

SOUTHLAND



Running Times

ATHLETICS NEWS

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PB's Abound at Southland Champs



In reality, so they should with the national combined events and NZ T & F champs looming – the combined events this weekend in Whanganui, the nationals in Dunedin two weeks later. So now is the time to start hitting championship form and the Southland champs over last weekend was a good start for a number of athletes.

Jack Beaumont indicated his form with two PB's and a Southland record – his 1500m 4:01.26 was slightly better than his previous best and the 5000m a day later took 13 seconds off the M20 record and 21 seconds off the M19 mark with a time of 15:31.11. When you consider the 30 degree temperature trackside and lack of comparable runners to push or pull him through, the times were pleasing – the 5000m had him lapping everyone else in the field including Dwight Grieve in second who ran a PB of his own and won the masters title.

Jaxon Taylor added to the records, running 4:25.68 for fifth overall in the 1500m. This lowered the B14 recorded best performance set back in 1987. Dylan Forde's 1:58.96 in winning the 800m was his first time under the 2 minute barrier and a strong finish for the 1500m to place third overall gave him two PB's for the weekend.

Andrea McDowell ran a 200m PB of 26.49 and along with her other performances over the weekend must give her confidence going into the national combined events championships.

Double PB's for the two Jacks – Jack Welsh (top) discus and shot, Jack Beaumont 1500m and 5000m (here in 1500 with second placed Liam Cullen



However it was the throws that gave the biggest number of personal bests. Jessica Senior added 13cm to her previous best javelin mark with 39.06, putting the 14 year old in the top five nationally for U18's, and significantly there is very little between all five.

Emma Wilson threw a big PB in the hammer with a 40.71 mark that placed her ahead of Southland record holder Emma Ryan. However Dyani Shepherd Oates took the title in a very close (as usual with these girls) contest with 41.67.

Jack Welsh has timed his season right, recording two PB's over the weekend; 44.32 in the discus and 13.58 for the shot put, marks that indicate he is on target for a high placing at the national championships with a medal a possibility.

Sam Stewart improved his shot put, throwing 12.58 to finish second behind Jack, and more importantly adds valuable points should he carry this form through to Whanganui and the combined events this weekend.

PB's aside, the championships provided some good competition, particularly from younger athletes, particularly Libby McKinnell. The Gore 14 year old ran 5:04,08 for second overall in the 1500m, a superb time for someone of her age. As expected, Hannah Miller took out the 1500 and 800m, both in times that should give her confidence for Dunedin.

In the sprints Andrea's 200m and Tim Baker's 51.01 for one lap were the stand outs.



Tim Baker, convincing 400m win

Results

100m women (-1.2)

Emma Hopcroft	U20	13.07
Atipa Mabonga	U20	13.40
Charlotte Hopcroft	U18	13.81
Emma Ryan	U18	13.91
Bailey McColl	U18	14.44
Hollie Findlay	U18	14.67
Rose Heyrick	MW	15.28

100m men (0.8)

Fergus Keown	U18	12.08
Adam Norman	U18	12.28
Taine Te Whata	U18	12.58
Samuel Russell	U18	12.68
Shaun Woodd	U18	12.74

100m masters (-0.7)

Bruce Thomson	M40	14.55
Barry Smith	M55	16.04

200m women (2.1)

Andrea McDowell	W18	26.49
Emma Hopcroft	W20	26.71
Atipa Mabonga	W20	27.75
Emma Ryan	W18	28.53
Bailey McColl	W18	28.96
Ella Wilson	W18	29.08
Hollie Findlay	W18	30.17
Rose Heyrick	MW50	31.18

200m women (2)

Laura Weller		30.36
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200m men (-1.1)

Tim Baker	M20	23.44
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William Swan	M20	24.30
Fergus Keown	M18	24.84
Tyler Hamilton	M18	25.24
Shaun Woodd	M18	25.79
Norman Tudor	M18	26.19
Samuel Russell	M18	26.21

400m women

Emma Hopcroft	W20	62.99
Libby McKinnell	W18	64.88
Emma Wilson	W18	69.73
Rose Heyrick	MW50	71.46
Sarah Wallis	SW	76.76

400m men

Tim Baker	M20	51.01
Liam Turner	M18	53.44
Tyler Hamilton	M18	54.99
Dylan Forde	M18	57.78
Hayato Yonete (u/r)	M18	60.50
Buddy Small	M18	64.93
Albie Small	M18	67.15

