

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

This is the final Newsletter for a while

Health problem makes putting together this weekly news, views and results impossible so there will be a gap – fort a while!

Meanwhile check regularly Southland Harriers and Athletics Sth Facebook pages for regular updates.

The Weekend Run - Fosbender Track Otatara Sat May 13

First Handicap Run

Course is grass, gravel, bush tracks and stairs – enough to make it interesting.

7km seniors, 2.3 km juniors (under 16)

Meet 1.30 to get your handicap* and 2pm start.

Handicap series is 5 races (with 4 to count) over the season Prizes for series winners. Best 4 races count, meaning you can drop a bad one or miss one. Handicap is open, meaning slowest start first and fastest last.

Winner is first over the line. Everybody has equal chance

Entry fee for entire series is \$20 for registered Club members, \$30 unregistered (or \$5/\$10 per race)

Payble first6ty race,



Scene from a previous Fosbender handicap

Run it, walk it, race it. Enjoy it!!

Thoughts for Warming Down

What are your thoughts as you warm down immediately after a race or competition? (Yes. Warm down is essential). The warm down is the ideal time to reflect on the competition just run, jumped or thrown.

So what do you think about?

I have an absolute rule that states that every competition is a classroom and every run, jump or throw is a teacher.

What did you learn from your last competition? When you set out for your warm down make it a time of quiet contemplation and ask yourself:

- Was I prepared as well as I should be (have I done the training)
- Was I in the right frame of mind
- Did I have a plan? (Have a strategy)
- Did I stick to the plan (Employ the right tactics)
- Were there any surprises I was unprepared for?
- What went right?
- What went wrong? What will you do about it?
- What will you discuss with the coach

By questioning yourself you are forcing yourself to come up with answers. Now you have a basis to reflect and discuss it all with your coach, who no doubt as asked himself/herself similar questions relating to your performance.

Regardless of how well you competed or how disappointed you were, there is sure to be something from it that you can carry forward to your next competition. And remember this: the bigger the disappointment the more you learn. Yes, you learn more from your failures than you do from your successes. If the race was a total disaster and you ask yourself, 'what will I do different if I ran it again, right now" you will surely come up with an answer. So on the basis that every race is a classroom and you learnt something, your race was a success.

- Lance

This was lifted (stolen) from the Fiordland Club Gossip Letter. It's by club Captain Dwight Grieve. Read and be edified!

2017 World Domination Tour!!!! Southland Masters V The World

Over a year ago it was noticed Auckland was to host the 4 yearly World Masters Games, this event billed as the Masters Olympics with 26,000 competitors involved from all over the World in a variety of events, including athletics.

13 Southlanders took up the Challenge for the athletics and training started early, this was going to be a big event and medals had to be earned. From here there are stories inside stories.

Gail Kirkman 6 – The World nil

We know Gail is an amazing athlete and yet again she has shown us this. Gail this year entered the 65-69 age bracket and decided to make this a big year, Gail has managed to maintain longevity in the sport by being smart, she trains intensely and smartly into the season, competes hard and then has a good recovery period before attacking new goals. In the preceding seasons racing Gail had taken some NZ records but the best was to come in Auckland as she "peaked", she also found some tough opposition in some of her races that pushed her to better times, by the end of the week she went out for a relaxing romantic meal under fairy lights with husband Gary, and had a couple of wines to reflect on 6 World Masters Games gold medals – Gail 6 – the world nil, unbeatable. It is a testament to her ability in the fact she was able to win over many

disciplines and 3 distances on track, at face value winning in 200m, 400m and 800m seems the same but at this level specialisation at distances makes her achievements remarkable, doubly so against an ex Olympic runner from the UK. Oh yea the three NZ records at the games makes the total 5 for the season!!!!!!!!!!!!!!

