

SOUTHLAND



Running Times

ATHLETICS NEWS

No 630, April 18th, 2016

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

A Great Experience and Big Learning Curve.

- by Andrea McDowell

Recently I went over to Sydney to compete in the Oceania combined events at my first international competition, where I placed 7th in the U18 heptathlon and managed to break the Southland record.

I must admit that at first I was extremely disappointed in my result as it had always been my goal over there to try and make top 5 at this competition, which I obviously did not achieve.



Although what I did get out from the trip is probably a lot more valuable. Not only did I get the chance to meet new people and compete against a high calibre of girls who were either at equal or better ability than I am but I also got the opportunity to explore a new country and have my first taste of international competition.

I went over to Sydney without a coach and without the support of team mates. This turned out to be a lot harder for me as I first anticipated, as I had no one to turn to for feedback or tips during events I had to rely solely on internal feedback from myself. This was something I really struggled with especially when faced with seven events all of which and technical and complex in their own ways and to make it more difficult, some of these events I am still relatively new to me too.

Not only did this show me how vital having the support of your team mates and the guidance of your coach really is but it also gave me a greater appreciation for both these things as they play a huge part in your performance. But it also allowed me with the opportunity to see how well I could cope on my own and shed light on not only the areas that I did well with but also the areas in which I struggled with, providing me with a chance to reflect but also to know what I would change and do differently next time if I found myself in the same situation.

Another thing that I found challenging about Sydney was the change in climate, competing in 30-31 degree was a definite shock to the system compared to our lovely Invercargill weather as well as the 1 day adjustment to time zones. So while I was first initially disappointed in my results as it wasn't the outcome I wanted, I can now

see that after reflecting on it a little and taking into account that I was competing at my first ever international competition, without the usual guidance for a coach or team mates as well as a change in climate and time zones, 7th although it not being the place that I wanted is still something to be proud of.

It has probably made me even more hungry and driven to try and come back next season and better my performance and placing then it would have if I went over there and achieved my goal of 5th.

- Andrea

Andrea Accepted for Academy Southland

Andrea is one of the 12 selected from all sports for the Academy Southland. Inclusion in this two year programme recognises both her success and her potential and is the first step into high performance. Making it into the Academy as one of the 12 selected from all sports is a real achievement. Congratulations on your selection Andrea.

Andrea will be joined by Olivia Thornbury who is there from triathlon but is also involved in athletics, making a mark as a distance runner on the track and crosscountry.

Also from athletics are Emma Hopcroft and Atipa Mabonga who are in their Academy second year.

Run Southland – Harrier season Under Way

A busy crosscountry, road and off road running season lies ahead. This includes the Queenstown Mountain Run incorporating the New Zealand Mountain Running Championships, the only national championship event in the south of the South Island. This is an open event for all runners, so you don't have to be registered to enter but you will need to be a club member to be eligible for N.Z. championship medals and selection for the world championships.

Championship races 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.



Don't worry about keeping shoes dry – keeping them on is the problem

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. Entry fee is \$20 for the series of five races or \$5 per race for registered club members and \$30 for the series or \$10 a race for non-registered, both juniors and seniors. Valuable prizes for



series winners.

The season

April 23

Club runs – training or social runs organised by respective clubs.

April 30	3-6-9 @ Queens Park. Choose the distance you want to run – either 1 lap of 3km, 2 laps or 3 laps for 9km. All flat, all on paths, all in Queens Park. Free cup of coffee or soft drink at Cheeky Llama after the run. Times taken for all runners. This run also helps in determining handicaps for the first of the series next week.
May 7	Handicap 1 – Otatara Reserve – meet at Otatara School. Approx 6km seniors, 3km juniors.
May 14	N.Z. Mountains Champs at Queenstown and runs organised by clubs locally
May 18	Sth Secondary School Champs, Te Anau
May 21	Club runs
May 22 (Sun)	Gore half marathon, inc Sth Half Marathon Championship – plus 12 and 6km fun runs/walks. (Only registered club members eligible for Southland championship medals)
May 28	Handicap 2 – Roslyn Downs Classic – a true crosscountry course on rolling farmland at Glencoe.
June 4 & 5	Fiordland running weekend, Te Anau. Crosscountry race at Ivon Wilson Park Saturday and trail run Sunday (see below). Be there for one or the other or stay the weekend.
June 5	Chch marathon inc NZ half marathon champs.
June 11	Combined clubs run at Riverton – training group run on scenic course – you choose group you run with according to distance and pace. Afternoon tea to follow, bring a plate,
June 18	Handicap 3. Fosbender Park with bush tracks and grass. A few little rises and stairs makes it a tough but fun course / NZ Secondary School Crosscountry Champs, , Rotorua
June 25	Gore XC at Hamilton Park, East Gore. Open handicap 5.4km for seniors down to 2km for U14's. Course flat but there are fences and hay bales to get over.
July 2	Club run
July 9	Sth XC Champs, Waimumu. From 12k for seniors down to short distances for littlies.
July 16	Club runs
July 23	Sth road champs at Te Anau. 10k for seniors down to 3km for younger grades. Promises to be a fast, spectator friendly course.
July 30	Heather Skerrett memorial crosscountry, Elizabeth Park, Invercargill. 2km for juniors, 4km for seniors. Course includes challenging hill. Trophies awarded on age graded performance.
Aug 6	Club runs
Aug 7 (Sun)	NZ XC Champs, Akl
Aug 13	Clyde to Alex – 10k road race for seniors plus shorter distances for younger grades. This is the best road race in the South Island, maybe in N.Z.
Aug 20	McIndoe Casket Races at Wyndham racecourse. This is a team's race and determines Southland's top crosscountry clubs. Races for all grades.
Aug 27	Handicap 4 – road race at Queens Park
Sept 3	Gore road champs (handicap 5). 9.5km for seniors, 4km for juniors. / NZ Road champs (Masterton)
Sept 10	Travel Smart Street mile. A flat out 1.6km blast down Queens Drive. Trophies for winners.
Sep 17	Masters run
Sept 24	Surrey Park 3k and season wind up.
Oct 1	N.Z. Road Relay, Rotorua
Oct 2	St Pauls off road half marathon, Sandy Point. Course includes bush and beach – plus 5 and 10k fun run/walks
Oct 16 (Sun)	Southland Marathon / Fest of Running. Marathon (incorporating sth Marathon championship, plus half marathon, 10k and 5k fun run.

