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Secondary School Champs Hammer Showdown

It was the showdown in the sunset, the fastest guns in the west facing each other down well, more like the best in the south head to head at Surrey Park with the hammer weapons of choice rather than six shooters as two of the best young hammer throwers in New Zealand squared off and a championship title at stake.

The First session of the Southland Secondary School champs last Thursday evening had Dyani Shepherd-Oates (Fiordland College) and Emma Ryan (JHC) head to head and the senior girl's championship record looking under threat.

Turned out it wasn't a threat, it was a promise – first Emma exceeded the record, then Dyani, then Emma again then Dyani had the final word, throwing 45.81 to erase the previous mark of 42.30 (set by Emma last year) from the books while Emma threw 45.45 on her final throw for a close second.

Emma however got her own back in the other throws, winning the shot and the discus with Dyani third in the shot and second in the discus.



Dyani record hammer

Senior girls wasn't the only hammer record to go – Ben Henderson (SBHS) set a new boy's U16 mark, Uilealea Savea (SBHS) broke the U15 record, Teagan Ashley (Aprima College) girls U15 and Skye Singer (JHC) the girl's U14.

How far can Uilealea go in the sport? From the way he totally dominated his events, winning the shot put by over 3 metres in another record and taking out the discus by over 2 metres, he looks as if he could be the future of Southland throwing. And watch out for 14 year old Teagan Ashley who is following the path set by Dyani and Emma; her hammer throw was third best of all grades, she won the discus and was second behind Anna Skerrett in the shot put.

As proven in the hammer, evenly matched national level athletes against each other makes for an exciting contest. The senior boy's long jump was no exception. Adam Norman (CSC) is among the top U20 jumpers in the country and Andrew Allan (Gore HS) is ranked second U18 nationally. Andrew opened with two good jumps but Adam fouled twice then had a tentative but safe attempt third time up. This at least gave him a mark and another jump and this time he got it right, stretching the tape to 6.42 just 6cm ahead of Andrew.

The triple jump featured the same pair of nationally ranked jumpers (Andrew 1st U18, Adam 4th U20) but this time placings were reversed 12.98 to 12.67. Emma McColl (SGHS, U16) had the best long jump of the championship with 5.33 and Anna Skerrett (SGHS, U15) the best triple jump.

The track saw five records go, two hurdles, two sprint and a middle distance. Dannika Collins (SGHS) broke the U16 100m mark with 12.92 in her heat then ran almost as fast in winning the final by a big margin. Her time was a fraction faster than Kate Harvey's winning time in the senior girl's race. Dannika also had the fastest time of all girl's grades in the 200m, just missing the meet record by a whisker. The JHC team of Laura Wallace, Kate Harvey, Andrea McDowell and Emma Ryan added to the sprint records by setting a new mark in the senior girl's 4 x 100m relay. And Wakatipu HS got a pair of hurdle records and almost had



Dominating wins – top Dannika Collins crossing the line with no one else in sight, lower, Sadie Wech winning 1500m by length of the straight.

another, thanks to Sophie Woodham and Tasuku Yoneto. Sophie broke the U15 80m hurdles mark with an impressive 13.10 and came within a whisker of taking the 300m hurdles record as well while Tasuku won his U14 hurdles race by a massive margin and in doing so lowered the record set back in 1999 from 12.79 to 12.10.

Adam Norman (CSC) in winning the senior boys title had the best 100m time of the championship while Tyler Hamilton made it a CSC senior boy's clean sweep, taking out 200m and 400m titles..

Jaxon Taylor (SBHS) added the only distance mark to the record book, running 4:20.51 to set a new U16 mark to go with his U15 record set last year. Dylan Forde ran the senior 800m the hard way – from the front and alone, making his 1:58.99 winning time all the more impressive. Senior 1500m and fastest time of the championship went to Jack McNaughton (SBHS) who also won the 3000m.]

Wakatipu HS looks ready to challenge SBHS's middle distance dominance with Benny Britton taking out the U15 3000m then making it a school one-two in the 1500m by finishing second to team mate Aleks Cheifetz while Gareth Harcombe took out the U16 800m and came second to Jaxon Taylor in the 1500m

The school obviously has sprint talent too. Hayato Yoneto (U16 200m winner, 3rd 400m) and his brother Tasuku who won the U14 80m hurdles and was second in the 100m along with Sophie Woodham's hurdles wins and long jump and 100m second placings show the Wakatipu athletics resurgence started last year is gathering strength.

Next step for all top place getters is the Otago-Southland champs where the best from Southland meet the best from Otago schools March 24 and 25, again at Surrey Park, to see who qualifies for the South Island champs.

Central Southland Top School for Eighth Time.

As well as individual results, the championships also have the Konica Minolta Cup that signifies the top athletics school up for grabs. Central Southland College took the trophy for the eighth year in a row. Schools score points for placings and gain bonus points for records.



Some of the winning CSC team: Ella Wilson, Philip Wilson, Adam Norman, Tyler Hamilton, Fergus Keown,

Full results on Athletics Southland website

http://www.athleticssouthland.co.nz/index.cfm?fuseaction=Display_Page&PageID=13096&OrgID=10444

And at Southland Secondary School Sports site

<http://www.southlandschoolsport.org.nz/asset/downloadasset?id=eff4eecf-c4ee-47fa-aa6d-fd688f28ea75>

Junior Championships Anything But Dull on a Dull Day.

