

SOUTHLAND



Running Times

ATHLETICS NEWS

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Clubs, please print this and pass on to your members or send their email address to lance.debbie@xtra.co.nz so more in our sport can be added to the circulation list



Primary School Champs. Awesome!

I don't think I have used the word "awesome" before in this newsletter but I will now in summing up the final meeting of Southland's athletic season, the Southland Primary School Championships. Awesome weather, awesome atmosphere, awesome noise, awesome colour and mostly, awesome young athletes.

Highlights were many, but these stood out to me.

- Tessa Baird's Girls 11 high jump. Tessa's 1.44 showed good technique, composure and consistency for a win by 11cm while her next height came oh so close to the games record.
- Ashlyn Scherp winning her third discus title in a row, throwing 21.18 to take the Girl's 11 title.
- Skye Singer in the Girls 12 discus and shot, both wins and both by substantial margins. An official at the shot commented later that he was impressed by a girl's technique and effective glide then he saw why when he saw the name – Singer. Having a noted coach for a father helps but it also demonstrates that technique correctly taught (i.e. coaching) can make all the difference.
- Skye's brother Taylor proved this again in the Boys 11 discus, winning the event as well as placing 2nd in the shot put.
- The dominance of Kennedy Taylor in the Girls 10 1500m and 800m. Her 1500m time of 5.30.97 was a win by 34 seconds. With Kennedy, Jorja Dinan (1st G12 800m), Shophie Shallard (1st G12 1500m, 2nd

800m) and Emily Knowler (2nd G12 1500, 3rd 800m) along with G11 1500m winner Riley Ballantyne and 800m winner Grace Michaels, there is a lot of distance running talent around.

- Likewise the boys distance races, particularly the influence of Ricky Gutsell's coaching in the Eastern zone. Ben McCall, Oliver Stark, Riley Smith, Hayden Graves and Fynn Mitchell impressed.
- Sam McDonald's long jump to win the Boys 12 backed up by 3rd in the 100m and 2nd in the high jump.
- Rico Fisher showing all round ability to place in the Boys 10 100m, discus (1st) and shot put.
- Nikki Musalov's impressive 4.36m long jump to win the G12.

Actually there were many great efforts over and above those but unfortunately I could not be everywhere and missed many. I am well aware that the ones I missed were equally as awesome.

Congratulations all.

And to the parents, teachers and athletics Southland people who helped make the championship the success it was.



L: Finn Hurley, Nerf throw winner – does Sth have another javelin champion in the making? R: Tessa Baird, high jump champion

*Left:
ready to
go – B10
1500m
start line*





Kennedy Taylor, lap 1 of 1500, already with a big lead and the lead got bigger.



L: Sam McDonald, good form out of blocks. R: The backroom boys – Tony Kennedy and Henry Tudor upstairs – these are the people you don't see, but without them nothing happens.

Go here for full results - <http://www.goeasyware.com/easysport/easy/viewtimes.php>

Harrier season almost here – see page 5

South Island Secondary School Champions Found.

Southland's secondary school athletes, as with the primary schools, finished their season with a championship, this one the South Island's at Timaru last weekend. Southland athletes took a total of 69 podium finishes, including 17 championship titles, a great result considering clashes with other sports prevented many qualifiers from competing.

The throws were probably the strongest discipline from the Southland contingent. Friday afternoon, wet cool dismal and drizzly, made for a challenging (read slippery) circle with competitors doing their best to dry it off with towels. (This probably contributed to the drawn out 2hr duration of the event.) Dyani Shepherd-Oates (Fiordland) nailed her U16 hammer opening throw (41.65m), creating an added challenge for the other competitors, before going on to win by 4.5m with that throw. The challenge was all Emma Ryan (JHC) needed to achieve a well-deserved 45.28m throw and win in the senior girls. Ariana Te Whata (SGHS) had the next best throw of 37.01 for 2nd place in U16.

