

New Zealand Combined Events Championships, 7-8th of February 2009

Trust Stadium Henderson, Auckland

Text & Pictures by Brent Booker

The standout performance over the weekend was a Berlin, World Championship B qualifier by Brent Newdick (Auckland) in the decathlon. His winning total of 7837 points is the world-leader for 2009 and it is over 100 points above the B standard for the Berlin Championships.



Brent Newdick, 11.24s wins the 100m from Jarred Sims, 11.34s (nearest camera) and Stephen Buckley, 11.36s. Joseph Heath-Hall (M19), 11.80s is followed by Michael Cochrane (M19), 11.96s, w -0.1.8m/s

Newdick was dominant, winning all of the events except the 400m and 1500m. He exceeded his decathlon pb in the shot put (14.48m) and 400m (49.57s). In the high jump (1.97m), discus (44.07m), pole vault (4.70m) and javelin (56.78m) he produced performances just below his best ever form in a decathlon.

After nine events over two days under cloudless skies in very hot and humid conditions Newdick needed to run around 4min 40s to gain a qualifier. Sims pushed himself near to his limits, even though he had nothing riding on his own decathlon owing to a no height in the pole vault. Newdick trailed within a few metres the whole way to record a new pb of 4min 35.25s, just under a second behind Sims.



**Brent Newdick 110m hurdles,
15.04s, w -0.8m/s**



Javelin 56.78m

As well as winning a gold medal Newdick was voted the “decathlete’s decathlete” and awarded the Vance Latta memorial trophy to round off a very successful weekend. Sims was awarded the silver medal with 6516 points. Buckley did not finish the last two events after recording three fouls in the long jump on day one. His best performance was in the 400m, which he won with a pb of 48.76s.



NZ's 2nd ranked all-time decathlete, Douglas Pirini (pb 8115) presents Vance Latta Trophy to Brent (ranked 3rd all-time at 7837)

The decathletes: Back row Tim McKee (M19), Jarrod Sims (SM), Brent Newdick (SM), Joseph Heath-Hall (M19), Stephen Buckley (SM), Michael Cochrane (M19). Front row Douglas Pirini, (1996 Olympian), Anthony Curry (M19), Roy Williams (1966 Empire Games gold medallist)

The M19 decathlon was a tight contest between Michael Cochrane (Tauranga) and Joseph Heath-Hall (Auckland). Cochrane won with 6067 points and Heath-Hall finished with 6029 points. Cochrane's best performance was a 51.34s 400m pb. Tim McKee (Canterbury) won the bronze medal with 5135 points.

The M16 octathlon went to Phil Simms (Te Awamutu) with 4490 points, ahead of John Gilmour (Otago) on 4401 points.



Above, Phil Simms M16 110m hurdles ,16.37s followed by John Gilmour 17.06s, w -0.7m/s

Left, Michael Cochrane M19 110m hurdles 15.79s, w -2.5m/s

The Senior heptathlon also featured a trans-Tasman clash between Sarah Crowley (Auckland) and Lauren Foote (Australia). Crowley won the 100m hurdles and high jump. The high jump was especially hot with Foote scaling 1.80m and Crowley a 1.83m pb. From the 200m onwards Foote was victorious and the event was decided in the long jump when Crowley had foul trouble. Crowley had to rely on a third round safety jump of 5.07m, from well behind the board, whilst Foote was out to 5.91m.



**Sarah Cowley
100m hurdles
14.19s,
followed by
Lauren Foote
14.92s.
Georgie Allison
(W19,
obscured)
15.74s and
Emily Baker
16.28s, w -
2.4s**

Going into the 800m, Foote was aiming for a World University qualifying performance. Cowley pushed herself to a virtual standstill which helped Foote to 2min 19.66s. Foote's 5661 score was both a qualifier and a pb. Cowley had led for 700m but faded to 2min 25.21s, her final tally of 5392 points winning the national title.

Emily Baker (Hamilton) won the silver medal at 4564 points, with her best performance an event winning 41.80m javelin. Katherine Radford (Otago) gained the bronze with 3131 points.



**Lauren Foote passes Sarah
Cowley in the 800m,
2.19.66s to 2.25.21s**



**Georgie Allison W19
800m, 2.22.61s**

The W19 heptathlon was won by Georgie Allison (Canterbury) from Rebecca Cochrane (Tauranga). Allison's best performances (15.74 hurdles, 26.34s 200m) were hampered by headwinds, but she amassed 4553 points, with Cochrane scoring 2727 points.



**W16 100m hurdles, right to left Portia Bing 15.31s,
Rebecca Wilson 16.30s, Chanel Watson 17.76s,
Paige Harwood 16.49, w -2.4 m/s**

The W16 heptathlon saw Portia Bing (4599) win from fellow Aucklanders Rebecca Wilson (3864) and Paige Harwood (3693). Bing is now just 200 points shy of the Athletics NZ performance standard for the World Youth Championships in Italy and has two performances above the IAAF standard of 4500 points.



The Heptathletes: Back row, Rebecca Cochrane (W19), Rebecca Wilson (W16), Paige Harwood (W16), Katherine Radford (SW), Emily Baker (SW), Sarah Cowley (SW), Lauren Foote (SW). Front row, Portia Bing (W16), Georgie Allison (W19), Joanne Henry (NZ Record-holder 6278, 1998 Commonwealth Games bronze medallist)

The Masters Men decathlon had seven competitors across four age groups. The highlight was a new NZ record in the M45 for Stephen Te Whaiti (Tauranga), scoring 6238 points.



The link to the full results is:

<http://www.athletics.org.nz/Resource.aspx?ID=5322>

**Stephen Te Whaiti
M45 100m 12.21s, w
+0.0**