It was at dull day at Surrey Park for day two of the junior champs but there was nothing dull about the effort, atmosphere and competition generated by the kids. With so much going on at once it was impossible to see all and note the highlights, but these are among the ones I did notice, although no doubt there was plenty of great performances I missed.

Boys 12 200m: again it was an epic battle between Ngarimu Parakai and Joseph Ayoade (both StP), two of the best 12 year old sprinters in the country. Joseph had fastest time in the heats but Ngarimu won the final with, as usual, almost nothing between them.

The all-around performances from Quinn Hartley (Inv) – the 12 year old won his hurdles, 800m and high jump – the latter setting a new Southland best performance with a clearance of 1.63.

Carlie Scherp (Winton) winning the girls 9 discus by an impressive 6 metres.

Lily Cochran (Winton) showing good technique for a 7 year old to win the shot put.

Alex Stevens (STP) winning the boys 8 discus by 3 metres.

Te Hura Wilson's smooth technique over the hurdles, the Winton 13 year old winning the 80m hurdles by a big margin and took out the 200m by an equally impressive 2 seconds

Kyla Lynch-Brown's (StP) winning form in the girl's 12 80m hurdles.

Taylor Singer (StP) in the boy 12 discus, great technique that took him to a 2metre plus win.

The sprinting and throwing of Cru Holland (Gore) – his bean bag put set a new Southland bestperformance mark.

Kennedy Taylor's impressive girl's 11 800m.



I know there were plenty of other performances of note, but what impressed me most were the smiles and laughter from all young athletes. Isn't that what sport is – fun? It looked that way at Surrey Park.



Throws and track line ups of 5 year olds – smiles and all.

Full Jr Champs results on Ath Sth website later in week.



Junior Champs snapshots – and bottom right, the busiest person on the ground – Tim Baker handled starting duties superbly – without the help of senior athletes such as Tim, not to mention all the volunteers, parent helpers and Southland officials, the championship would not be possible. A big thank you to all.

New Zealand Champs, Hamilton, this weekend. Southland will be there.

A strong but young team will be representing Southland at Hamilton with just Marshall Hall, Jack Welsh and Jack Beaumont the only experienced senior athletes. However all the U20 athletes have had championship experience and will be good support for the younger competitors.

The team.

Jack McNaughton, MU18 3000m and 1500m.

Buddy Small, MU18 3000m and steeplechase

Albie Small, MU18 3000m and steeplechase

Andrew Allan, MU18 triple jump, MU20 triple jump

Tim Baker, MU20 100m, MU20 400m. MU20 long jump

Dylan Forde, MU20 800m

Liam Turner, MU20 800m

Tyler Hamilton, MU20 400m

Anton Schroder, MU20 javelin, SM javelin

James Tudor, MU20 javelin, SM javelin

Jack Beaumont, SM 5000m and steeplechase

Marshall Hall, SM discus

Jack Welsh, SM discus, SM shot put

Kunal Trehan, SM shot put.

Ella Wilson, WU18 javelin, WU18 discus

Emma McColl, WU18 long jump, WU18 triple jump, WU20 triple jump

Atipa Mabonga, WU20 long jump, WU20 triple jump, SW triple jump

Emma Hopcroft, WU20 100m, WU20 long jump, SW long jump

Andrea McDowell, WU20 long jump, WU20 javelin, WU20 200m

Emma Ryan, WU20 hammer, WU20 discus, SW shot put

Dyani Shepherd Oates, WU18 hammer, WU18 discus, WU20 hammer, WU20 discus

Emma Wilson, WU20 hammer.

A quick look at current national rankings suggests best chances are in the throws and horizontal jumps. Marshall Hall tops the SM discus rankings, while Emma Ryan is 3rd in the WU20 hammer and discus and 4th in the shot, Emma Wilson is ranked 4th in the U20 hammer and Dyani Shepherd-Oates 3rd in the U18 hammer and the U20 javelin has Anton Schroder and James Tudor ranked 2nd and 4th. In the jumps Atipa

Mabonga and Andrew Allan top their triple jump rankings, Atipa WU20 and Andrew MU18 with both 2nd in the long jump, Emma Hopcroft has the 5th best WU20 long jump so far this year and Emma McColl is 3rd on the WU18 both long jump and triple jump rankings.

However, rankings don't win medals. Performances on the day is what counts. How the team goes will all be revealed this weekend.

Marshall Hall, top ranked SM discus and gold medal favourite



Follow the Southland team with NZ T & F Champs Live Results -

<http://athnz.sportstg.com/Results/nztf2015/>

New Zealand Mountain Running Champs, Queenstown, March 25th. Entries close Sunday.



There's still time to enter, either the championship with national championship medals up for grabs or the non championship race (the fun run if you can call racing up a mountain fun, but everyone who ran it last year said it really was fun).

Winton's Jack Beaumont won the U20 race last year and the year before but this time he's a senior – tougher competition and tougher, longer course. This race is also the selection race for the New Zealand team to the world championships in Italy later in the year.

Jack says he's in great form and is looking forward to the challenge.

Who is going to join him?

Entries and further details at <https://2017qmr.eventdesq.com/>

Jack winning the U20 championship last year.