogammad	476	20	WAITAKERE CITY ATHLE	10.69
8	Overend, Dominic	475	18	WAITAKERE CITY ATHLE	10.75

<b>7.30pm</b>	<b>Acesports Men's Elite 1500 metres</b>				
<b>MEET STANDARD</b>	3:43.05				
<b>Previous Winner</b>	Not held				

1	Oakley, Julian	310	27	ATHLETICS TAURANGA I	3:39.20
2	Melton, Connor	465	21	UNIVERSITY OF CANTER	3:57.00
3	Carson, Hamish	100	33	WELLINGTON SCOTTISH	3:36.20
4	Lamb, Liam	471	20	WAIRARAPA TRACK AND	3:54.50
5	Wall, Benjamin	437	20	PALMERSTON NORTH ATH	3:49.20
6	Speakman, Eric	398	30	NAPIER HARRIER CLUB	3:45.00
7	Roswell, Daniel	337	20	CHRISTCHURCH AVON AT	3:55.50
8	Macdermid, Noah	434	20	PALMERSTON NORTH ATH	3:51.50
9	Macdonald, Niam	136	24	WELLINGTON SCOTTISH	3:57.50
10	Anthony, Will	425	17	OLYMPIC HARRIER AND	3:58.10
11	Taylor, Matthew	420	26	NORTH HARBOUR BAYS A	3:51.00
12	Moulai, Tom	466	23	UNIVERSITY OF CANTER	3:51.00

## FIELD EVENTS

<b>5.00pm</b>	<b>Fuji Xerox Men's Elite Hammer Throw</b>			
<b>MEET RECORD</b>	67.43m – 1001 - Philip Jensen North Harbour Bays 2003			
<b>Previous Winner</b>	2018 Anthony Nobilo North Harbour Bays 64.71m 6kg			

7	Bradley, Nicole	399	28	NORTH HARBOUR BAYS A	67.14m	_____
6	Ballantyne, Mayce	298	26	ATHLETICS TAIERI INC	53.32m	_____
3	Bruce, Lauren	445	23	SOUTH CANTERBURYATH	73.47m	_____
4	Shepherd-Oates, Dyani	307	21	ATHLETICS TAIERI INC	57.44m	_____
5	Taufafo Tafili, Iorana	380	19	LOWER HUTT AMATEURA	41.21m	_____
1	Hewitt, Elizabeth	385	17	MANAAMATEUR ATHLETI	45.92m	_____
2	Dunlop-Brown, Anya	384	17	MANAAMATEUR ATHLETI	38.00m	_____

	<b>Brentwood Hotel Women's Elite Hammer Throw</b>			
<b>MEET RECORD</b>	70.53m - 1102 - Julia Ratcliffe Hamilton Hawks 2020			
<b>Previous Winner</b>	2020 Julia Ratcliffe Hamilton Hawks 2020 70.53m			

3	Bates, Todd	308	26	ATHLETICS TAIERI INC	NM	_____
1	Nobilo, Anthony	416	21	NORTH HARBOUR BAYS A	NM	_____
4	Sola, Kaleb	383	18	LOWER HUTT AMATEURA	NM	_____
2	Nel, Hanno	361	17	HASTINGS ATHLETIC CL	NM	_____

<b>5.00pm</b>	<b>Athletics New Zealand Men's Elite High Jump</b>			
<b>MEET RECORD</b>	2.26m - 1143 - Brandon Starc AUSTRALIA 2020			
<b>Previous Winner</b>	2020 Brandon Starc AUSTRALIA 2.26m			

1	Wolton, Marcus	350	25	CHRISTCHURCH OLD BOY	NM	_____
3	Kerr, Hamish	346	24	CHRISTCHURCH OLD BOY	2.27m	_____
2	Moloney, Tom	331	20	AUCKLAND CITY ATHLET	NM	_____
4	Williamson, Jayden	421	17	NORTH HARBOUR BAYS A	NM	_____

<b>5.00pm</b>	<b>Craigs Investment Partners Women's Elite Pole Vault</b>			
<b>MEET RECORD</b>	4.30m - 1052 - Melina Hamilton North Harbour Bays 2005 - Eliza McCartney North Harbour Bays 2015			
<b>Previous Winner</b>	2020 Olivia McTaggart North Harbour 4.17m			

3	Lovrich, Alisha	402	27	NORTH HARBOUR BAYS A	3.50m	_____
1	Murrell, Isabella	404	22	NORTH HARBOUR BAYS A	3.71m	_____
2	Strick, Jessica	410	21	NORTH HARBOUR BAYS A	3.50m	_____
4	McTaggart, Olivia	403	21	NORTH HARBOUR BAYS A	4.50m	_____
5	Ayris, Imogen	446	21	TAKAPUNA AMATEUR ATH	4.50m	_____

