

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



Surrey Park Saves Its Very Best 'Til Very Last

The Southland Primary School Champs were without doubt the highlight of the Surrey Park season. All those people, all those athletes, all those smiles and grins – and let's be clear, the terms "win or lose" is inappropriate here as from what I saw there were no losers. Only winners, whatever the result.

Races were exciting and in most cases field events were close and well contested but quite honestly there were far too many highlights to do justice to them here. We'd need a book rather than a weekly newsletter. So to see how any athlete, grade or event fared, check out the results at

<http://www.goeasyware.com/easysport/easy/viewtimes.php>

What is certain is the athletic ability graduating to high school next year suggests the Southland Secondary School Champs in 12 months will be of a high standard, as is usual. And the Primary School Champs will be as big, colourful and exciting as ever.

However what does need to be highlighted is the people who make it happen – the teachers, officials and helpers on the ground and behind the scenes. And this includes the parents and athletic club members who jumped the fence and helped out when a gap in the smooth running of the day was seen.

There was over 1000 competitors and in most events, 20 or so competitors. Twenty long jumpers per grade, three jumps each, sixty jumps to be measured and recorded, sixty smoothing of the pit, all in a

limited time. The fact the day went to time is a great credit to the Athletics Southland officials and the teachers and parents involved. This is a thank you to all.



Without these guys it wouldn't happen. Henry Tudor and Tony Kennedy in the control room



Coaches became officials – Chris Knight at shot and Andrew Taberner at high jump.



Getting runners ready to run is a team effort from officials



Making it happen and making sure it happens smoothly including keeping athletes and spectators informed – Nick Jeffrey, the voice of Surrey Park

Andrea and Andrew Compete and PB in California

Andrea McDowell and Andrew Allan are currently on an athletic tour of California with a group of young New Zealand athletes. The tour has obviously brought out the best in them, with Andrea leaping a PB long jump in her first outing then last weekend achieved a PB heptathlon (that included a PB HJ) at the Arcadia Invitational. The heptathlon is also a Southland record.

Andrea's heptathlon score of 4025 improved on her own Southland record of 3885 that earned her the bronze medal at the New Zealand Combined Events Champs in February. Her individual event performances: 100m hds 17.15; High Jump 1.50m (PB); Shot Put 9.37m; 200m 26.78; Long Jump 5.16m; Javelin 30.99m; 800m 2:45.84. Points 4025.

Her coach Chris Knight said it was a very good result after a long season and the consistency over all seven events shows she has put in the work, as the results show.

It was an all-new experience for the multi-eventer.

"Being a multis athlete in New Zealand the biggest heptathlon I have ever competed in had a field of 11, so to be able to compete at the Arcadia invitational that had a field of 24 athletes was an unreal and amazing experience. Not only was the calibre of athletes high, but also the atmosphere throughout the entire comp was unlike any other heptathlon I have done in New Zealand. This environment gave me the best opportunity to try and better my score from the Combined Event nationals earlier this year.

Although it's always hard not having my coach with but me prior to me leaving Chris and I worked on focusing on the process of each event and treating the competition as 7 separate events rather than just one. So when one event doesn't go to plan I didn't let it affect the next. I definitely think having this approach to the heptathlon helped me a lot in each event. Because of this I was able to not only better my score from nationals but also break the Southland record in the process, a result I was really happy to end the competition with."

Andrew's first competition was the triple jump at Arcadia, with a legal wind PB of 13.90, not far off his best distance ever, a wind assisted 14.10.

The New Zealand U18 triple jump champion also relished the atmosphere and conditions.



Athletes and coaches – Andrea with Chris, Andrew with lance

“Arcadia is definitely the most fun meet I've been to. There are so many spectators and it is a really cool atmosphere, far better even than N.Z champs in Hamilton. The event is sponsored by Gatorade and Nike so.

Evan Jager, the Olympic 3k steeple silver medallist and Omar McLeod, Olympic 110 hurdle gold medallist was there signing autographs and taking photos as well as Mike Powell wandering round. The invitational part of arcadia is really prestigious, people come from all over America to compete so is basically an unofficial American champs. “

It's not all competition for the athletes – their programme includes baseball and NBA games, Hollywood, Disneyland and a Californian shopping mall or two. Andrea and Andrew have been on the New Zealand classic events tour which gave them an introduction to the rigours of touring and competing. Both recommend the local experience as an introduction to being on tour overseas.

Congratulations Gordon.

Gordon Rogers Life Member of the Club He Founded,

Last week Gordon Rogers was awarded life membership of the Wyndham club, a long overdue honour but over the past 30 years he was one of the club leaders and Gordon is not one to put himself forward for any recognition. But his work, at club, Southland, national and international level in all aspects of the sport makes him one of our unsung heroes.



Gordon receiving his Life Membership certificate from club president Jane Muir.

This is what Jane said at the ceremony.

“Gordon’s involvement in the Wyndham Athletic Club spans over 30 years. Gordon and Sue and Dennis Warburton were the driving force that formed the club back in October 1984.

Gordon was the vice-president for the first 3 years with Denis the President. In 1987 Gordon became the President and held that roll for 3 years and remained on the Club committee until 2014. For someone who does shift work he was able to attend a remarkable number of meetings throughout this time.