Emma Ryan followed her hammer win with shot put and discus wins, Dyani went on to place 2nd in discus and 3rd in 80m hurdles. Anna Skerrett (SGHS) added to the Southland throws success equalling the record in the U14 shot put, the only field event record for the championship. The javelin saw two golds with Jessica Senior winning U15 and Yvonne van Baarle (SGHS) the senior girls while Ella Wilson (CSC) was second behind Jessica. Also prominent were Teagan Ashley (U14, Aparima); 3rd SP; Jessica adding to her javelin win with a discus second, Uilealea Lavea (U14, SBHS) 2nd SP, Mac Stodart (U14, JHC) 3rd in discus and javelin, Ryan McDougal (Fiordland) second U14 discus and Ben Henderson (SBHS) 2nd U15 shot and 3rd javelin.

Michelle Lindsay (JHC) successfully dealt with Friday afternoon conditions by placing 2nd in U19 PV which improved her Southland record set the week before.

Emma Hopcroft (SGHS) finished her final South Island champs with a convincing win in the senior long jump and in a return to sprinting after a season concentrating on jumps, finished second in the 200m and third in the 100m in a very strong field (200m winner Lucy Sheat of Marlborough smashed the championship record in the final).

Southlanders always do well in the triple jump with Anna Skerrett and Andrew Allan (GHS) continuing the tradition. Anna had an emphatic 52cm win in in the U14 event and Andrew's 13.04 in the U16 was bettered only by the senior winner. Emma McColl (SGHS), second U15 triple and long, William Swan (JHC) second senior triple, Charlotte Hopcroft (SGHS), third in U16 girls long and high jumps, Laura Weller (Blue Mountain) 3rd U14 high jump (PB) added to the Southland jumps successes.

In the sprints and hurdles Anna Skerrett added to her triple and shot wins with second in the 100m, Yvonne van Baarle and Michelle Lindsay took out second and third in the senior 100m hurdles, Shaun Woodd (CSC) was second in the U15 80m hurdles while Luke Holland (JHC) sprinted well to place third in both the U15 100 and 200m and Kalani Elder (Aparima) ran a hard fought 400m to finish third in the U16 race.

Ella McCall (GHS) was the best performed middle distance runner, winning the U15 800 and 1500m in superb times of 2:17.16 and 4:57.66. Best individual performance however, came from Jaxon Taylor in the U15 3000m, winning by an impressive 22 seconds. The SBHS athlete also placed second in the 1500m, both events big PB's. Hayden Michaels (GHS) and Libby McKinnel (St Peters) added to the Gore area distance success – Hayden winning the U14 800m and Libby second in the U14 800m and third in the 1500. Alan Wilson-Woodford (NSC) improved on his previous best by a considerable 15 seconds to win the open 2000m steeplechase.

With the South Island champs done and dusted the track season is all over, although a good number of our secondary school athletes are already planning and training for the New Zealand secondary schools in Auckland in December. From the Timaru results we can expect Southland student athletes to be making their mark – again!

- Thank you Beverlee Shepherd for observations and updates from the championships.

Full results at <http://nzssaa.org.nz/static/si-tf-2016/results.pdf>

Harrier Season Starts this month.

Crosscountry, road and off road running is about to start and a busy season lies ahead. This includes the Queenstown Mountain Run incorporating the New Zealand Mountain Running Championships.

With these in Queenstown this year a large number of Southland runners are expected to be competing, in fact a number have already put their entry in, including last years U20 winner and world championship representative Jack Beaumont.

Jack has made it clear he wants to make the New Zealand team again for the world champs, this time in Bulgaria.

Championships for our leading runners include New Zealand secondary schools in Rotorua, national crosscountry in Auckland, New Zealand half marathon champs in Christchurch and Masterton for the road champs. And locally there are the Southland crosscountry, road and half marathon championship races, with the half marathon incorporated in the Gore half, May 22nd (see page 8)

However, winter running is not all about championships – it’s for everyone, all ages. And this includes the very popular handicap series. This is five races at various locations with points taken over all races with valuable prizes for series winners. Seniors are 16 and over, although juniors (Under 16) can run in the longer senior races. Best four races count for series points (means you can drop a bad race or not be penalised for not competing in one of the events). Races are from 6 to 9km for seniors and around 3km for juniors with handicap starts – fastest go off last, slowest get a head start.

All Athletic Southland winter races are open to everyone – however, runners not with a club pay a higher entry fee and are not eligible for Southland medals and trophies.