<b>5.15pm</b>	<b>Wellington City Council Women's Elite Long Jump</b>			
<b>MEET RECORD</b>	6.29m 1061 Chantal Brunner Counties Manukau 2006			
<b>Previous Winner</b>	2017 Kelsey Berryman Christchurch Old Boys 5.96m 0.6			

3	Ririnui, Mariah	309	28	ATHLETICS TAURANGA I	NM	_____
9	Watson, Pavinee	431	25	PALMERSTON NORTH ATH	NM	_____
5	Thomson, Anna	387	25	MANAAMATEUR ATHLETI	NM	_____
2	Maloney, Hannah	339	25	CHRISTCHURCH OLD BOY	NM	_____
4	Grimaldi, Anna	368	24	HILL CITY UNIVERSITY	NM	_____
7	Szabo, Lili	467	22	UPPER HUTT ATHLETIC	NM	_____
1	Stephenson, Briana	409	21	NORTH HARBOUR BAYS A	NM	_____
6	McDowell, Andrea	427	22	PAKURANGA ATHLETIC C	NM	_____
8	Taylor, Zoe	474	19	WAITAKERE CITY ATHLE	NM	_____

<b>6.15pm</b>	<b>Team Ledger Harcourts Men's Elite Pole Vault</b>				
<b>MEET RECORD</b>	5.30m - 1074 - Nick Southgate North Harbour Bays 2015				
<b>Previous Winner</b>	2020 Nick Southgate North Harbour Bays 5.17m				
3	Du Preez, Ettiene	413	29	NORTH HARBOUR BAYS A	4.90m
2	Attwell, Max	345	24	CHRISTCHURCH OLD BOY	4.70m
1	Steyn, James	419	22	NORTH HARBOUR BAYS A	5.15m

<b>6.30pm</b>	<b>Craigs Investment Partners Men's Elite Discus Throw</b>				
<b>MEET RECORD</b>	65.47m - 1161 - Matthew Denny AUSTRALIA 2020				
<b>Previous Winner</b>	2020 Matthew Denny Australia 65.47mR				
3	Parkinson Alexander	418	27	NORTH HARBOUR BAYS A	60.86m
1	Bell, Connor	412	19	NORTH HARBOUR BAYS A	63.25m
2	Trigger-Faitele, Zion	454	19	TITAH BAY AMATEUR A	48.21m

<b>6.30pm</b>	<b>SAS Sports Women's Elite Discus Throw</b>				
<b>MEET RECORD</b>	63.30m - 1132 - Beatrice Faumuina Waitakere City 2006				
<b>Previous Winner</b>	2019 Sositina Hakeai Auckland City AC 56.75m				
1	Taufafo Tafili, Iorana	380	19	LOWER HUTT AMATEUR A	NM _____
4	Scheen, Savannah	406	20	NORTH HARBOUR BAYS A	NM _____
3	Beattie, Zharna	306	19	ATHLETICS TAIRI INC	NM _____
2	Hewitt, Elizabeth	385	17	MANA AMATEUR ATHLETI	NM _____
5	Sola, Mikayla	379	15	LOWER HUTT AMATEUR A	NM _____

<b>6.30pm</b>	<b>Fuji Xerox Women's Elite High Jump</b>				
<b>MEET RECORD</b>	1.99m - 1209 - Eleanor Patterson AUSTRALIA 2020				
<b>Previous Winner</b>	2020 Eleanor Patterson AUSTRALIA 1.99m				
6	O'Hagan, Keeley	341	27	CHRISTCHURCH OLD BOY	1.85m _____
4	Hyland, Alexandra	326	21	AUCKLAND CITY ATHLET	1.77m _____
2	Skelton, Imogen	330	20	AUCKLAND CITY ATHLET	1.78m _____
1	Reeves, Josephine	378	19	LOWER HUTT AMATEUR A	1.80m _____
3	Taylor, Josie	354	18	HAMILTON CITY HAWKS	1.83m _____
5	Dixon, Pippa	335	15	CAMBRIDGE ATHLETIC A	1.70m _____
7	Waite, Naomi	483	15	WELLINGTON HARRIER A	1.64m _____

