

SOUTHLAND



Running Times

ATHLETICS NEWS

No 632, May 2nd 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



Park Run Starts the Harrier Season

Sibling leading sibling – 2 lap winner Josh Taylor leads brother Jaxon and 2 lap women’s winner Hannah Miller leads sister Briana – Jaxon finished second behind Josh, Briana second behind Hannah.

Invercargill’s autumn toned Queens Park hosted the opening event of the Southland harrier season with the traditional 3-6-9 race – entrants choose their distance, either 1, 2 or 3 laps (distances actually 3, 5.8 and 8.6km).

The two lap race had Josh Taylor winning for the second successive year but worked hard to hold off Hannah Miller who ran 20.58 to Josh’s 20.29. Hannah was sandwiched by Taylors – Josh’s younger brother Jaxon finished just behind her. With the national mountain running champs just two weeks away Hannah wanted an indication of form, and should be happy with where she is right now. Sister Briana who was second woman in the 2-lapper is also entered in the mountain champs as are Buddy Small and Jack McNaughton, the first two home in the 3 lap 8.6km.



Autumn in the Park – Josh, Buddy and Alan

Buddy started fast with Jack allowing a gap to open; he started to close it in the third lap but left it too late – Buddy finishing strongly with a 10 second advantage.

Impressive result from 10 year old Kennedy Taylor who opted for the 2 lap and came home third girl, not far behind Briana.

Tim Baker was third in the 2 lapper, and while his was an OK time for a distance runner it was highly respectable for a sprinter – which Tim is. The N.Z. champs 400m U20 bronze medallist says he runs harrier races for two reasons – it develops fitness and strength allowing him to train harder and earlier leading into the track season, and as he says, it’s fun.

Fun seemed to resonate with the younger runners in the one lap race with most finishing with a grin. Jacob Boniface who turned 9 just a few days ago, showed real ability in winning the 3km race in an excellent time of 12.02. Ella Fry was a few steps behind to be first girl. She was followed by a quartet of 9 year olds – Dylan Holland 2nd boy, Ruby Miller 2nd girl, Logan Wylie third boy and Jordis Belesky, third girl.

While all the mentioned top finishers put in noteworthy performances the run of the day in my opinion came near in the ends of the field. Dorothy Horrell ran 52.32 in the 3 lap race, looking good and in control the entire distance. Dorothy is 64 and has the form and fitness of runners considerably younger.



Tim, getting ready for summer sprint training.

1 Lap 3km

Male:

Jacob Boniface	12.02
Dyland Holland	14.47
Logan Wylie	15.29
Brian Stout	16.39
Will Knight	16.47
Chris Knight	16.55
Cru Holland	16.59
Boston Mclean	17.00
Robert Kidd	19.17
Hamish Kidd	19.18
Scott Belesky (walk)	21.08
Tequin Lake	26.45

Female:

Ella Fry	12.15
Ruby Miller	15.01
Jordis Belesky	15.30
Karen Leadley	15.39
Talia Stout	16.39
Sophie McLean	16.55
Maddi Hamilton	19.35
Sophie Wylie	19.59
Kim Lake	20.19
Linda Te Au (walk)	20.56
Zoe Hamilton	21.47
Heidi Boniface	22.38

Laura Boniface	22.39
Mickayla Bye	23.51
Deb Swanson (walk)	26.55
Shyanne Lake	28.13

2 Laps 5.8km

Male:

Josh Taylor	20.29
Jaxon Taylor	21.04
Tim Baker	23.00
Tyler Hamilton	23.24
Graham Neilson	23.55
Tyler Hayes	24.35
Tom Usher	25.28
Jansen Rogers	25.37
Jonathon Muhl	27.26
Alistair Hatton	29.58
Barrie Sheehy (walk)	39.43

Female:

Hannah Miller	20.58
Briana Miller	24.40
Kennedy Taylor	25.26
Marie Muhl	27.26
Stacy Taylor	33.46

3 Laps 8.6km

Men

Buddy Small	30.37
Jack McNaughton	30.47

Finn Rogers	32.20
Albie Small	32.29
Alan Wilson Woodford	32.58
Tim de Ridder	33.05
Ian Densie	36.22
Jack Leadley	39.08
Lindsey Wylie	41.35
Evan McIntosh	46.04

<u>Women</u>	
Sarah Wallis	42.24
Karen Roberts	43.49
Nicola Mclean	46.32
Xanthe Belesky	52.12
Dorothy Horrell	52.32
Alison Neilson	57.23

Handicap Series Starts Next week

This is the first in the series of the series of five races, with points on each race and top scorers at the end of the series winning valuable prizes.

