



Athletics Canterbury Cross-Country & Road Awards

2024



Welcome

A Snapshot of the Season

- ▶ Excellent results locally and nationally
- ▶ Pleasing growth in Senior Women for some events
- ▶ In our traditional events
 - ▶ Mixed attendance at some; lower numbers at some Relays
 - ▶ Overall attendance well down compared to 2023.
 - ▶ These events are under review.
- ▶ Key new events – Friday Night Lights and the revamped Daniel Reese (Hagley) Relay were well received.
- ▶ Loburn 39 numbers were low- new venue for this event in 2025.
- ▶ A sport we can be proud of, but one that needs to continue to evolve

Canterbury Road Champs Medals

| | | | | |
|----------------|--------|------------------|-------|--------------------------|
| Under 18 Women | First | Brooke Fortune | 44:02 | North Canterbury |
| Under 18 Women | Second | Alice Barnes | 48:44 | North Canterbury |
| | | | | |
| Under 20 Women | First | Bridie Restieaux | 39:37 | University of Canterbury |
| Under 20 Women | Second | Maya Edmondson | 44:44 | Run Timaru |
| | | | | |
| Open Women | First | Olivia Ritchie | 37:33 | Don Greig Racing Stables |
| Open Women | Second | Natalie Dryden | 38:35 | University of Canterbury |
| Open Women | Third | Bridie Restieaux | 39:37 | University of Canterbury |
| | | | | |
| Senior Women | First | Olivia Ritchie | 37:33 | Don Greig Racing Stables |
| Senior Women | Second | Natalie Dryden | 38:35 | University of Canterbury |
| Senior Women | Third | Megan Foster | 40.33 | University of Canterbury |

Canterbury Road Champs Medals

| | | | | |
|-----------------------|--------|-------------------|-------|--------------------------|
| Masters Women 35 - 49 | First | Alex Hawke | 39:48 | University of Canterbury |
| Masters Women 35 - 49 | Second | Katherine Reardon | 43:51 | Don Greig Racing Stables |
| Masters Women 35 - 49 | Third | Teresa Blackmore | 45:04 | Don Greig Racing Stables |
| Masters Women 50 - 64 | First | Wendy Richards | 49:14 | Christchurch Avon |
| Masters Women 50 - 64 | Second | Tracey Grose | 50:49 | Don Greig Racing Stables |
| Masters Women 50 - 64 | Third | Stephanie Rumble | 54:17 | Don Greig Racing Stables |
| Masters Women 65 Plus | First | Sue Johnson | 65:56 | Christchurch Avon |

Canterbury Road Champs Medals

| | | | | |
|--------------|--------|---------------------|-------|--------------------------|
| Under 18 Men | First | Leo de Monchy | 35:12 | Christchurch Avon |
| Under 18 Men | Second | Caleb Radcliffe | 35:15 | Christchurch Avon |
| Under 18 Men | Third | Harry Huang | 41:24 | Christchurch Avon |
| | | | | |
| Under 20 Men | First | Pai Wynyard | 32:54 | Papanui Toc H |
| Under 20 Men | Second | Tayne Patel | 33:59 | Christchurch Avon |
| Under 20 Men | Third | Triumph Pilgrim | 35:09 | Run Timaru |
| | | | | |
| Open Men | First | Taonga Mbambo | 30:53 | University of Canterbury |
| Open Men | Second | Christopher Dryden | 31:01 | University of Canterbury |
| Open Men | Third | Andy Good | 31:19 | University of Canterbury |
| | | | | |
| Senior Men | First | Taonga Mbambo | 30:53 | University of Canterbury |
| Senior Men | Second | Christopher Dryden | 31:01 | University of Canterbury |
| Senior Men | Third | Oska Inkster-Baynes | 31:26 | University of Canterbury |

Canterbury Road Champs Medals

| | | | | |
|---------------------|--------|------------------|-------|--------------------------|
| Masters Men 35 - 49 | First | Andy Good | 31:19 | University of Canterbury |
| Masters Men 35 - 49 | Second | Michael Anderson | 35:21 | Whippets Running Project |
| Masters Men 35 - 49 | Third | Ben Thompson | 35:45 | Don Greig Racing Stables |
| | | | | |
| Masters Men 50 - 64 | First | Chris Mardon | 37:46 | Don Greig Racing Stables |
| Masters Men 50 - 64 | Second | Ben Clark | 39:59 | Christchurch Avon |
| Masters Men 50 - 64 | Third | Richard Seigne | 41:15 | Christchurch Avon |
| | | | | |
| Masters Men 65 - 79 | First | Peter Richards | 41:05 | Christchurch Avon |
| Masters Men 65 - 79 | Second | Phil Chapman | 47:20 | Don Greig Racing Stables |
| Masters Men 65 - 79 | Third | Rodger Ward | 49:17 | Christchurch Avon |

Thank you

1

Our hard-working committee.