<b>6.45pm</b>	<b>Team Ledger Harcourts Men's Elite Triple Jump</b>				
<b>MEET RECORD</b>	14.88m - 939 - Scott Thomson Mana AAC 2014				
<b>Previous Winner</b>	2017 Zachary Nunis AUSTRALIA 14.81m 0.2				
2	Thomson, Scott	334	28	AUCKLAND CITY ATHLET	14.28m
4	Allan, Andrew	343	20	CHRISTCHURCH OLD BOY	13.83m
1	De Vries, Kane	296	18	ATHLETICS HAWERA INC	NM _____
5	Tripe, Jonty	324	17	ATHLETICS WANGANUI I	NM _____
6	Singer, Taylor	443	16	PARAPARAUMU TRACK AN	NM _____
8	Kearns, Jamie	390	16	MANA AMATEUR ATHLETI	12.94m
3	Dai, Jacky	321	16	ATHLETICS WANGANUI I	NM _____
7	Tijerina, Izel Dow	392	15	MANA AMATEUR ATHLETI	12.52m

# MEDITERRANEAN. FOODS Est. 1990

## BRINGING THE MEDITERRANEAN TO YOUR PLATE SINCE 1990

We are New Zealand's largest distributor of Mediterranean products, offering a wide range of imported and locally produced goods including pasta, oil, wine, cheese, meats and so much more.



Mediterranean Foods is about creating food experiences for people attracted to fresh, healthy and tasty flavours with dishes ready to eat immediately in our trattoria or to create at home.

Embrace the benefits of the Mediterranean Diet.  
Eat, drink and be healthy, the Mediterranean Foods way.

### Explore what Mediterranean Foods has to offer:

- trattoria + café + pizzeria + bar + gelato
- shop + deli
- MediRedi ready meals
- specially selected wines from the Mediterranean region
- online shopping
- gift vouchers + gift selections
- Pizza by the Metre Monday nights
- Viva Vegan Tuesday nights
- antipasto platters + catering + functions
- cooking classes
- pizza masterclasses
- wine degustation evenings
- regular events
- Foodclub Loyalty Programme

### Opening Hours

#### SHOP

Monday to Saturday  
8:00am - 8:00pm

Sunday

9:00am - 8:00pm

#### TRATTORIA/CAFÉ

\*Kitchen closes at 9pm

Monday to Saturday  
8:00am - 10:30pm

Sunday

9:00am - 10:30pm

**Free customer carpark  
(entrance from Daniell St)**

Shop Online from anywhere in NZ.  
<https://shoponline.medifoods.co.nz>

Wholesale enquiries also welcome.

42 Constable Street, Newtown, Wellington

04 9398989

[www.medifoods.co.nz](http://www.medifoods.co.nz)





## World Athletics Rankings SYSTEMS Overview

Rankings are an individual athlete ranking system for the sport of athletics, managed by World Athletics. It is used to establish the number one athlete within an athletics event and to partially determine qualification into the World Athletics Championships and the athletics at the Summer Olympics. The rankings are published weekly by World Athletics.

Athletes are assigned a **"ranking score"** based on the average of their best performances within a 12-month ranking period, or 18-month period for combined events and distance events of 10,000 m or more. Each athlete performance is assigned a "performance score" which consists of a **"result score" plus a "placing score"** – the result score is based upon an athlete's best result in the final of a competition and is calculated via the World Athletics Scoring Tables (similar to the decathlon scoring method), while the placing score takes into account the athlete's final placing within that competition and the category of the competition, with more placing points being awarded in more prestigious and competitive competitions.

There is a total of ten competition categories, which affect the number of points given for a placing score. Competitions are assigned a competition category code based on the level of the competition. There are four special categories for the foremost global and continental competitions, followed by categories ranked from A to F for other competitions.

The scores assigned to an athlete based on a given performance are derived from the IAAF Scoring Tables of Athletics. Placing scores vary based on the event, the competition category, and the placing of the athlete. The performance score is the combined total of the placing score and result score of an athlete performance. An athlete's ranking score is the average of their best performance scores within the ranking period. The ranking period is 12 months for all field events and track events of 5000 m or less, and is 18 months for 10,000 m, road running, racewalking and combined events. The number of best performances considered for the ranking score varies by event, with five performances considered field events and track events of 1500 metres or less, three performances for the 3000 metres steeplechase, 5000 metres, 20 kilometres race walk and road running (half marathon or 10,000 metres run) rankings, & two performances for the 10,000m, decathlon, heptathlon, marathon and 50 kilometres race walk. In all events, athletes will receive additional points in their ranking score if they have broken or equalled a world record in their main event or a similar event.

