

Middleton Grange School Athletics – National Championships 2023

Nga Puna Wai – Christchurch - Friday 8th – Sunday 10th December

Placings – **Top 10 Places = 9** **8 PB's** **1 Medal**

Friday

Name	Event	Time	Result
Mel Havea	Junior Girls Discus		36.34m – 7th
Luke Jansen	Junior Boys 3000m		10:06.25- 23rd
Tahlia Pellow	Senior Girls 800m		2:24.69 Q PB
Hollie Scarlet	Junior Girls 200m		27.19 Q
Ryan Beckingsale	Junior Boys Long Jump		5.20m – 22nd
Josh Dos Santos	Junior Boys Long Jump		5.17m – 23rd
Alyssa P-McGregor	Junior Girls High Jump		1.40 – 21st
Alyssa P-McGregor	Junior Girls 200m		32.00 - 47th
Pascal Omondiagbe	Junior Boys 200m		25.89 – 34th
Sam, Ryan, Josh, Gabriel	Junior Boys 4x100m Relay		46.76 – Q 6th PB

Saturday

Name	Event	Time	Result
Toby Orr	Junior Boys Discus	9.00 am	37.98 10th PB
Gabriel Dos Santos	Junior Boys 100m Hurdles	9.25 am	14.77 Q 3rd PB
Sam Guirgis	Junior Boys 100m Hurdles	9.25 am	15.77 15th
Ryan Beckingsale	Junior Boys 100m	11.20 am	11.79 18th Q PB
Hollie Scarlet	Junior Girls 100m	11.45 am	13.49 38th
Mel Havea	Junior Girls Shotput	1.30 pm	9.85m 13th
Toby Orr	Junior Boys Javelin	1.30 pm	30.92m 12th
Joshua Dos Santos	Junior Boys 300m Hurdles	2.00 pm	43.26 4th Q
Gabriel Dos Santos	Junior Boys Triple Jump	3.30 pm	12.13m 3rd
Joshua Dos Santos	Junior Boys Triple Jump	3.30 pm	11.00m 11th
Pascal Omondiagbe	Junior Boys Triple Jump	3.30 pm	10.96m 13th
Toby Orr	Junior Boys Hammer Throw	3.30 pm	25.63m 5th
Tahlia Pellow	Senior Girls 800m	3.50 pm	2:29.12 12th
Hollie Scarlet	Junior Girls 200m	5.10 pm	28.28 24th

Sunday

Name	Event	Time	Result
Toby Gee	Junior Boys Road Race	9.05 am	13:21.30 10 th
Pascal Omondiagbe	Junior Boys High Jump	9.00 am	No Height
Ryan Beckingsale	Junior Boys 100m	9.20 am	11.66 22 nd PB
Gabriel Dos Santos	Junior Boys 100m Hurdles Final	10.35 am	15.84 8 th
Luke Jansen	Junior Boys Steeplechase	10.50 am	7:19.64 7 th PB
Joshua Dos Santos	Junior Boys 300m Hurdles Final	12.00	42.93 5 th
Sam, Ryan, Josh, Gabriel	Junior Boys 4x100m Relay Final	2.10 pm	DQ (Out of Take over Zone)
Hudson, Josh, Gabriel, Ryan	Junior Boys 4x400m Relay Final	3.05 pm	3:53.07 5 th PB