400m masters men

Bruce Thomson	MM50	65.45
Alistair Hatton	MM45	76.33
Evan MacIntosh	MM70	83.70

800m Women

Hannah Miller	W20	2:19.11
Olivier Thornbury	W20	2:21.60
Briana Miller	W18	2:34.79
Ruby Fleming	W18	2:41.05

Abby Johnston	W20	2:53.74	Dyani Sheherd Oates	52.59
Sarah Wallis	SW	2:55.06	Emma Wilson	54.70
Debbie Telfer	MW55	2:57.32	<u>High Jump women</u>	
<u>800m men</u>			Charlotte Hopcroft	W18 1.48
Dylan Forde	M18	1:58.96	Laura Weller	W18 1.45
Liam Turner	M18	2:02.98	Hollie Findlay	W18 1.40
Liam Cullen	M20	2:03.14	Andrea McDowell	W18 1.30
Jack McNaughton	M18	2:10.12	<u>High Jump men</u>	
Buddy Small	M18	2:12.84	Shaun Woodd	M18 1.65
Finn Rogers	M18	2:15.27	Dylan Forde	M18 1.60
Albie Small	M18	2:22.08	Samuel Russell	M18 1.50
Alistair Hatton	MM45	3:00.53	Tyler Hamilton	M18 1.45
<u>1500m women</u>			Andrew Allan	M18 NM
Hannah Miller	W20	4:46.82	William Swan	M20 NM
Libby McKinnell	W18	5:04.08	<u>Long Jump women</u>	
Briana Miller	W18	5:12.29	Emma Hopcroft	W20 5.04 (-0.3)
Ella Fry	W18	5:30.76	Yvonne van Baarle	W18 4.97 (1.5)
Ruby Fleming	W18	5:50.38	Atipa Mabonga	W20 4.95 (-0.5)
Debbie Telfer	MW55	5:50.65	Abbey Johnston	W20 4.62 (-0.4)
<u>1500m men</u>			Emma McColl	W18 4.50 (-0.3)
Jack Beaumont	M20	4:01.26	Laura Weller	W18 4.24 (0.2)
Liam Cullen	M20	4:12.85	Ella Wilson	W18 4.18 (-0.3)
Dylan Forde	M18	4:17.07	Bailey McColl	W18 4.17 (-1.0)
Jack McNaughton	M18	4:22.23	Hollie Findlay	W18 4.16 (-0.7)
Jaxon Taylor	M18	4:25.68 (B14 Sth R)	<u>Long Jump men</u>	
Buddy Small	M18	4:30.25	William Swan	M20 6.20 (-0.5)
Alan WilsonWoodford	M18	4:37.16	Tim Baker	M18 6.09 (0.3)
Sam Thornbury	M18	4:39.21	Adam Norman	M18 5.66 (-0.4)
Albie Small	M18	4:45.60	Fergus Keown	M18 4.79 (1.3)
Alex Cheifetz	M18	4:49.40	<u>Triple Jump women</u>	
Benny Britton	M18	4:55.34	Atipa Mabonga	W20 11.15 (0.9)
Tyrone Lake	MM40	5:04.11	Andrea McDowell	W18 10.42 (0.7)
Alistair Hatton	MM45	6:28.27	Emma McColl	W18 10.01 ((.3)
<u>5000m (mixed)</u>			Ella Fry	W18 9.34 (2.2)
Jack Beaumont	M20	15:31.11 (Sth R)	Hollie Findlay	W18 9.31 (1.1)
Dwight Grieve	MM	16:50.61	Sarah Boniface	W18 9.02 (0.0)
Alan Wilson Woodford	M18	18:39.76	<u>Triple Jump men</u>	
Tyrone Lake	MM	19:30.26	William Swan	M20 12.94 (1.3)T
Debbie Telfer	ME55	21:48.65	Taine Te Wahata	M18 12.47 (-1.8)
Alistair Hatton	MM45	27:24,63	Tim Baker	M20 12.36 (-0.1)
<u>80m Hurdles (-2.0)</u>			Andrew Allan	M18 12.05 (-0.1)
Sarah Humphries		15.34	Adam Norman	M18 11.68 (-3.0)
<u>100m hurdles .762 women (-1.7)</u>			<u>Javelin women</u>	
Andrea McDowell	W18	16.72	Jessica Senior	W18 39.06
Dyani Shepherd Oates	W18	18.02	Andrea McDowell	W18 31.94
Yvonne van Baarle	W18	18.41	Yvonne van Baarle	W18 31.43
Hollie Findlay	W18	18.53	Sarah Boniface	W18 20.85
Ruby Fleming	W18	20.26	<u>Javelin men</u>	
<u>100m hurdles .840 (-1.7)</u>			James Tudor	M20 41.32
Michelle Lindsay	W20	17.87	Taine Te Whata	M18 40.38
<u>100m hurdles (boys) (-0.5)</u>			Bradley McMaster	M18 37.79
Shaun Woodd		15.08	Mark Flaus	MM50 32.64
Hatato Yoneto		18.29	Adam Norman	M18 32.38
<u>300m hurdles (.840)</u>			<u>Shot Put women</u>	
Shaun Woodd		48.61	Emma Ryan	W18 12.63
<u>300m hurdles (.762)</u>				

