

SOUTHLAND



Running Times

ATHLETICS NEWS

No 666 Jan 10th, 2017

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Athletics Southland and Southland athletes are ready for Colgates 2017

Are you?

Come down to Surrey Park this weekend and catch the excitement and yell at the kids!

South Island Colgate Games.

Friday, Sat, Sun

Full on action each day from 9am.

Go here for complete timed programme:

<https://sitedesq.sportstg.com/assets/siteDesq/24809/documents/for%20printingv3.pdf>

Lovelock Classic

PB's At First Classic Meet of the Year

The Lovelock Classic in Timaru is the first of the series of Classic meets through January and February and the only one in the South Island. Southland was well represented last weekend with many coming away with personal bests, a pleasing sign with the championships (schools and national) not too far off.

Most impressive result was from Hannah Miller, convince winner the women's 3000m in a big PB. This was Hannah's only New Zealand race while on holiday from SMU in Texas where she is on an athletic scholarship. Hannah took the lead at the start and was never threatened, running 9:40.92, winning by 47 seconds.

Jack Welsh came away with three PB's – the 19 year old moved up to senior ranks from beginning of this year and with it to senior weights for his throws. He established new personal best marks in taking second in the discus and shot and 5th in the hammer.

Emma Wilson also moved up a grade and implement weight, progressing from under 18 to under 20 and with it from 3kg to 4kg hammer. As it was her first competitive outing with the heavier weight it was naturally a PB.

PB's came on the track too, with Albie Small running his best 3000m to date, Jack McNaughton his best mile time and Liam Turner is hitting form with a PB finishing third in the 800m.

Southland Results.

Sam Stewart open 100m 11.47 (0.4), 5th A grade race; open 200m 23.66 5th

Tim Baker open 400m, 52.01, 3rd.

Liam Turner open 800m, 1:56.98 (PB) 3rd.

Jack McNaughton open mile 4:36.61 (PB) 9th

Patrick Taberner U20 110m hurdles 16.19; open 400m hurdles 1:06.27, open high Jump 1.80m 3rd.

Jack Welsh open hammer throw 34.55 (PB) 5th, open discus throw 41.49 (PB) 2nd; open shot put 12.55 (PB) 2nd.

Shaun Woodd U18 110m hurdles 16.62 2nd

Buddy Small open 3000m 9:32.78 5th.

Albie Small open 3000m 9:42.48 (PB) 7th

Hannah Miller open 3000m 9.40.92 (PB) 1st

Emma Hopcroft open long jump 5.20m 3rd; 200 open B grade 27.00 2nd; 100m open B grade 2nd

Emma Wilson open hammer 31.88 (PB) 2nd; open discus 25.18 6th



Hannah Millr tracked by Alie Small in 3000m



Joseph Sprints to North Island Colgate medals

Joseph Ayoade prepared for his Colgates here at home by competing at the North Island Colgates in Hastings last weekend.

The St Pauls 12 year old medalled in all his sprint races, establishing PB's in the 400m and 200m, taking second in the 100m, second in the 400m and third in the 200m.

Joseph went faster in each round (heat, semi and final).

100m final, 13.36 into 4.6m headwind

200m final, 26.32

400m, 59.90 (first time under 60")

Long jump, 4.50, 7th

Joseph is entered in the same events for the South Island Colgates this weekend.

“When there is nothing you can do to improve between now and the big meet, it’s best you do nothing”

This appeared in a Running Times last year but with the sharp end of the athletic season upon us it’s worth repeating.

When you’re getting close to a championship or important event it is important the training eases up. This is peaking. However I see too many, particularly young athletes training just as hard as always within a few days of a major competition.

The big problem is fatigue you do not feel – what is called neural fatigue.

A distance runner recovers within 24 to 36 hours after an aerobic (i.e. long steady-ish training run). A sprinter (or jumper or distance athlete) needs 48 to 36 hours to recover from a hard anaerobic session (i.e. training that has you puffing hard, say from series of sprints of a solid gym session). However neural fatigue recovery can require up to 7 days.

What is neural fatigue? Simply the nervous system that sends messages to all the muscles. This is fatigue that comes from high intensity training – and includes even short sessions of high intensity work and is known as CNS (central nervous system) fatigue. In such a state the messages to the muscles get a bit scrambled and the muscle fibres lose the ability to fire all at once and in the desired order. Result: a loss of coordination, of reaction time and strength. A minuscule loss of coordination can make a big difference to the way you run, jump or throw.

CNS fatigue is not noticed during normal activities but manifests itself when high intensity activity is needed – i.e. your championship event. And it invariably doesn’t appear until after the high intensity work, often by several days in a similar way to DOMS (delayed muscle soreness) hits a day or days after the activity that caused it.

I prefer to stop jumping in training (a high intensity activity) 10 days before a major competition. The 10 day rule does not have any scientific basis, it’s just that at one stage we jumped in training on a Monday and Wednesday and found that the jumpers competed best when their last session was the Wednesday the week before. (10 days before competing) Maybe if we practised on a Thursday the rule of thumb would be 9 days rest.

However, U.K. high jump coach Mike Holmes (coached Olympic bronze medallist Steve Smith, a 2.38 jumper) claims 9 days is needed to recover from heavy leg session. His 9 days was found out the hard way – from experience.

Canadian sprint coach Charlie Francis maintains that a sprinter should not do a high intensity speed session less than 10 days before racing. So the 9 to 10 day rule seems to make sense. Light training in the final week, yes, maybe some run-ups with no jumps, but heavy training of lots of jumps, throws or high speed sprints (and block starts) are not a good idea.

And if that applies to Olympic athletes, it surely applies to primary and high school athletes.

- Lance.

References:

Sprint Training Methods, Michal Khmel, Tony Lester.

Specificity of Horizontal Jumping Performance, Gary Bourne.

The Most Direct means to Achieve Strength Gains Specific to the Demands of Jumping Events, D. Kerrin

Heaps Ahead –

a group of Southland athletes are competing at the major North island meets over the next week – Jumps to Music Hawera, Potts Classic Hastings, Cooks Classic Whanganui and Capital Classic Wellington. Reports on these as well as in depth report on the Colgates from Lorne Singer in the next issue of Running Times in two weeks.