

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

It's been a very busy period for Southland athletics, with the Colgates dominating at Surrey Park, Southland featuring in Jumps to Music, a group of Southland athletes travelling and competing in the North island Classic meets and the Grade 14, 16 and U20 team's Interprovincial at Dunedin.

Colgate Games a Winner – and so were the Athletes.

Day by day look at a great weekend by Lorne Singer.

First and foremost, huge congratulations are in order to Sue Wilson and her Local Organising Committee along with the tireless band of officials, administrators and helpers that made the Games such a success. I can honestly say these are the best games I have attended and I have been to many as an athlete, coach and parent. The tightness of Southland clubs is always a feature wherever you go.

To me, most of the outstanding performances came from Southlanders confirmed by a 49 medal haul in grades 10, as far as I know surpassed in recent history only by 2004 (69 medals) and 2013 (60 medals) both times in Invercargill. Whilst the under 10 results are not published I did see numerous pennants and smiling faces from young Southland kids as far as the eye could see. Their time will come, but like the older athletes it is the fun experience of the Games that will stay with them for many years to come and hopefully encourage an "active for life" attitude regardless of performance outcomes.

Day 1 – Friday – 5 Gold, 5 Silver, 3 Bronze

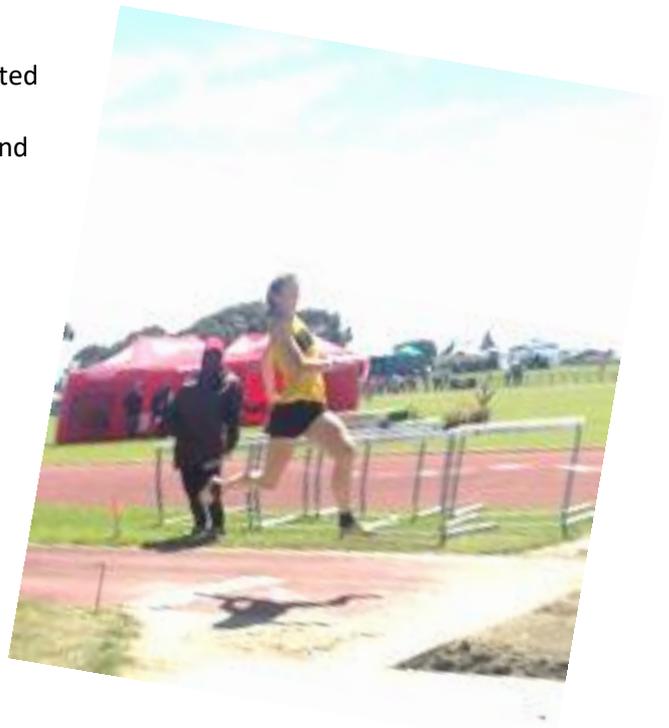
Anna Skerrett and Uilealea Lavea (both St Pauls) dominated the grade 14 shot put throwing 12.77m and 12.76m respectively. Anna smashed her own Southland record and Uilealea (with a standing throw!) came within 24cm of a Southland record that is almost 30 years old. Anna also jumped her way to silver in the long jump, clearing an impressive 5.34m. This was the same distance as the winner, but Anna achieved 2nd on countback. Anna's training mate Sam Colyer (St Pauls) won the long jump with an impressive 5.66m. Impressive because this was into an 8.0 m/s headwind!

Rico Fisher (Invercargill) highlighted his throwing potential by launching a massive PB in discus to claim gold in grade 11 (31.51m). Quinn Hartley (Invercargill) narrowly pipped Joseph Ayode (St Pauls) in the 400m (61.22s to 61.67s). These are impressive times given the wind and for Quinn it took a staggering 12s off his previous best – pretty much unheard of in a sprint!

Newcomer Ngarimu Paraki (12, St Pauls)

started off what would be an eventual medal haul of 3 golds and 3 silvers by claiming a surprise silver in High Jump after the top three all recorded the same height, but it went to countback. With the weather at its absolute worst for the final jumps there was no chance of any of the 3 jumpers clearing the final height.