First up is the bush track course at Otatara reserve, starting and finishing at the Otatara community centre next to the Otatara school.

The senior course is approx. 6km and Juniors run 3km. Juniors can run the senior races if they wish but points can't be transferred from one grade to another.

As it's a handicap race the faster runners start later – first off will start at 2pm.

Be there by 1.30 at the latest to receive your handicap start time or to organise a handicap.

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). Handicap series entry fee –\$20 for the series both seniors and juniors if a registered club member or \$5 per race. Unregistered \$30 for the series or \$10 per race.



Scene from last year's Otatara race

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!

Entries Close this week* Enter at

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

*** Entry for the Athletics New Zealand Championship close this Sunday, May 8th, for non-championship races entries close Friday 13th.**

Arms as Gear Levers

- Lance Smith

A couple of issues ago we looked at arms as stabilisers and saving energy. This week a brief look at arms and changing gears.

I have a maxim – run with your knees, not your feet. Downward drive of arm promotes running with knees – knees driving forward. Upward drive gives feeling of running on the spot. I maintain it is a mistake for coaches to yell “lift your knees”. Correct call should be “drive your elbows”. As with running with the knees not the feet, arm drive is with elbows not the hands. This means the movement comes from the shoulders. And you should have hand and elbow following the same path. No elbows sticking out, no movement of hand and lower arm only without upper arm movement.

And the range of this movement along with speed of arm drive determines what gear you’re using.

The right gear is really the best combination of stride length and stride turnover – and as we know this is dictated by arm action.

You come to a hill in a crosscountry race, so just as in a vehicle you change down to lower gear. You need to surge or accelerate, so change down then change back up – just as you would in car when passing. Fatigue has reduced your stride length, you feel as if you’re carrying an extra load – so as with a truck when overloaded, change down a gear

How? By shortening stride without reducing cadence (leg speed).

Granny steps is a good prompt in hitting a hill in crosscountry – short and fast. But it is the arms you need to control – shorter, faster arm action to increase leg turn over with the arm action emphasising the down stroke.

Many runners try to increase stride length when fatigued in final part of a race – this invariably leads to slow cadence and/or overstriding. Instead, increase your stride rate by REDUCING stride length.

When hill is conquered, surge completed, finish line in sight, change back up by increasing stride length while maintaining stride rate. How? Arms. Increase the arm range of motion without reducing arm speed, i.e. go back to bigger arm stroke but do not slow the speed of the arms.

On a downhill you want to go to a higher gear, to take a longer stride to take advantage of the slope – here you do the opposite and put a bit more effort into the UP stroke of the arm – slightly straighten arms and drive arms up, all the time keeping arms relaxed. This is a skill that must be practised to get right but all crosscountry runners should learn it. But make sure you change back to “normal” gear once you hit the flat.

Keeping the vehicle analogy, legs and feet are the wheels, the arms are the gear levers that determine what the legs (wheels) do.

Another issue will look at arms as the accelerator of running.

-LS

Changing down for the hill – short, fast arm drive. When arm is driven fast down it drives knee forward. An upward drive however, observes Newton’s law of opposite forces – opposite force of arm going up and forward is support leg going down and back - pushing runner forward, increasing stride length. So, as down stroke increases leg turnover and up stroke increases stride length, to change down a gear emphasise the down movement and shorten the arm drive, as Ricky Gutsell is doing here.



Gore Half Marathon (incorporating Sth Half Marathon Championship)

Entry form can be downloaded here:

<http://www.sportsouthland.co.nz/SportSouthland/assets/Events/GHM16-Entry-form-p.pdf>



The poster features a white top section with logos for sbsbank, Matura Licensing Trust, and Gore Harriers. The main title 'GORE HALF MARATHON AND 6KM & 12KM RUN/WALK' is in large white and orange letters on a dark blue background. Below this, the date 'SUNDAY 22 MAY 2016' and start time '10.30am' are displayed. Further down, registration details are provided in orange and white text. The bottom section contains contact information for Bevan Pearce and logos for Donald Buckley, Bevan Pearce & Associates, and SIGN.

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 **GORE HARRIERS**

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:
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Incorporating Southland Half Marathon Championship

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