### **Placing Score Bonus Points**

- awarded to athletes placed 1<sup>st</sup> to 8<sup>th</sup> at each level that are added to their event Performance Score

### **New Zealand Meets awarded Placing Bonus Points**

- **Porritt Classic (Category D), Sir Graeme Douglas International (Category C) and**
- **Capital Classic (Category D):**

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Category C Permit Meeting	60	50	45	40	35	30	27	25
Category D Permit Meeting	40	35	30	25	22	19	17	15





We've got their backs



www.sas.co.nz



WE'VE GOT  
YOUR BACK



# Would you like us to have yours?

Talk to Damien about SAS sponsorship for  
your club or school today

☎ 021 089 01392  
✉ [customerservice@sas.co.nz](mailto:customerservice@sas.co.nz)



**CAPITAL CLASSIC EVENT TEAM  
WISH TO ACKNOWLEDGE SUPPORT FROM THREE  
LONGSTANDING PARTNERS**



**FOR 12 YEARS**



**FOR 9 YEARS**



**FOR 8 YEARS**

**THANK YOU ONCE AGAIN FOR YOUR FANTASTIC SUPPORT  
OF  
WELLINGTON'S PREMIER  
TRACK AND FIELD MEET**



# **WHEN RUNNING MADE HISTORY**

**"It's the best damn running book I've ever read."**

*Amby Burfoot, Editor Emeritus, Runner's World, USA*

**"A front row seat to running's most inspiring and historic moments, with New Zealand in a major role."**

*Nick Willis MNZM*

**"Roger's account of the global rise of women's running is the best I've ever seen."**

*Allison Roe, MBE*

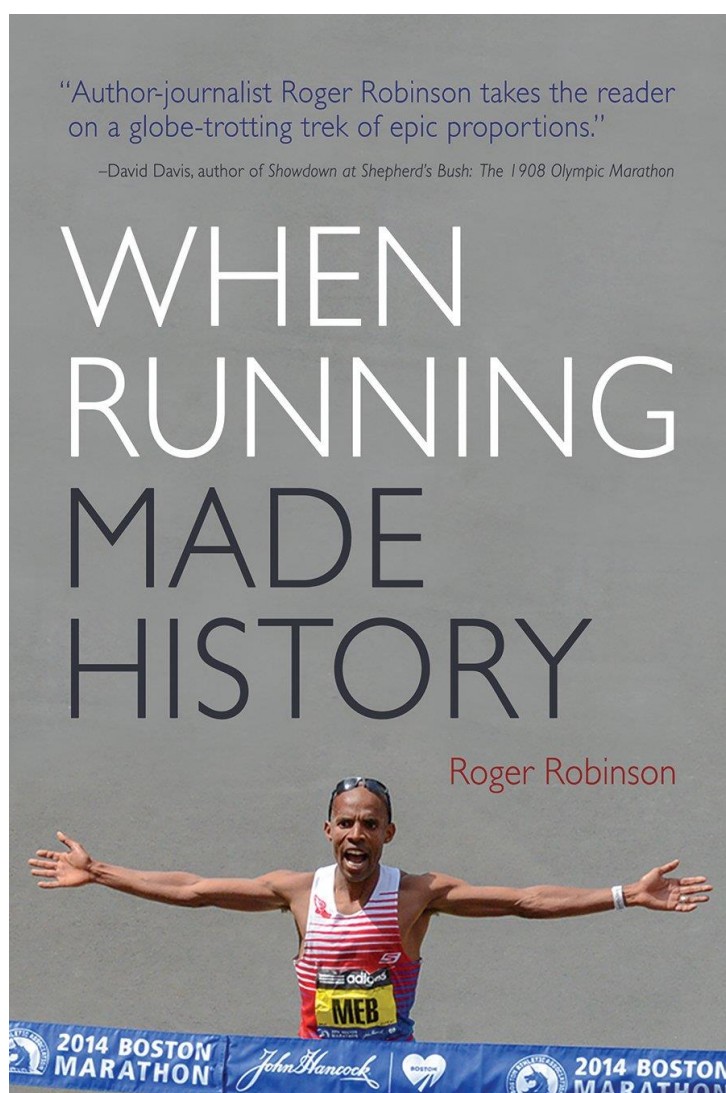
**"Among the most readable and rewarding works of sports history ever published."**

*Professor Geoff Watson, New Zealand Review of Books.*

**"The best book on running ever published."**

*Pete Colaizo, coach and writer, Poughkeepsie Journal, USA.*

**Roger Robinson's "When Running Made History" has had rave reviews in America, Canada, UK and Europe" (published in USA 2018)**