Anna Skerret, top performer day 1



Abby Hailes (11, Winton) also found herself in a similar countback position in High Jump claiming bronze with 1.38m.

Other medals went to: Kennedy Taylor (11, St Pauls) in the 800m (Silver), Justin Shaw (11, Winton) in the 100m (Silver), Grace Michaels (12, Gore) in the 400m (Bronze) and Teagan Ashley (14) in the Shot Put (Bronze)

Day 2 – Saturday – 4 Gold, 7 Silver and 7 Bronze

In the 1500m, Kennedy Taylor went one better than her 800m effort the previous day clearing out to win in 5:23.66. She started off by tucking in behind other athletes then decided to make a break early on and increased the gap through to the finish line.

Ashlynn Scherp (12, Winton) went into the discus circle aiming for a PB and to go one better than last year where she placed 4th behind her familiar Cantabrian rivals. Ashlynn left the circle (after her 3rd throw) with an almost 3m PB and a gold medal with a 27.09m throw.

Joseph Ayoade went one better in the 200m running a strong bend to achieve victory over club mate Ngarimu Paraki who claimed silver. These two highly talented Southland sprinters were well ahead of the pack and turned heads all weekend. Ngarimu's 3rd silver (before converting to gold the next day) came via the shot put where he achieved a half metre PB. Not far behind was Taylor Singer (12, St Pauls) with bronze.

The Winton Grade 11 Boys 4x 100m relay team (Jack Symon, Riley Stirling, Brooke Forde and Justin Shaw) won a thrilling gold in under a minute and seemed to pave the way for more relay success the following day. Justin Shaw also added a silver medal in the high jump to his tally with a 1.35m clearance. The Winton club also had 13 year old newcomer Te Hura Wilson win two medals in one day claiming a close silver in Long Jump (5.42m) and bronze in the 200m (25.34s).

Quinn Hartley also added to his tally by achieving a silver in the 800m in a sharp 2:22.93s in the wind. Josh Potter (13, Gore) also collected a silver in 2:20.70 and Takunda Mabonga (14, Otautau) a bronze in 2:20.46.

Other medals went to: Kendra Finnerty (14, St Pauls) in the 100m (Silver), Trent Hogg (13, St Pauls) in the Shot Put (Bronze), Abby Hailes (11, Winton) in the 1500m (Bronze) and Teilah-rose Templeton (14, St Pauls) and Laura Weller (14, Gore), in a 4-way bronze in the High Jump.

Day 3 – Sunday – 6 Gold, 7 Silver and 5 Bronze

It was a golden day for St Pauls relay teams as the 12 Boys Team (Joseph Ayoade, Oliver Polaschek, Hunter Cairns and Ngarimu Paraki), the 13 Girls Team (Jorja Aitken, Hannah Smith, Skye Singer and Georgia Ellis) and the 14 Girls Team (Teilah-rose Templeton, Kendra Finnerty, Rachel Boniface and Anna Skerrett) all sprinting to a gold medal. Special



mention to Georgia Ellis, who had torn a hamstring the previous week, but was able to recover enough to help her team. Unfortunately it would hamper her chances of a medal in the 100m. The 12 Girls Team (Tessa Baird, Kyla Lynch-Brown and two 11 year olds Mya Kairau and Lily Symon) also added bronze. Some of the relay members kept winning medals in individual events on day 3 as well. Joseph Ayoade claimed bronze in the long jump with 4.97m making it a Southland trifecta. He also claimed silver in the race of the Games (the 12 Boys 100m – more on that below*). Tessa Baird scored a silver on countback in

the HJ (1.40m) and Skye Singer a silver in the 13G shot put (10.00m). Ngarimu then put the foot to the floor and claimed gold in the 100m (see below*) and gold in the long jump (5.12m) bringing his weekend tally to 6 medals...hopefully McLeay Jewellers offer a discount on engraving!

Sam Colyer bagged gold in the High Jump (1.68m) flopping for the first time in a long time in competition....also in atrocious conditions where not only was wind again the enemy, but also the biting cold and horizontal rain. These efforts saw Sam awarded a prestigious Nick Willis Scholarship.