Warren and Les – old dogs learn new tricks

Got to love this story, Warren Green (65-69) and Les (60-65) decided to attack the games and to make it interesting decided to change it up, hey lets do the Decathlon!!!!!!!!!! Seems easy enough (not). On tv this event look easy but the truth is different, the pair had to learn some new skills including the amazing challenge of Pole Vault, and then put ten events together over a gruelling two days. The pair committed themselves to doing it correctly and their commitment is to be applauded, they travelled from remote Te Anau to Invercargill and Dunedin repeatedly to gain training and practice, it also must be noted the support of Chris Knight, Lance Smith along with Shaun Cantwell in helping teach them the required skills – the three being skilled coaches in their respective disciplines. The pair winning their respective age group national titles during the build up to the main event. So come Auckland the pairs decathlon was at the end of the ten days and both competed beforehand in a mixture of events with mixed results against some great athletes, but both were eyeing up the Decathlon as their main medal chance, sadly the story here turns into “the good and the bad” going into the event Les gained a leg injury, the timing was very cruel as this was the target event for the season, Les did carry on and finished the event, carefully avoiding making the injury worse and finished a creditable 4th considering he was nowhere near his best. Meanwhile Warren went into a great battle with a Russian and a German for the medals, it was close after the first day and going into the last event on day 2, the 1500m Warren needed a big win over the Russian, the Russian taking out big points in the high jump and Pole Vault while Warren come back at him in the sprints and throws. The 1500m has not been Warrens favoured event as he is a sprinter but even after a tough two days in what was below average weather he smashed a great PB and ahead of the Russian, but just not far enough ahead to peg back the points gap – a very hard earned Silver. A disappointed Les can take solace in the fact that Warren may never have achieved what he did if Les didn’t join in and help each other out throughout the season. I take my hat off to them both.

The Tossers – Opps I mean throwers

We had four specialist throwers in attendance and they really had it tough, there were some very classy throwers there, I saw some HUGE Russian guys that were very impressive. Mark Flaus and Lester Laughton are the backbone of the Southland throwing team competing at many events and they had the toughest age groups of all, they kept coming all so close to medals and a string of 4th placings kept coming. Phillip Hansford ended up being a shining light in the Para throws, he won gold in Javelin and Shot Putt, yes against limited competition but regardless his efforts are more than worthy. Lee Grieve’s story is similar to Warren and Les as she had a string of “close but no cigar” story’s in the individual disciplines but in her Weights Pentathlon she gained a Bronze, some PB’s along the way to make the trip even more rewarding.

The Lovely Ladies

Rosie Heyrick and Tracy Excell were our speed team, both there to target the 100m and 200m, Rosie also the 400m. All season they had built up for this, all the effort for mere seconds of effort. Both showed true class in what were top big fields, both had to fight through heats to get into the finals. Both were suffering from nerves and the pressure but when the feet hit the track and the gun went off both showed their class, Silver for both in the 100m and 200m, Tracy in the 30-34 age group only topped by an ex Olympian. Rosie also taking the 400m bronze.

The other lovely lass was Glenyss Jones from Gore, Glenyss is in the tail end of the 70-74 age group and to be honest was great value on the trip, she kept us all in line and provided us with many laughs, I am so glad she decided to join us, even though we nearly had to put a tracking collar on her at times. Glenyss won a bronze in the triple jump which is a very tough discipline; there is a huge amount of practice and skill involved. Glenyss also was very vocal about the help she has had from coach Ricky Gutsell, he not only has helped her skill wise but has helped keep her motivated and enjoying the sport.

Both Rosie and Glenyss had family support and it was really nice to have them there, a highlight being Glenyss’s young grandchild running along the long jump pit giving advice and motivation, clearly a coach of the future.

The Heart of the team

As with most Masters sports some people are new to the sport or have other goals, they are there to have a go and be part of the team, with us Sherron Tamatea was there to have a holiday and have a go, she had a crack at many things and I was proud of her as she overcome nerves and self-doubt to get amongst it, proving she was more than worthy of being entered. And of course no trip is the same without Gary Kirkman, Gary's goals were targeted at the Motatapu and he hadn't targeted the games, he still entered and had some not bad results. I do feel he has taken on some motivation and could be a real threat come the Oceania champs in January next year. Still priceless to walk around the big city with Gary as he is more than happy to approach any person and have a yarn, hard not to smile and feel good when he is around being so positive, I can't say I can ever remember him saying anything negative – ever

Middle Distance Warriors

Another tale of woe, Corey Mennel had been training building up for the games and it all ended 10m into his first race the 1500m, the hamstring went and his speed with it, he made the finish and then made the tough call to not race again in case he made the injury worse, his focus now the bigger goal of the harrier season and the NZ Road Champs. I do believe he enjoyed a few beers though after the decision was made.