**New Zealand edition by University of Canterbury Press**

28 pages; 30 illustrations; \$39.99 at all good booksellers



# Capital Classic Track & Field Meeting

## MEET RECORDS @ 20 February 2021



OPEN MEN					
Event	Performance	IAAF Points	Athlete	Club	Year
100m	10.36	1085	Joseph Millar	Tauranga	2016
200m	20.77	1101	Jeffery Thumath	Auckland CA	2008
400m	47.28	1026	Daniel Dyet	North Harbour Bays	2015
800m	1.48.42	1071	Alex Rowe	AUSTRALIA	2017
Mile	4.06.9	991	Rees Buck	Wellington Scottish	2005
3000m	7.53.41	1095	Rory Hunter	AUSTRALIA	2019
5000m	14.13.44	955	Nick Willis	Valleys United	2006
110mH	14.34	1005	James Mortimer	North Harbour Bays	2006
<b>400mH</b>	<b>50.43</b>	<b>1108</b>	<b>Christopher Douglas</b>	<b>AUSTRALIA</b>	<b>2020</b>
4x100m	40.02	1073	NZL "A"	New Zealand	2006
3000m T Walk	11.15.20	1148	Quentin Rew	Wellington HAC	2015
5000m T Walk	20.34.17	1014	Craig Barrett	Hamilton Hawks	2003
<b>High Jump</b>	<b>2.26m</b>	<b>1143</b>	<b>Brandon Starc</b>	<b>AUSTRALIA</b>	<b>2020</b>
Pole Vault	5.30m	1074	Nick Southgate	Bays Cougars	2015
Long Jump	7.52m	1033	Francois Coetzee	Auckland CA	2003
Triple Jump	14.88m	939	Scott Thomson	Mana AAC	2014
<b>Shot Put</b>	<b>19.85m</b>	<b>1112</b>	<b>Ryan Ballantyne</b>	<b>Christchurch</b>	<b>2020</b>
<b>Discus</b>	<b>65.47m</b>	<b>1161</b>	<b>Matthew Denny</b>	<b>AUSTRALIA</b>	<b>2020</b>
Hammer	67.43m	1001	Philip Jensen	North Harbour Bays	2003
Javelin	79.49m	1094	Stuart Farquhar	Hamilton Hawks	2008
OPEN WOMEN					
100m	11.42	1109	Zoe Hobbs	North Harbour Bays	2019
200m	23.52	1082	Zoe Hobbs	North Harbour Bays	2019
<b>400m</b>	<b>53.64</b>	<b>1063</b>	<b>Portia Bing</b>	<b>North Harbour Bays</b>	<b>2020</b>
800m	2.02.63	1116	Katherine Camp	Canterbury University	2019
1500m	4.20.75	1044	Angie Petty	Uni. Canterbury	2018
3000m	9.07.85	1079	Rosa Flanagan	Uni. Canterbury	2015
100mH	13.41	1094	Rochelle Coster	Pakuranga AC	2015
<b>400mH</b>	<b>56.55</b>	<b>1125</b>	<b>Portia Bing</b>	<b>North Harbour Bays</b>	<b>2020</b>
4 x 100m	45.04	1092	Somerfield, Sheat, Hobbs, Hulls	NZL Under 20	2016
3000mWalk	13.41.52	969	Kate Newitt	Port Hills	2010
<b>High Jump</b>	<b>1.99m</b>	<b>1209</b>	<b>Eleanor Patterson</b>	<b>AUSTRALIA</b>	<b>2020</b>
Pole Vault	4.30m	1052	Melina Hamilton	North Harbour Bays	2005
			Eliza McCartney	North Harbour Bays	2015
Long Jump	6.29m	1061	Chantal Brunner	Counties Manukau	2006
Triple Jump	13.12m	1027	Nneka Okpala	Pakuranga AC	2015
Shot	15.26m	911	Maddison Wesche	Waitakere City	2017
Discus	63.30m	1132	Beatrice Faumuina	Waitakere City	2006
<b>Hammer</b>	<b>70.53m</b>	<b>1102</b>	<b>Julia Ratcliffe</b>	<b>Hamilton Hawks</b>	<b>2020</b>
<b>Javelin</b>	<b>57.38m</b>	<b>1029</b>	<b>Ashley Pryke</b>	<b>CANADA</b>	<b>2020</b>



Athletics Wellington and the Capital Classic Track and Field meeting is proud to acknowledge its generous supporters



Absolutely Positively  
**Wellington** City Council  
Me Heke Ki Pōneke



**CRAIGS**<sup>®</sup>  
INVESTMENT PARTNERS



MEDITERRANEAN  
Est. FOODS 1990