Quinn Hartley added another two silver medals to his name, this time in the 1500m with a time of 5:20.94 and the long jump with a distance of 5.03m – highlighting his great versatility. He was also 6th in the shot, is a very capable discus thrower, his high jump PB (scissoring) is 2cm higher than the winning Colgate Jump, he would have been in the mix with hurdles. It's great to have options - and Quinn has plenty of them - and to lay a broad base for potential future specialisation (or not if he becomes a decathlete – start learning pole vault Quinn!)

Josh Potter (1500m silver, 4:50.22), Grace Michaels (800m bronze, 2:40.88), Te Hura Wilson (100m bronze, 11.94s) and Jack Symon (LJ Bronze, 4.67m) also backed up again in the medal department.

The other medal of the day went to Tyler Hayes (14, Invercargill) in the 1500m (silver, 4:47.71s).

Race of the weekend

* Ngarimu Paraki and Joseph Ayoade squared off in the highly anticipated 12 Boys 100m final. The two bolters had been chopping and changing places all year at local meets with Joseph having a blistering start and Ngarimu a strong finish in the sprints. This would play out a little differently in the 100m final at Colgates. The two cruised through the heats and semis and were predictably the two quickest qualifiers. It was perfect that they were next to each other in the final. Ngarimu got a surprisingly strong start negating Joseph's usual advantage. With Ngarimu able to edge Joseph by the 60m mark, those in the know thought Ngarimu would close out for the victory. They didn't bank on Joseph's fighting finish, closing the gap to what appeared to be literally nothing. With their contrasting styles and heights, both boys crossed the line in an impressive 12.51s. There would be only one judge on the verdict, the video cameras on the line with two of the best operators in the business having the job of taking the time down to thousandths of a second. In the end Ngarimu was declared the winner but in everybody's eyes (including a very humble Ngarimu) both boys were the winner on the day...as was the future of athletics in Southland.

The 2017 South Island Colgate Games were "four seasons in one day" but in every way a sensational advertisement for everything that is good about athletics for youngsters. There are always highs and lows in terms of performance, but they serve as valuable lessons and at this age the highs and lows are always trumped by the festive family environment and the friendships that are made along the way.

I never heard complaints from our resilient locals about the weather bombs that were encountered. Just compliments. And to the organising committee and athletes – all well deserved.

- Lorne

Southlanders Compete Up North

Last week six up and coming Southland athletes joined the Aspiring Athletes tour taking in the Classic meets at Hastings, Whanganui and Wellington, plus for three, Jumps to Music at Hawera.

The Aspiring Athletes tour is open to top performers from the NZSS championships and gives athletes a taste of touring and competing as a group, just as they would when selected for a national team overseas. Liam Turner, Atipa Mabonga, Emma McColl, Emma Ryan, Andrea McDowell and Andrew Allan were on the tour with Lance Smith assisting in a management and coaching role.

Jumps to Music, Hawera

First up for Andrew, Emma and Atipa was Jumps to Music, the annual festival of high and triple jumping at Hawera, with athletes jumping to their choice of music pumped from concert size speakers. While the

competition was hot, the weather wasn't with Hawera buffeted by wind and rain. A line up of buses provided a bit of shelter from the wind but not from the driving rain.

The three Southlanders competed in the triple jump with Andrew, the only U18 in the field, finishing fourth. Atipa took second in the women's while Emma placed seventh. All were down on recent bests but in the conditions that was understandable.



Bus Shelter! Buses giving a wind break at Jumps to Music.

Jumps to Music is not just for athletes. An aspect of the event is coaches meeting the following day to share experiences and thoughts to improve the standing of all jumps.

Potts Classic, Hastings

The three triple jumpers caught up with the main body of Aspiring Athletes at Hastings for the first of the North island Classics. These are senior meetings featuring most of New Zealand's best athletes plus a smattering from overseas. The Southlanders proved they were worthy of their place in high level competition, with most achieving personal bests during the tour.