New members this year have contributed well.

Thank you to Oscar who is stepping down.

2

The Race Directors who fulfilled this role. Special thanks to John I, John G and Vic who have carried much of the load.

3

Our very supportive Officials and those people who contribute both on event day and behind the scenes.

4

Our participants, our parents, and our coaches, who make all the effort worthwhile put into creating events worthwhile.

Thank you –
Our Sponsors

Front Runner

Shoe Clinic

Fush

Coffee Culture

Enterprise Waimakariri

Fulton Hogan

2024

Canterbury Cross-Country Champs

Male Results

| | | | |
|---------|-------------------|------|---------------------------------|
| SM | Connor Melton | WHIP | Derisley Wood Jubilee Challenge |
| MU20 | Daniel Prescott | PRHL | F D Kesteven Cup |
| MM | Alex Kelliher | CHAV | Frank Sharp Trophy |
| Men U18 | Thomas Newsome | PRHL | J R Clarke 1960 Trophy |
| BU16 | Daniel Wordsworth | CHAV | H L Spark Cup |
| BU14 | Jacob Radcliffe | CHAV | I D Greig Trophy |
| BU12 | Kobe Ford | CHAV | North Canterbury Cup |

Female Results

| | | | |
|------|-----------------|------|---------------------------------|
| SW | Eva Pringle | WHIP | Rawson Trophy |
| WU20 | Kate Currie | CHAV | Gwynn Williams Trophy |
| MW | Nicola Handley | DGRS | Canterbury Cross Country Trophy |
| WU18 | Brynne Gordon | PRHL | Palmero Trophy |
| GU16 | Tayla Cox | PTOC | Bernadette Jago Trophy |
| GU14 | Sascha Mitchell | PRHL | H R Forscutt Challenge Cup |
| GU12 | Momoka Hudson | CHAV | Canterbury Cross Country Trophy |

FEMALE Results - Teams

Ivan Hawkey Trophy

MW Team

SUMN

Helen Wright, Fiona Gilroy, & Katherine Fitch

Ladies Pioneer (1933) Trophy

SW Team

WHIP

Eva Pringle, Tillie Hollyer, Rosa Twyford & Gabi Newman

Mary O'Connor Trophy

WU20 CHAV

Kate Currie & Lucy Jurke

MALE Results - Teams

Interclub Harrier Championship Cup SM Team WHIP
Conner Melton, David Lee, Cameron Clark & Nick Jowsey



Ivan Hawkey trophy MM Team DGRS
Craig Oliver, Damien Cook, Simon Kerr & Nat Anglem



Eric L Cordery Trophy MU20 SELW
Daniel Prescott & Luke Johnston

National Cross-Country Championships

Individual Winners

- Connor Melton 1st Senior Men
- Brynne Gordon 1st U18 Women
- Daniel Prescott 1st U20 Men
- Jacob Radcliffe 1st U14 Boys
- Masters Men 40-44 1st Alex Kelliher
- Masters Men 50-54 1st Richard Bennett
- Masters Men 70-74 1st Roger Ward

National Cross-Country Championships Teams

▶ Senior Men's team – 1st Place


Connor Melton, David Lee, William Little, and Daniel Balchin

▶ Masters Men – 2nd Place

▶ Senior Women – 2nd Place

▶ Men's Under 20 grade – 2nd Place





Canterbury Road Champs

2024

10K ROAD CHAMPS / U16 CHAMPS

Male Results

| | | | |
|------|---------------|------|-------------------------------|
| SM | Taonga Mbambo | CANU | Jim Greig Memorial Trophy |
| MM | Andy Good | CANU | Norm Fisher Tankard |
| MU20 | Pai Wynard | PTOC | Christeen Hawkey-Lomas Trophy |
| MU18 | Leo de Monchy | CHAV | John Gamblin Trophy |
| BU16 | Leo de Monchy | CHAV | CC & R Trophy |

FEMALE Results

| | | | |
|---------|------------------|------|--------------------------------|
| SW | Olivia Ritchie | DGRS | Trevor Russell Memorial Trophy |
| MW | Alex Hawke | DRGS | Ivan Hawkey Trophy |
| WU20/18 | Bridie Restieaux | CANU | Christeen Hawkey-Lomas Trophy |
| GU16 | Tayla Cox | PTOC | Evelyn Hawkey Trophy |

National Road Championships

Runners

Eva Pringle
1st SW,

Will Little
1st SM,

Pai Wynyard
1st MU20,

Andy Good
1st MM 35-49
(NR)

Peter Richards
1st MM 65+
(NR)