My own races went well, once the Kepler was over I turned my focus to the track and decided to put my whole track season focus on the 5000m at the games, I was hovering around last season's times during training and some great hit outs in the last few weeks with George Nicols and a taper had me fizzing for the 5000m, I am glad it was early on in the programme. Being an international event you really had no idea how fast the other competitors are??? I had people from France, India and beyond, as well as kiwis of course. I started strong, hit my groove and the race just flowed, my start surprized the Frenchman and I gained a solid first lap lead that remained the same throughout the first 11 laps, before I dropped the hammer in the last 400m for a 70 second lap and a 19 second victory in 16.10, a 14 second PB and the fastest time of all age groups. France second and third.

George had me well primed for the 1500m, it wasn't my target distance but I knew I could do well, I hit the first 400m in perfect split and then for some unknown reason dropped behind 4 seconds in the next 400m, once I got the call I dropped my split I went for it, I now had nothing to lose, the French man I beat in the 5000m sat on my tail and come 200m to go I went for it but he had superior speed and glided ahead creating a 1 second gap I just couldn't bridge. Again it highlighted how I needed a good second lap to try and run the sprint off him, happy with 6 second PB in 4.18 but it should have been better, the 2nd fastest time of the meet.

The last day was the Cross Country, I entered the 8km race and there was a great field, the top runners from the half marathon and 10km road races as well as the track guys were all there for a show down!!! On paper I age the age group of death!!! At the first corner the front 5 of us were all in the 35-39 age group and the hammer was down, the two in front having beaten me by solid margins in the last two years national cross country champs, I deliberately entered this race to pit myself against them again. I attempted to sit with them but 1.5km in I just had to let them go, I was in danger of blowing up if I carried on at the same pace, I was a bit gutted as they drifted off slowing increasing the gap but I was feeling the pace and to be honest the heat and humidity, I had opened a nice wee gap on 4th and then focused on maintaining it until the last lap for a strong finish, this I achieved with a good solid bronze which was also 3rd over all age groups. Still a minute off the guns in front but solid gap to 4th. Also the buzz of getting my medal presented by Alison Roe. I have said it before and will again, many thanks to coach Shaun Cantwell, I simply could not do what I am doing and enjoy it if it wasn't for his guidance, expertise and support – thank you Shaun.

The Fun

So many funny stories and laughs had along the way, the first few days the poor Southlanders asked all the dumb questions as we adjusted to the big city, busy public transport etc, next time I may get tee shirts made saying "Sorry, we are from Southland". Sherron started a fun game of "get a photo with a celebrity" it was a blast – Sir Peter Snell, Dame Valerie Adams, Barry McGee and Ian McGee, Sir John Walker, Arch Jelly, Alison Roe, Graham Henry and even Kim.Coms car!!! Meanwhile Glenyss and Rosie kept trying to lose things like bags and sunglasses etc oh yea and themselves in the busy streets. The shopping was amazing,

so much cheap running bling !!! I now need to run twice a day to use it all, the food was also good, we went nuts trying new things, Lee and I found an amazing Indian place while Warren found a great Chinese spot, we even went nuts on the last meal at a Mexican place including margaritas and sombreros. Lee made me do the Sky tower, for the record it is far too high up there!!!! Seriously, 50+ stories up is just not right, call me a small town boy but my stomach dropped when I stepped out of the lift and was confronted by the floor to ceiling glass views. Waiheke Island was a nice surprize, it has some great trails, I needed a mid week 50 minute run and I would love to go back and explore the whole place, but a hint for others if you go over try the Syrah wine, it is stunning over there and full of flavour.

It was sad it all had to finish and we came home, it was a great experience, we met so many great people, had some awesome competition, a barrel of laughs and memories to last for ever – thanks to all for making the memories with us. We are already planning the next masters adventure, the Oceania champs in Dunedin next January, if any are interested, competitive or just for a fun trip please contact any of the masters crew, we are happy to include all, the trips are so much more fun as part of a team.

- Dwight Grieve