If you want to walk the courses for exercise or to support family, friends or children you do not pay a race entry – and as many of the courses are bush tracks and open country, why not get some exercise and watch the races unfold.

And there’s another good reason for running distance races in winter – it makes you better for track events.

Many of our greatest track runners have been good on grass and road – from Peter Snell to John Walker to the Robertson twins.

Cross country without doubt builds strength. It develops leg strength through the hill work and extra effort needed in soft conditions. It also builds core stability, (strength in hips, pelvis and lower back) improving running posture, technique and efficiency. Balance is an under-rated and often ignored aspect of running. Good balance helps your running and cross country promotes better balance and with it, improved coordination.

Sprinters as well as distance runners will benefit from running crosscountry. Tim Baker (Winton) had his best ever track season, lowering his 400m PB by a big margin this year. Tim admits the crosscountry running he did last winter contributed to his improvement. “And it’s fun” he adds.

First race is the 3-6-9 at Queens Park Saturday April 30th. You choose to run 1, 2 or 3 laps, either 3km, 6km or 9km. Times are taken for all runners. This also determines handicaps for the first of the handicap series the following week. And there’s a free coffee or soft drink for everyone after the run at Cheeky Llama Café.

Winter Running Programme – first month.

April 16th	Social and/or training runs at your local club.
April 30th	3-6-9 Queens Park
May 7th	First of the handicap series (venue to be advised)
May 14th	N.Z. Mountain Champs, Queenstown / club runs
May 18th	Southland Secondary Schools Crosscountry, Te Anau
May 21st	Local club runs
May 22nd	Gore Half Marathon
May 28th	Second handicap series.

Where is your sense of Adventure?



*Athletics New Zealand presents the Queenstown Mountain Run 2016, incorporating the **New Zealand Mountain Running Championships.** (For registered and non-registered runners)*

14 May 2016- Skyline Gondola & Ben Lomond, Queenstown

The inaugural Queenstown Mountain Run incorporating the New Zealand Mountain Running Championships takes place on Ben Lomond in the heart of Queenstown on Saturday 14th May 2016. The courses offer challenges for ages and abilities and believe us – the views along the course and highpoints are worth the sweat – just you wait and see!

Athletics New Zealand Mountain Running Championships

Category	Distance	Total Ascent	Entry Fee
Senior Men	13.86km	1492m	\$55
Masters Men 35-49 (as at 14/05/2016)	13.86km	1492m	\$55
Masters Men 50+ (as at 14/05/2016)	7.60km	993m	\$50
Men U20 (as at 31/12/2016)	7.60km	993m	\$50
Senior Women	7.60km	993m	\$50
Masters Women 35-49 (as at 14/05/2016)	7.60km	993m	\$50
Masters Women 50+ (as at 14/05/2016)	4.0km	448m	\$40
Women U20 (as at 31/12/2016)	4.0km	448m	\$40

Queenstown Mountain Run (Non-Championship)

Category	Distance	Total Ascent	Entry Fee
Open & Vet Men 16+	13.86km	1492m	\$55
Open & Vet Women 16+	13.86km	1492m	\$55
Open & Vet Men 16+	7.60km	993m	\$45
Open & Vet Women 16+	7.60km	993m	\$45
Open & Vet Men 16+	4.0km	448m	\$30
Open & Vet Women 16+	4.0km	448m	\$30

Enter Now On Line at <https://nzmountainchamps.eventdesq.com/reg/types>

The finish line – start line in Queenstown (the white dots bottom left).

Photo taken by Jack Beaumont on a training run on the course.





PRESENT THE 29TH ANNUAL

GORE HALF MARATHON AND 6KM & 12KM RUN/WALK

SUNDAY 22 MAY 2016

Start time 10.30am

**Race day registrations and entries from 9am at
Gore Town & Country Club, Bury Street, Gore**

*Pre-Race online entries and payments available
Please see details on Entry Form.*

**Entry forms available INSTORE HERE or online
from www.sportsouthland.co.nz**

For Further Information Contact:

Bevan Pearce phone (03) 208 0857 or email: bjpearce@xtra.co.nz

Incorporating Southland Half Marathon Championship