Yvonne van Baarle	W18	10.17
Dyani Shepherd Oates	W18	9.86
Andrea MvDowell	W18	9.42
Ella Wilson	W18	8.78
Abbey Johnston	W20	8.39
Gabrielle Knap	W18	8.01

Shot Put men

Jack Welsh	M20	13.58
Sam Stewart	M20	12.58
Taine Te Whata	M18	12.18
Mark Flaus	MM	10.61
Lorne Singer	SM	10.27
Lester Laughton	MM60	9.76

Discus women

Dyani Shepherd Oates	W18	34.34
Emma Ryan	W18	34.28
Ella Wilson	W18	25.33
Emma Wilson	W18	25.13
Gabrielle Knapp	W18	20.97
Laura Weller	W18	18.35

Sarah Boniface triple jump



<u>Discus men</u>			
Jack Welsh	M20	44.32	
Sam Stewart	M20	36.76	
Lorne Singer	SM	30.61	
Lester Laughton	MM60	36.02	
Mark Flaus	SM	29.95	

Discus AWD

PhilHansford		23.01	
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Hammer women

Dyani Shepherd Oates	W18	41.67	
Emma Wilson	W18	40.71	
Emma Ryan	W18	39.39	

Hammer men

Bradley McMaster	M18	37.76	
Mark Flaus	SM	30.02	
Taine Te Whata	M18	28.45	
Lorne Singer	SM	24.80	

4 x 100m relay

Wintom men 18		59.30	
Wintom women 18		59.46	

Phil Hansford, 23.01 discus



Colgates 2017. They're ours. Come and Help Make It a Great Event.

As everyone are aware, Southland will be hosting the South Island Colgate Games in January 2017. This is a fantastic meet as many of you will know and was a huge success last time we hosted them in 2013. As such we will need to for a Local Organising Committee (LOC) to help run the event.

There will be a short meeting held at the track directly **after the conclusion of day 1 of the Junior Champs next Saturday, 20th of February.**

I would like to invite anyone who is able to assist with the formation of the LOC or who is happy to help behind the scenes to attend this brief and informal meeting.

If you would like to be involved but are not able to attend the meeting next weekend or want some information on what is required, please feel free to contact me by phone or the below email and I will be more than happy to answer your questions.

Regards

Andrew Taberner

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Southland Junior Championships, this weekend and Next. Programme Both Days.

TRACK - MORNING - DAY ONE					FIELD - MORNING - DAY ONE						
Time	No.	Group	Event		Time	No.	Group	Event			
11.00am	1	Girls 10	1500m	Combined Final	11.00am	6	Girls 8	Discus	Final		
	3	Girls 11	1500m			5	Boys 8	Shot Put	Final		
	9	Girls 12	1500m			7	Girls 9	High Jump	Final		
	2	Boys 10	1500m	Combined Final		8	Girls 7	Long Jump (E)	Final		
	4	Boys 11	1500m			15	Boys 7	Long Jump (W)	Final		
	10	Boys 12	1500m			Quoity Throw (Back Field)	13	Girls 5	Combined Final		
	11	Girls 13	1500m	14			Boys 5				
	18	Girls 14	1500m	Final							
11.15am	12	Boys 13	1500m	Combined							
	19	Boys 14	1500m	Final							
					Time	No.	Group	Event			
					11.45am	66	Girls 10	Long Jump (E)	Final		
						38	Boys 10	Long Jump (W)	Final		
						16	Boys 11	Discus	Final		
						17	Girls 11	Shot Put	Final		
						53	Girls 6	Quoity Throw (Back Field)	Combined		
							54		Boys 6	Final	
						20	Girls 13	High Jump	Combined		
							129		Girls 14	Final	
Time	No.	Group	Event		Time	No.	Group	Event			
11.50am	40	Boys 13	100m	Heats	12.15pm	30	Girls 12	Discus	Final		
	37	Boys 14	100m	Heats		31	Boys 12	Shot Put	Final		
	41	Girls 12	100m	Heats		21	Boys 13	High Jump	Combined Final		
	42	Boys 12	100m	Heats						130	Boys 14
	68	Girls 5	100m	Final							
	69	Boys 5	100m	Final							
	45	Girls 7	100m	Heats							
	46	Boys 7	100m	Heats							
	47	Girls 8	100m	Heats							
	48	Boys 8	100m	Heats							
12.30pm	137	Girls 9	100m	Heats							
	138	Boys 9	100m	Heats							
	32	Girls 10	100m	Heats							
	33	Boys 10	100m	Heats							
	34	Girls 11	100m	Heats							
	35	Boys 11	100m	Heats							
	39	Girls 13	100m	Heats							
	36	Girls 14	100m	Heats							
	70	Girls 6	100m	Final							
	71	Boys 6	100m	Final							
					Time	No.	Group	Event			
					12.45pm	156	Boys 5	Long Jump (E)	Combined		
						155	Girls 5		Final		