Kirsten Hall
1st MW 35-39

Tracey
Wiseman
1st MW 40-44

Judith Ireland
1st MW 50-54

Wendy
Richards
1st MW 55-59

Malcolm
Cornelius
1st MM 55-59

Chris Mardon
2nd MM 50-54

Kate Currie
2nd WU20

Connor Melton
2nd SM

Taonga
Mbambo
3rd SM

Harry Witt
3rd MU20

National Road Championships Walkers

Laura
Langley
1st SW

Jonah
Cropp
1st MU20

Alysa
Brown
1st U16

Xye
Doyle
3rd SM

National Marathon & Half-Marathon

Marathon

- Andy Good 1st

Half – Marathon

- Chris Dryden 2nd
- Daniel Balchin 3rd

Canterbury Half-Marathon Results

Men

Chris Dryden
Daniel Balchin
Cameron Swales

Women

Hannah Bartram
Natalie Dryden
Olivia Ritchie

Canterbury Marathon Results

Men

Andy Good
Hayden
Zervos
Ben Rayner

Women

Clara
Fergus
Sabina Piras
Annabelle
Bramwell

National Road Relay

- ▶ DGRS Masters Women 50+ 1st placing
- ▶ WHIP Men's A team 1st placing
- ▶ CANU Men's team 2nd placing
- ▶ DGRS Masters Men 50+ team 2nd placing
- ▶ CHAV Open 60+ team 2nd placing

National Endurance Championships

Mountain
Running
Championship:

- Joe Lynch
CANU 1st Men

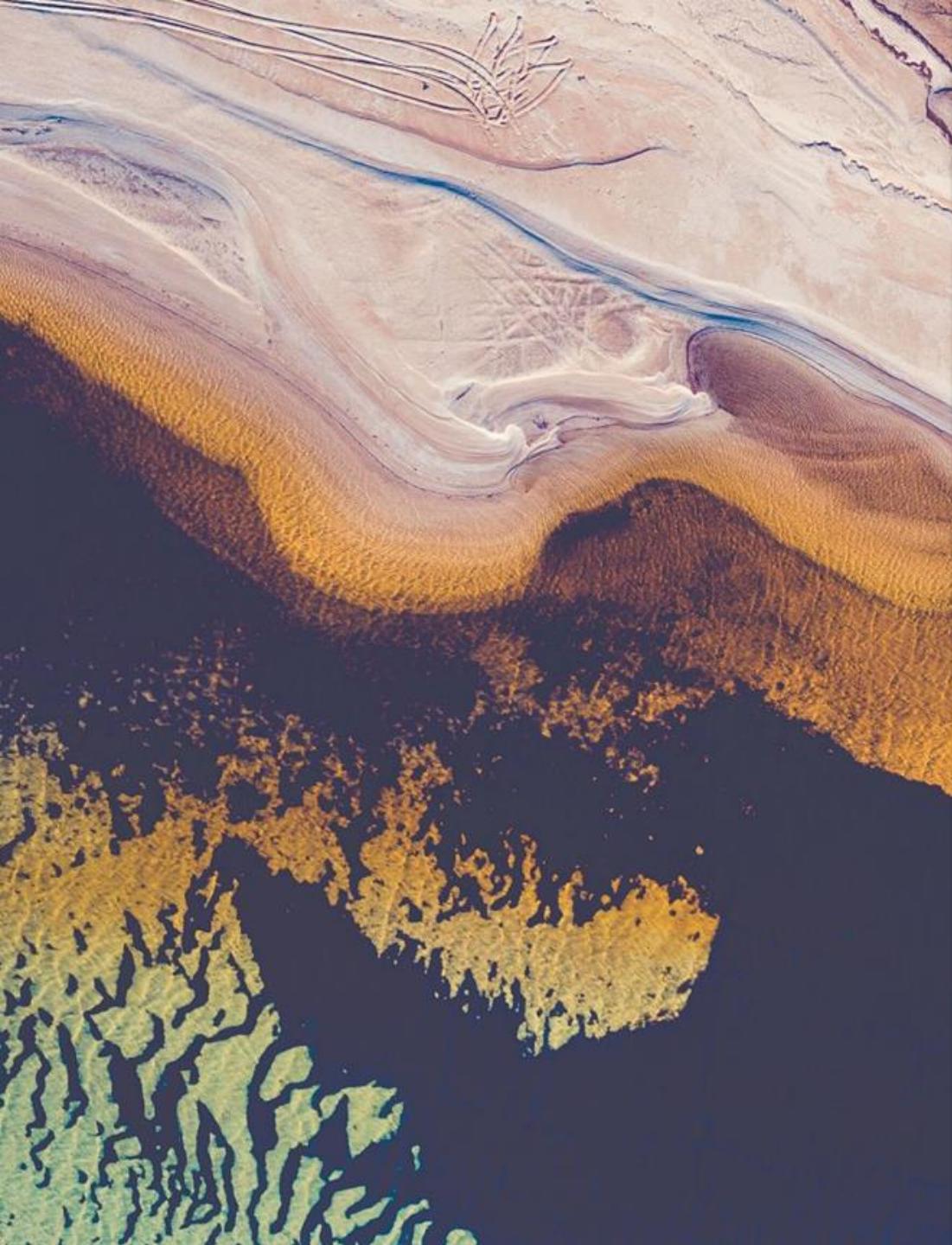
100k

- Xye Doyle
Run Tim 1st Men

50K

- Hayden Zervos
NBOL 1st Men

- Shirley Rolston
PRHL 3rd Women



Governors Bay

2024

Governors Bay Fastest times

Senior Women
Hannah Bartram
DGRS 36:35

Masters Women
Alex Hawke
CANU 39:68

Senior Men
Taonga Mbambo
CANU 30:53

Masters Men
Andy Good
CANU 31:19

Governors Bay – Winners on Handicap

01

Senior Women
Hannah Bartram

DGRS

02

Masters Women
Lizzie Charters

PRHL

03

Senior Men
Austen Murrey

CANU

04

Masters Men
Jason Anderson

CHAV

SHIELD WINNERS

Four-person shield

(First 4 on handicap)

DGRS

Steve Burdes

Ben Thomson

Hannah Bartram

Damien Cook

Six-person shield

(Fastest 6)

CANU

Taonga Mbambo

Andy Good

Chris Dryden

Oska Inkster-Baynes

Henry McMecking

Tom Somerville



Athletics Canterbury Winter Awards

2024

Official's & Volunteer's Awards

- ❖ Priscilla Blanchet
- ❖ Shona Brown
- ❖ Annette Campbell
- ❖ Avril Davies
- ❖ Faye Fyfe
- ❖ Sandie Gamperle
- ❖ Bernadette Jago
- ❖ Ray King
- ❖ Anne Kennedy

- ❖ Helen McLean
- ❖ Robyn Perkins
- ❖ Diana Phipps
- ❖ Emily Price
- ❖ Lahana Reeves
- ❖ Jacqui Restieaux
- ❖ Rozie Robinson

Official's & Volunteer's Awards

- ❖ Oska Baynes
- ❖ Craig Brown
- ❖ John Gamblin
- ❖ Victor Gamperle
- ❖ Nathan Cropp
- ❖ Graeme Davies
- ❖ Bob Fyfe
- ❖ Don Greig
- ❖ John Ingles
- ❖ Peter King
- ❖ Gary Nesbit (photographer)
- ❖ Ben Musson
- ❖ David Lee
- ❖ John McBrearty
- ❖ Don McKenzie
- ❖ Kevin Prendergast
- ❖ Ian Purvis
- ❖ James Rogal
- ❖ Richard Seigne
- ❖ Trevor Spittle
- ❖ Brian Theobald

Coaches' Recognition

- ▶ Connor Melton – Sam McLean
- ▶ Will Little – Sam McLean
- ▶ Eva Pringle - Craig Kirkwood
- ▶ Pai Wynyard - Graeme Christie
- ▶ Jonah Cropp – Rozie Robinson
- ▶ Andy Good - Sam McLean
- ▶ Laura Langley - Damian Blocki
- ▶ Alys Brown – Rozie Robinson



Coaching Course awards

Awarded to those
coaches who successfully
participated in the AC
coaching course in 2023

| | |
|---------|------------------|
| Darron | Burns |
| Angela | Charlett |
| Richie | Dimbleby |
| Anthony | Duncraft |
| Brain | Cowan |
| Mike | Hende |
| Sue | Johnson |
| Irene | Lewis |
| Arron | Stewart |
| Mike | Thomas |
| Kyle | Wightman |
| Paul | Williams |
| Sam | Mclean (Coach) |
| George | Edwards (Coach) |
| Lockie | Campbell (Coach) |
| Dion | Andrews (Leader) |



Participation awards

- ▶ Wendy Richards
CHAV
- ▶ Peter Richards
CHAV
- ▶ Helen Wright
SUMN
- ▶ Shaun Fauth
NCAN

Female
Champions

Senior Women
Julie Gillespie

Women 35-49
Helen Wright

Women 50+
Wendy Richards

Male Champions

Senior Men Hayden Zervos

Men 35-49 Shaun Fauth

Men 50-64 Richard Merrett

Men 65+ Peter Richards

Winter Club of the Year

First

Christchurch Avon

Second

Port Hills

Third

Papanui ToCH

Committee Nominations 2025



Nominations for Selectors

Kevin Prendergast, Ben Musson, & Shona Brown



Nominations for Committee

Shona Brown, Annette Campbell, Sue Johnson, John Gamblin, Sandie Gamperle, Vic Gamperle, Don Greig, John Ingles, Ben Musson, David Lee, Kevin Prendergast, Colin Prescott & Lahana Reeves.