Liam Turner ran a superb 800m PB to place 3rd in the B race in a time that would have had him 8th in the A race won by the Australian 800m record holder. And Andrew Allan recorded a PB in the long jump while Emma Ryan took out second in the women's discus and Marshall Hall won the men's discus. (Marshall is the national senior champion and as a senior is not on the Aspiring Athletes tour.)

Cooks Classic, Whanganui.

Triple jump was the Southland highlight at Whanganui with Atipa winning the event and Andrew placing



Triple jump podium finishes at Whanganui – Atipa 1st women's. Andrew 3rd men's.

third. Andrew's 14.10 was his first time over 14 metres. The TJ was won by Australian Zach Nunis who took out all the horizontal jumps apart from the Hastings long jump where he finished second to national U20 champion Hamish Gill. Emma Ryan continued her podium finishes by adding well over a metre to her Hastings shot put distance to take second in a PB.

Capital Classic, Wellington.

Last leg was Wellington and again Emma Ryan placed in the shot, taking third with a throw just 1cm below her Whanganui PB effort.



Emma Ryanm, great shot put series,

She also managed fourth and fifth in the discus and hammer in a busy evening's work. The hammer was a PB for the 4kg implement. Marshall Hall repeated his Hastings winning effort by taking out the men's discus.

Andrea McDowell also had a busy schedule. The national U18 heptathlon bronze medallist used the tour to gain as much competition experience as possible for the New Zealand combined events champs not far off, particularly as she must get used to heavier throws weights and hurdle heights having moved up from U18 to U20.

The Tour

Competition was just part of the reason for joining the Aspiring athletes tour. Friendships made and renewed came into it, as well as learning to cope with travel, diet and different surroundings while travelling and competing. As well as talks on various aspects of being a performance athlete and learning to work with other coaches.. The fact that four of the six Southlanders were repeating the experience (it was Atipa's third tour) and the other two said they definitely want to go again next year indicates has much to offer.



Tour snapshots – stretch session, group photo, drill session, chill out down time

Southland Results.

Hastings.

Liam Turner: 800m 1:56.39 (3rd)
Andrew Allan: long jump 6.17 (7th)
Atipa Mabonga: long jump 5.55 (5th).
Emma McColl: long jump 4.87 (15th)
Emma Ryan: shot put 10.27 (4th); discus 34.69 (2nd).
Andrea McDowell: shot put 9.53 (6th)
Marshall Hall: discus 55.95 (1st)

Whanganui

Andrea McDowell: 100m hurdles 17.85 (5th); javelin 28.78.
Atipa Mabonga: long jump 5.51 (3rd); triple jump 12.12 (1st).
Emma McColl: triple jump 10.85 (4th)
Andrew Allan: triple jump 14.10 (3rd)
Emma Ryan: shot put 11.32 (2nd); discus 32.17
Liam Turner: 400m 50.73 (5th ht 2).

Wellington.

Andrea McDowell: 100m 13.20 (3rd Ht 2; Long jump 4.96 (7th); shot put 9.36 (7th).
Atipa Mabonga: long jump 5.54 (3rd).
Emma McColl: long jump 4.89 (8th)
Emma Ryan: shot put 11.31 (3rd); discus 32.99 (4th); hammer 36.36 (5th).
Liam Turner: 800m 1:57.09 (13th).
Andrew Allan: triple jump 13.59 (5th)
Marshall Hall: discus 53.72 (1st).



Emma McColl, long jump



Andrea, 100m, Wellington



Atipa long jump, Hastings



Liam, 800m Wgtn

IP Team Selected.