TRACK - AFTERNOON - DAY ONE

FIELD - AFTERNOON - DAY ONE

Time	No.	Group	Event	
1.00pm	145	Girls 13	Discus	Combined Final
	51	Girls 14	Discus	
	146	Boys 13	Discus	
	52	Boys 14	Discus	
1.30pm	43	Boys 11	High Jump	Final
	44	Girls 12	Long Jump (E)	Combined
	63	Boys 12		Final

Time	No.	Group	Event	
2.00pm	32	Girls 10	100m	Final
	33	Boys 10	100m	Final
	34	Girls 11	100m	Final
	35	Boys 11	100m	Final
	41	Girls 12	100m	Final
	42	Boys 12	100m	Final
	39	Girls 13	100m	Final
	40	Boys 13	100m	Final
	36	Girls 14	100m	Final
	37	Boys 14	100m	Final
	137	Girls 9	100m	Final
	138	Boys 9	100m	Final
	47	Girls 8	100m	Final
	48	Boys 8	100m	Final
45	Girls 7	100m	Final	
46	Boys 7	100m	Final	

Time	No.	Group	Event	
2.05pm	95	Girls 6	Long Jump (W)	Combined
	96	Boys 6		Final

Time	No.	Group	Event	
2.15pm	72	Girls 10	Discus	Final
	73	Boys 10	Shot Put	Final
	75	Girls 11	High Jump	Final

Time	No.	Group	Event	
2.30pm	74	Girls 8	Long Jump (E)	Final
	78	Boys 8	Long Jump (W)	Final

Time	No.	Group	Event	
2.45pm	64	Boys 9	Discus	Final
	65	Girls 9	Shot Put	Final

Time	No.	Group	Event	
3.00pm	83	Girls 14	400m	Final
	84	Boys 14	400m	Final
	81	Girls 13	400m	Final
	82	Boys 13	400m	Final
	79	Girls 12	400m	Final
	80	Boys 12	400m	Final
	87	Girls 11	400m	Final
	88	Boys 11	400m	Final
	85	Girls 10	400m	Final
	86	Boys 10	400m	Final

Time	No.	Group	Event	
3.30pm	117	Girls 13	Long Jump (E)	Combined Final
	22	Girls 14		
	118	Boys 13		
	23	Boys 14		
76	Girls 7	Discus	Final	
77	Boys 7	Shot Put	Final	
67	Boys 9	High Jump	Final	