Over a long period Gordon also marked out the track for the season and often did this twice a season and on his own!! It now takes three of us nearly 10 hours!

Throughout this time Gordon also held various positions at Southland level and was awarded an Athletics Southland Life Membership several years ago.

As well as being on the Wyndham Committee for 30 years, Gordon is also a highly qualified official and coach. He was the club coach and coached countless numbers of Menzies kids from school sports through to National Championship level and some onto higher national and international honours. We had lots of trips away with excellent results but results were at times secondary to the fun we all had.

Of most relevance to those here today is that when the Club ceased to function back in the early 2000's Gordon re-took on the role as President and continued to keep the club going, he was often the only registered athlete through that time, meaning the club never folded.

Gordon and Sue single handily kept the club going through this period and I have no doubt that if it wasn't for Gordon and Sue Rodgers the club would not be in the position it is today.

Thanks Gordon for your enormous contribution, passion and commitment to the club and it is with great pleasure we present you with the First Life Membership of the Wyndham Athletic Club!

- Jane Muir, April 2017

Anna and Sam St Pauls Top Young Athletes



Anna with club president Lilian Tudor



Sam and memento of receiving Nick Willis scholarship

Anna Skerrett and Sam Colyer are the club's junior athletes of the year. Anna has had a season chock-full of achievements, from Colgate Games to good results at national school level to Southland champs and South Island Secondary Schools.

Sam is the male junior club athlete of the year and was awarded one of 5 Nick Willis scholarships at the South Island Colgate Games in January.

As Nick Willis said, "Remember these names, we'll be seeing their faces on our screens in years to come." President of the Children's Athletics Association, Brian Cockeram, added the Nick Willis Scholarships are about more than just recognition of athletic talent. "This year's winners are not only outstanding athletes, but also display great sportsmanship and dedication."

Winter Crosscountry and Road Running Starts April 22nd



Opening run is the ever popular 3-6-9km run/walk (1 lap, 2laps or 3 laps) around Queens Park. You choose how many laps you complete then enjoy a hot or cold drink at the Cheeky Llama afterwards, on us!

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.

Meet outside the Cheeky Llama cafe from 1.30pm for information before run starts at 2pm. Harriers season information will be available on the day.



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.

Draft Harrier Programme 2017

This is a tentative draft only and changes can be made. If you have suggestions, email them to Grant Baker at gtsa.baker@xtra.co.nz for consideration.

April	22nd; Opening run, 3,6,9kms Queens Park 29th; Club runs 30th; Gore Half Marathon
May	6th; Fosbender Handcap 1 13th 20th 27th; Handicap 2 Queens Park
June	3rd; Queens Birthday 4th; Christchurch Half Marathon 10th; Millers Handcap 3 17th; New Zealand secondary school cross country ChCh 24th; Gore cross country handicap - NZ Marathon Champs Wellington
July	1st; McNaughtons Wyndham 8th; Southland Cross-Country at Waimumu 15th; 22nd; Heather Skerrett Age Grade H/cap 4 29th; Club 30th; NZ Cross-Country, Akl
August	5th; 12th; Southland Road Champs Te Anau 19th; 26th; Naseby Ultra 50-160k
September	2nd; NZ Road Champs Christchurch 9th; Handicap 5 Estuary 16th; Master Forest Hill 23rd; End of season - Surrey Park 1&3 Km 30th;
November	18th; NZ Half Champs Kerikeri

Keep up to date by checking the Sth Harrier fb page regularly at the Athletics Southland on fb.

Register with your club now for 2017-18 (Winter and Summer Seasons).

You can now register online.

The Athletics Southland Registration and Membership Login link is the following,

<https://memberdesq.onesporttechnology.com/3164/org>

This link can be used by either an Existing or New Member.

HOW???

New Members - To join the sport of Athletics in Southland you need to first select a club. You can do this by clicking on the word "**Registration**" on the link.

You will find all but two of Southland's clubs here. If you wish to register with one of these clubs please contact their registration officers for help.

You will then need to choose a membership type, agree to the Athletics Southland and Athletics New Zealand terms and conditions, then input your personal details.

On completion pay online with a credit or debit card.

If there is more than one member in the family wishing to join at the same time just click on add another member, input their details and pay it all together at the end.

Existing Members - Select "**Login**" and enter your email address and password. If you cannot remember them please use the "**Forgot My Password**" to be sent a reset email

Once Logged in you can

- Update your personal details (click edit details next to your current subscriptions)
- Update your password by clicking the dropdown box next to your name
- Select which communications you would like to receive (manage distribution lists).
- Renew your membership

Online Renewals - Select "**Renew**" to pay your membership fees via credit or debit card online. You will need to choose a membership type, and agree to the Athletics NZ terms and conditions.

Having Problems logging in - Retrieve your password if you have forgotten it - Click "**Forgotten your Password**" or contact your club administrators - Click "**Contact Us**"

Development Squad members, remember you must be registered with your club whether you compete in the winter or not.

Finally, a *Big* "best wishes" to the Southland IP team heading to Masterton this weekend. This trip will be the highlight of your athletic career to date - make the most of it and do Southland proud.