The 5th full Interprovincials team in a row (after a 17 year hiatus) has been named and it will be a strong unit on the bright blue track in Masterton, as they take on the other provinces of New Zealand. This is a team of 44 athletes and 8 managers/coaches. We are in good stead being able to have deep reserves in some of the grades. The experience is an eye-opener as far as athletics goes and socially is one of the best times a young person will have in a sporting environment (if years and years of athlete testimonies is anything to go by). The atmosphere is electric with loud team chants, positive rivalry and long term friendships from all over the country formed. The Southland Team arguably has 3 contenders for a coveted top three spot in the individual prizes. This involves age grade trophies for highest points scorer and

Southland in recent years has featured strongly here, as have numerous future Olympians, All Blacks, Silver Ferns, Black Sticks etc before them. The whole team works hard as individuals, but also for the team cause, as every individual's performances are awarded points (using a decathlon table) and those points go into a team pool. It's no wonder we often get around 100 PBs out of the weekend - it really does bring out the best in everyone. Southland's best placing in the almost 40 year history of the event has been 5th - this happened as recently as 2013. Canterbury, Wellington and Auckland are considered "superpowers" at this event and are hard to topple, with Counties-Manakau and Waikato-Bay of Plenty not far behind. We have beaten Counties in the past and come really close to Waikato. We usually have a ding-dong battle with our good neighbours Otago.

The team

12 Girls

Tessa Baird (StP)
 Britany Kett (StP)
 Kyla Lynch-Brown (StP)
 Lucy McKee (StP)
 Grace Michaels (Gore)
 Bernice Cullen (Wint)
 Ashlynn Scherp (Wint)
 Charlotte Collett (Inv)
 Alex Hopcroft (Rivt)
 Esther Cole (Fio)
 Bree Lott (Fio)

12 Boys

Joseph Ayoade (StP)
 Hunter Cairns (StP)
 Corvin O'Rourke (StP)

Ngarimu Paraki (StP)
 Rohan Pickett (StP)
 Oliver Polaschek (StP)
 Taylor Singer (StP)
 Dorian Walker (StP)
 Jack Hazlett (Gore)
 Quinn Hartley (Inv)
 Mitchell Flynn (Fio)

13 Girls

Jorja Aitken (StP)
 Narissa Diack (StP)
 Georgia Ellis (StP)
 Skye Singer (StP)
 Hannah Smith (StP)
 Jessica Spain (StP)
 Jorja Dinan (Gore)

Katie Kelly (Gore)
 Charlotte Egan (Wint)
 Rachael Turner (Wint)
 Sadie Wech (Ot)

13 Boys

Sam Cole (StP)
 Trent Hogg (StP)
 Hayden Graves (Gore)
 Ben McCall (Gore)
 Josh Potter (Gore)
 Oliver Stark (Gore)
 Tom Sullivan (Gore)
 Scott Cullen (Wint)
 Te Hura Wilson (Wint)
 Aidan O'Connell (Inv)
 Sam McDonald (Inv)

Grade 14, 16 and U20 IP's, Dunedin.

This competition has the same purpose as the Aspiring Athletes tour – development - developing competition experience, team-work and friendships. From all accounts it delivered and while Southland didn't come away with the trophies the cobwebs from a summer break were well and truly dusted away



with many of the team moving out of their comfort zone to compete in unfamiliar events for the good of the team. And as a bonus, the Kiwis beat the Aussies at rugby.

Southland Results.

W16 100m.

Dannika Collins 13.51 3rd race 1

Jessica Senior 14.41 4th race 3

Laura Weller 14.51 6th race 2

Tegan Ashley 15.62 7th race 3

W16 200m

Dannika Collins 27.07 1st race 1

Ella Wilson 29.91 5th race 2

W19 400m

Laura Wallace 65.73 2nd

W19 800m

Laura wallace 2:30.83 2nd

80m hds

Sarah Humphries 14.90 5th race 2

100m hds

Dyani Shepherd Oates 17.70 (.762)

Michelle Lindsay 18.01 (.840)

W16 high jump

Laura Weller 1.40 5th

W16 long jump

Dannika Collins 4.23 8th W16

Emma Wilson 4.15 4th W19

Laura Wallace 3.32 6th W19

Triple Jump

Laura Weller 9.25 5th

Michelle Lindsay 8.94 8th

Shot Put

Tegan Ashley 10.98 2nd W16

Dyani Shepherd Oates 10.47 1st W19

Jessica senior 9.62 5th W16

Sarah Humphries 7.88 10th W16

Discus

Dyani Shepherd Oates 33.35 1st W19

Jessica senior 31.43 2nd W16

Tegan Ashley 29.64 4th W16

Emma Wilson 24.88 2nd W19

Hammer

Dyani Shepherd Oates 43.73 (3kg)