Handicap Series – 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).

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. Anyone walking the courses for exercise or to support family, friends or children 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.

Fiordland’s Queen Birthday Running Weekend

This Queens birthday the Fiordland club is hosting Dunedin’s Caversham club for the weekend and all Southland runners are invited. . There are no Southland harrier races on the programme that weekend, making the Te Anau the Southland harrier activity – whether the Saturday, the Sunday or both.

Saturday – Cross Country race organised at Ivon Wilson park with a group meal that night for a yarn etc

Sunday – Adventure type run that will suit different abilities – likely to be either Kepler track or Routeburn track – depends on weather forecast etc

Monday – day off work so nice sleep in and go home or fit in an extra run

It is good timing for a weekend in Te Anau as the accommodation prices will be right – if you want to know more, contact Dwight Grieve at dwrightandlee@gmail.com

Liam’s Medal Haul at Oceania Champs

Liam Turner of the Winton club recently returned from the Oceania Champs in Tahiti with 3 gold medals and a bronze. Liam won the U18 800m in a PB 1:58.21, having a close race with fellow New Zealanders Gerard Hickey and Sam Gouverneur who finished in 1:58.97 and 1:59,55.

The three took all medals in the 400m, Liam winning in 51.32 with Sam second and Gerard third.

He was also a member of the U18 4 x 100m team that won gold and senior 4 x 100m relay that took the silver medal. Liam’s times compare with Jordan Rackham’s at the same age and Jordan went on to win national titles. Team New Zealand team manager Alec McNab summed up the championships with, “such tours can provide the motivation necessary to make the next step in the sport and they will reset goals and training accordingly.” Liam is doing just that



Relay team Tahiti – Liam on right



Liam in full flight at Capital Classic

Is Incorrect Arm Movement Costing you Running Energy?

- Lance Smith

Last weekend while out on a run I noticed a runner heading the other way looking very awkward. She was holding and using her arms incorrectly. So not only did she look awkward, it made her run awkwardly which was costing her energy.

*Arms and how you use them have a positive or negative effect on stride rate, stride length, ground forces and energy consumption. **And that is the basis of effective running – stride rate, stride length, ground forces, energy use – it's these that determine how fast you run and ultimately, for how long.***

Arm movement is considered by many to be determined by legs – where legs go arms follow but it's the other way around - **arms control the legs.**

Running action causes a rotation around vertical axis – right foot pushes, body turns to left – like action of rowing a boat. Try and run with your arms held straight at your sides. Notice how your shoulders swing from side to side.



Flexing of elbows in arm drive reduces this rotation. If you run with your arms bent at an acute angle, as in having hands up near shoulders, you have the same effect as there is again, no flexing at elbow. This is what the runner observed in the weekend was doing. Her shoulders were swaying back and forwards/

What does this mean?

The body will try and achieve stability to counter the rotations mentioned by using other muscles - the shoulders, core and limb muscles. This is energy wasted. Muscles and energy used for anything other than effective forward movement is **wasted energy.**

Note, while flexing arms at elbows helps reduce rotation around vertical axis, it must be in combination with total arm swing from shoulder. We don't want movement from elbow with lower arm in motion and upper arm still and nor do we don't want marching - arms moving and no bending at elbow.

When running take note of how you use your arms, because they are dictating what your legs do.

Arm action also determines stride length and stride rate – how long every step is and how fast you move your feet. But will be discussed in a later newsletter.

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Effective arm movement – movement is from shoulders, there is flexing (opening and closing of arm) at elbow, hand is carried past hips, fingers relaxed.

Queenstown Mountain Run/N.Z. Mountain Running Champs and Gore Half details next two pages ...



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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

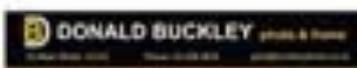
*Pre-Race online entries and payments available
Please see details on Entry Form.*

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



Race Course

Have you entered yet?



Is this the ultimate definition of the runner's high?

Where is your sense of Adventure?

*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!

Race details and entry at

<https://nzmountainchamps.eventdesq.com/reg/types>