Time	No.	Group	Event	Final	Time	No.	Group	Event	Final
11.00am	89	Girls 10	800m	Final	11.00am	94	Boys 8	Discus	Final
	90	Boys 10	800m	Final		93	Girls 8	Shot Put	Final
	91	Girls 11	800m	Final		144	Girls 9	Long Jump (E)	Final
	92	Boys 11	800m	Final		149	Boys 9	Long Jump (W)	Final
	100	Girls 12	800m	Final					
	101	Boys 12	800m	Final					
11.15am	102	Girls 13	800m	Final					
	103	Boys 13	800m	Final					
	107	Girls 14	800m	Final					
11.30am	108	Boys 14	800m	Final					
	26	Girls 6	60m	Final	11.30am	143	Girls 12	High Jump	Combined Final
	27	Boys 6	60m	Final		150	Boys 12		
	28	Girls 5	60m	Final					
	29	Boys 5	60m	Final					
	139	Girls 7	60m	Heats					
	140	Boys 7	60m	Heats					
	141	Girls 8	60m	Heats					
142	Boys 8	60m	Heats						
11.45am	24	Girls 9	60m	Heats					
	25	Boys 9	60m	Heats					
12.00pm	135	Girls 10	200m	Heats	12.00pm	104	Girls 9	Discus	Final
	136	Boys 10	200m	Heats		105	Boys 9	Shot Put	Final
	133	Girls 11	200m	Heats					
	134	Boys 11	200m	Heats					
	123	Girls 12	200m	Heats					
	124	Boys 12	200m	Heats					
	127	Girls 13	200m	Heats					
	128	Boys 13	200m	Heats	12.15pm	109	Boys 10	High Jump	Final
	125	Girls 14	200m	Heats		106	Girls 11	Long Jump (E)	Final
	126	Boys 14	200m	Heats		110	Boys 11	Long Jump (W)	Final
111	Girls 7	200m	Heats	153		Girls 6	Jr Shot Put	Combined Final	
112	Boys 7	200m	Heats	154		Boys 6			
113	Girls 8	200m	Heats						
114	Boys 8	200m	Heats						
12.45pm	55	Girls 9	200m	Heats	12.45pm	132	Boys 12	Discus	Final
	56	Boys 9	200m	Heats		131	Girls 12	Shot Put	Final

TRACK - AFTERNOON - DAY TWO

FIELD - AFTERNOON - DAY TWO

Time	No.	Group	Event	Final	Time	No.	Group	Event	Final
1.15pm	57	Girls 12	80m Hurdles	Final	1.15pm	97	Girls 5	Jr Shot Put	Combined Final
	58	Boys 12	80m Hurdles	Final		98	Boys 5		
	59	Girls 13	80m Hurdles	Final		152	Boys 10	Discus	Final
	60	Boys 13	80m Hurdles	Final		151	Girls 10	Shot Put	Final

61	Girls 14	80m Hurdles	Final
62	Boys 14	100m Hurdles	Final

Time	No.	Group	Event	Time	No.	Group	Event
1.45pm	119	Girls 6	80m	1.45pm	157	Girls 11	Discus
	120	Boys 6	80m		158	Boys 11	Shot Put
	121	Girls 5	80m		Final	Final	
	122	Boys 5	80m		Final	Final	
	139	Girls 7	60m		Final	Final	
	140	Boys 7	60m		Final	Final	
	141	Girls 8	60m		Final	Final	
	142	Boys 8	60m		Final	Final	
	24	Girls 9	60m		Final	Final	
25	Boys 9	60m	Final	Final			

Time	No.	Group	Event	Time	No.	Group	Event
2.30pm	127	Girls 13	200m	2.45pm	116	Boys 7	Discus
	128	Boys 13	200m		115	Girls 7	Shot Put
	125	Girls 14	200m		Final	Final	
	126	Boys 14	200m		Final	Final	
	135	Girls 10	200m		Final	Final	
	136	Boys 10	200m		Final	Final	
	133	Girls 11	200m		Final	Final	
	134	Boys 11	200m		Final	Final	
	123	Girls 12	200m		Final	Final	
	124	Boys 12	200m		Final	Final	
	111	Girls 7	200m		Final	Final	
	112	Boys 7	200m		Final	Final	
	113	Girls 8	200m		Final	Final	
	114	Boys 8	200m		Final	Final	
	55	Girls 9	200m		Final	Final	
	56	Boys 9	200m		Final	Final	

RELAYS ARE TO BEGIN AFTER THE COMPLETION OF THE 200m FINALS & SHOT PUT FINALS

RACE 1	161	Mixed 7	4 x 100m	RACE 8	168	Boys 11	4 x 100m
RACE 2	162	Mixed 8	4 x 100m	RACE 9	169	Girls 12	4 x 100m
RACE 3	163	Girls 9	4 x 100m	RACE 10	170	Boys 12	4 x 100m
RACE 4	164	Boys 9	4 x 100m	RACE 11	159	Girls 13-14	4 x 100m
RACE 5	165	Girls 10	4 x 100m	RACE 12	160	Boys 13-14	4 x 100m
RACE 6	166	Boys 10	4 x 100m				
RACE 7	167	Girls 11	4 x 100m				