Emma Wilson 30.01 (4kg)

Javelin

Ella Wilson 28.11 (500gm)

Michelle Lindsay 19.81 (600gm)

Emma Wilson 18.32 (600gm)

M16 100m

Sam Colyer 12.90 4th race 2

M19 100m

Adam Norman 12.41 4th race 2

Bradley McMaster 12.62 3rd race 1

Normnan Tudor 12.79 4th race 1

James Tudor 13.98 5th race 1

M16 200m

Norman Tudor 26.28 8th

M19 400m

Tyler Hamilton 53.42 4th

Tim Baker 53.81 5th

M16 800m

Takunda Mabonga 2:28.83 6th

M19 800m

Dylan Forde 2:00.35 1st

M19 1500m

Dylan Forde 4:29.62 2nd

M16 100m hds

Shaun Woodd 14.98 3rd

Ben Henderson 15.91 5th

Takunda Mabonga 16.06 7th

M19 110 hds

Patrick Taberner 16.38 1st

High jump

Adam Norman 1.82 2nd M19

Patricick Taberner 1.76 5th M19

Tim Baker 1.70 7th M19

Shaun Woodd 1.65 3rd M16

Long Jump

Tim Baker 5.96

Adam Norman 5.91

Sam Colyer 5.49

Shaun Wood 5.32

Tyler Hamilton 5.32

Patrick Taberner 5.23

Dylan Forde 5.19

Triple Jump

Sam Colyer 11.64 2nd M16

Shot Put (5kg)

Ben Henderson 12.01 3rd M16

Bradley McMaster 10.89 2nd M19

Norman Tudor 9.01 4th M19

Discus

James Tudor 20.61 3rd M19

Hammer

Bradley McMaster 34.03 1st M19

Javelin

James Tudor 14.61 (800gm) 3rd M19

Bradley McMaster 33.59 (800gm) 4th M19

Ben Henderson 33.59 (700gm) 5th M16

Open Events (non teams)

Hammer

Dyani Shepherd Oates 46.02 (3kg) 1st

Emma Wilson 31.01 (4kg) 3rd

100m

Sam Stewart 12.15 1st (-3.1)

Shot Put

Jack Welsh 12.52 1st

Kunal Trehen 12.33 2nd

Mark Flaus 11.05 (MM55)

400m

Sam Stewart 52.76 1st

Discus

Jack Welsh 42.49 1st

Mark Flaus 34.08 (MM55)

Running Ahead

This Saturday – Jan 28. First event 1.30pm.

Gore Presidents Shield.-, Newman Park, Gore.

Includes: ATHLETICS SOUTHLAND 3000m CHAMPIONSHIPS

TRACK EVENT

1.30pm 3000m All Grades

2.00pm 100m All Grades Discus All Male Grades

2.30pm 800m All Grades

3.00pm 200m All Grades High

3.30pm 1500m All Grades

4.00pm 400m All Grades

4.30pm 4 x 100m Relays All Grades

ENTRY FEES

Athletes - \$5.00

Under 14 Athletes - \$2.00

Note: Athletics Southland Championship 3000m event has an extra separate entry fee.

Fully Registered Athletes - \$5.00

Trophy Presentation and Afternoon Tea after all events finish

Sunday 29th

Children's Town v Country, Surrey Park

Friday Feb 3rd

Twilight Pentathlon Surrey Park

Sat Feb 11th

Mataura Licensing Trust Moonshine Trail 2017, Dolamore Park, Gore,

- Crossroad Cycles **50km Mountain Bike**
- Southland Izuzu **39km Mountain Bike**
- Ewan Allan Honda **30km Mountain Bike**
- Macpac **Duathlon**
- Allan White Sports Shoe Clinic **15km Trail Run**
- MLT **5km Run/Walk**

To enter online or for more details head to www.moonshinetrail.co.nz
