

Athletics Auckland
McKinnon Shield #1 - 20/11/2021
Training Sessions Under Level 3 Step 2

Middle Distance - AUT Millennium

Event	20 & 21	Mixed 12-17 2000 Metre Steeplechase 0.762m
Lane	Heat 1	
1	Yu, Brook M14	Lynndale
2	Day, Harrison M12	Pakuranga
3	Khothisen, Aphicha M16	Lynndale
4	Kovylov, Daniil M14	Lynndale
5	Maulvurfs, Maksis M15	Lynndale
6	Hurly, Amy W13	North Harbour Bays
7	Hurcum, Emmy W14	North Harbour Bays

Event	24	Men 16-29 3000 Metre Steeplechase 0.914m
Lane	Heat 2	
1	Clements, Luke M17	Whippets
2	Hellawell, Jake M19	Pakuranga
3	Rickerby, Benjamin M17	Papakura

Event	25	Women 12+ 3000 Metre
Lane	Heat 1 of 3	
1	Salmon, Penelope W18	ACA
2	Cross, Lisa W38	Papakura
3	Robb, Sophie W15	ACA
4	Green, Amelia W17	Papakura
5	Hammond, Stella W16	Waitakere
6	Barlow, Imogen W13	Pakuranga
7	Greenwood, Charlotte W16	ACA
8	Holyer, Amanda W23	North Harbour Bays

Event	25	Women 12+ 3000 Metre
Lane	Heat 2 of 3	
1	Farquhar, Ruby W14	Waitakere
2	Farquhar, Arlo W17	Waitakere
3	Pomfret, Zara W14	Pakuranga
4	Harding, Holly W18	Pakuranga
5	Todd, Anei W17	Papakura
6	Houghton, Eva W13	ACA
7	Cook, Hazel W17	Waitakere
8	Meredith, Grace W14	Pakuranga

Event	25	Women 12+ 3000 Metre
Lane	Heat 3 of 3	
1	Urlich, Sophia W16	Pakuranga
2	Lynch, Georgia W14	Papakura
3	Pokorny, Caitlyn W17	Pakuranga
4	Lindsay, Zari W12	Ellerslie
5	Sampson, Stella W19	North Harbour Bays
6	Adamson, Christine W65	North Harbour Bays
7	Gwin, Scarlett W12	Waitakere

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Event 26 Men 12+ 3000 Metre

Lane Heat 1 of 5

1	de Vaal, Christian M16	Pakuranga
2	Waldin, Sam M20	Whippets
3	Codyre, Ronan M17	Pakuranga
4	Carter, Austin M20	Hill City
5	Heyes, Sam M19	Whippets
6	Berry, Sam M17	North Harbour Bays
7	Davies, Nick M16	Takapuna
8	Maunder, Cameron M16	Takapuna
9	Tohaia, Jahko M18	Pakuranga

Event 26 Men 12+ 3000 Metre

Lane Heat 2 of 5

1	Monro, Angus M17	Pakuranga
2	Erikson, Jack M14	Pt Chevalier
3	Ruscoe, Ben M18	North Harbour Bays
4	O'Dwyer, Zach M15	Pakuranga
5	Mckay, Andre M19	Pakuranga
6	Moore, Nick M48	Owairaka
7	Mace, Simon M44	Owairaka
8	Bird, Liam M22	Whippets
9	Paterson, Mark M40	Takapuna

Event 26 Men 12+ 3000 Metre

Lane Heat 3 of 5

1	Sadikaa, Ayub M17	Whippets
2	Luijpers, Wim M51	North Harbour Bays
3	Kuegler, James M34	Papakura
4	Stead, Lucas M22	ACA
5	Schofield, Sam M20	Whippets
6	Marshall, Logan M17	Pakuranga
7	Manning, Zac M17	North Harbour Bays
8	Boulton, Connor M14	Pakuranga

Event 26 Men 12+ 3000 Metre

Lane Heat 4 of 5

1	Monro, Oscar M15	Pakuranga
2	Haslip, Jack M14	Papakura
3	Rickerby, Samuel M13	Papakura
4	Jamieson, Connor M15	Pakuranga
5	Fryer, Thomas M15	Manukau Christian School
6	Oxford, Ben M13	Pakuranga
7	Kelly, Nikko M13	Oratia
8	Movold, Jaden M17	North Harbour Bays

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Event	26	Men 12+ 3000 Metre	
Lane		Heat 5 of 5	
1		Pirie, Andrew M60	ACA
2		Snook, Lachlan M12	Oratia
3		Te Rito, Connor M16	Auckland City Tri Club
4		Boyd, Greg M65	North Harbour Bays
5		Jesudas, Cyrus M12	Papatoetoe
6		Mongston, Connor M17	Lynndale
7		Tran, Huy M17	Lynndale
8		Forrest-Dawson, Thomas M16	Lynndale

Event	27	Women 12+ 800 Metre	
Lane		Heat 1 of 3	
1		Robb, Scarlett W13	Ellerslie
2		Green, Amelia W17	Papakura
3		Kelso-Heap, Maddie W16	Waitakere
4		Hilton, Macey W18	ACA
5		Morgan-Tafea, Kalei W16	Takapuna
6		Nash, Jodie W15	Takapuna
7		Hurly, Amy W13	North Harbour Bays
8		Daniels, Leila W15	ACA

Event	27	Women 12+ 800 Metre	
Lane		Heat 2 of 3	
1			
2		Lynch, Georgia W14	Papakura
3		Korck, Samantha W17	North Harbour Bays
4		Todd, Anei W17	Papakura
5		Hurcum, Emmy W14	North Harbour Bays
6		Findsen, Kayo W15	ACA
7		Spencer, Nyla W14	North Harbour Bays
8		Haigh, Isabella W13	Lynndale

Event	27	Women 12+ 800 Metre	
Lane		Heat 3 of 3	
1			
2		Hammond, Laura W13	Waitakere
3		Farry, Amani W13	Lynndale
4		McManus, Hannah W12	Waitakere
5		Haines, Sophia W13	Waitakere
6		Bird, Maia W16	Waitakere
7		Carter, Phoebe W17	Epsom Girls Grammar
8		Mediratta, Kenisha W13	Lynndale

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Event 28 Men 12+ 800 Metre
Lane Heat 1 of 3

1		
2	Bawa, Lakshay M20	Pakuranga
3	Reid, James M26	Waitakere
4	Paine, Jack M20	Pakuranga
5	Harding, James M18	Whippets
6	Ford, James M16	Takapuna
7	Tasker, Toby M17	ACA
8	Cowan, Thomas M16	Takapuna

Event 28 Men 12+ 800 Metre
Lane Heat 2 of 3

1		
2	Kuegler, James M34	Papakura
3	Moss, Quinn M13	Ellerslie
4	Marchl, Oliver M19	ACA
5	Neale, Nathan M19	Pakuranga
6	Alty, Matthew M23	ACA
7	Clements, Luke M17	Whippets
8	Movold, Jaden M17	North Harbour Bays

Event 28 Men 12+ 800 Metre
Lane Heat 3 of 3

1		
2	Jesudas, Cyrus M12	Papatoetoe
3	Day, Harrison M12	Pakuranga
4	O'Dwyer, Sam M12	Pakuranga
5	Richardson, Charlie M14	ACA
6	Maunder, Caleb M12	Takapuna
7	Hardwick, Harry M13	Lynndale
8	Boyd, Greg M65	North Harbour Bays