

SOUTHLAND
Running Times
ATHLETICS NEWS

No 683 September 11th

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



Some photos from the recent Southland Road Champs held in Te Anau

It's been a while since the last Newsletter and a lot has been going on. Southland has been represented by a good number of athletes at Oceania championships and at the World T&F Champs, World Mountain Running champs and World University Games.

We hope to bring reports from the athletes involved in the coming weeks.

On the domestic season it been a busy time for the winter athletes as well with local



Championships and National events having just been completed. The National road champs produced 3 medals – Masters Mens team 3rd, Debbie Telfer W55 1st, Kelvin Meade M35,3rd

A reminder to go to the Athletics Southland and Southland Harriers Facebook pages and website to get up to date goings on while we get the newsletter back up and going with Chris's, all the committees and Lance's help.

For those unaware Lance has had a bout of ill health but I'm pleased to say he is back at the track coaching and getting back on his feet.

Upcoming events:

Harriers-

The Harrier's Agm is this Thursday 14th September at the St Pauls clubrooms at 7:30pm.

Saturday 16th September – Masters run at Forest Hill (great training venue)

Saturday 23rd September – break up short crosscountry runs at Surrey Park

Sunday 24th September – St Pauls Sandy Point Classic (Southlands best ever off road runs. Details and entry form below)



Entry Form next page

Race Numbers and Registration

Available on Sunday, 24 September from 8.30am until 30 minutes before the start at the Waterski Clubrooms.

Race Briefing

Compulsory race briefing for all participants will be held 9.15am. This cover safety requirements and course details.

Start / Finish

All events start time 9.30am at the Waterski Clubrooms, immediately following the race briefing. Please contact the Race Organiser if you are likely to take more than 2.5 hours in the half marathon. All events start and finish outside the Waterski Clubrooms.

Race Rules

- All athletes must follow the course as set out on the entry form.
- Registered athletes must wear their club uniform.
- All entries must be signed and full payment made for entry to be valid.
- The race number must be worn as issued on the competitor's front.
- Please return race numbers at the conclusion of the race.
- No animals allowed.

Prizegiving

Prizegiving will be at the Waterski Clubrooms immediately after results are finalised (approximately 12.30pm). Certificates for all finishers. BBQ and refreshments available. Spot prizes.

Course Details

Half Marathon

Start area is at the Waterski Clubrooms to Christies Road to the South Entrance of Oreti Beach, along to the Spit and around opposite Omaui, to come off the beach near the south-east tip of Sandy Point. Follow the signed gravel road and tracks through to Noki Kaik Beach. The course then follows the road and meanders through the native bush to Daffodil Bay. Follow the coastline along Rovers Track, then a short section of road to the finish at the Waterski Clubrooms.

10km Run/Walk

Course starts at the Waterski Clubrooms, follows Sandy Point roads and tracks to Hatch's Hill, then returns along the coastal track to Daffodil Bay, and follows Rovers Track back to the finish.

5km Run/Walk

Course starts at the Waterski Clubrooms, follows Sandy Point roads and tracks to Daffodil Bay, then returns via Rovers Track back to the finish.

- All routes will be clearly marked.
- Marshalls will be on course at key junctions.
- Detailed maps of each course will be available at registration.
- Drink stations available for half marathon when you come off the beach, at Daffodil Bay, and at Start/Finish.
- Toilets available at Daffodil Bay and at the Waterski Clubrooms.

ALLAN WHITE
SPORTS



Simpsons
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ST PAULS SANDY POINT CLASSIC OFF ROAD HALF MARATHON AND 5KM & 10KM WALK/RUN

Name:

Address:

Email: Phone:

Club: (if registered)

Male/Female: Age on race day:

Event

Half Marathon Estimated Time:

10km Run 10km Walk 5km Run 5km Walk

Entry Fees

Half Marathon	\$40.00	\$.....
<input type="checkbox"/> 10km Run <input type="checkbox"/> 10km Walk	\$20.00	\$.....
<input type="checkbox"/> 5km Run <input type="checkbox"/> 5km Walk	\$10.00	\$.....
Total	\$.....	\$.....

Payment

Cash Cheque Online A/C No: 03 1746 0031473 00

Terms of Entry

- Entry is not valid unless this acknowledgement is signed. Please read carefully before signing.
- I agree to attend the pre-race briefing.
 - I agree that I am participating in this activity at my own risk.
 - I acknowledge that this event is held on public roads which will be open to traffic at all times.
 - I will follow the designated course on the day and obey all marshal's instructions.
 - I acknowledge that my entry fee is non-refundable unless otherwise agreed by all parties.
 - I acknowledge and accept that photos of myself competing in this event may appear in promotional material or on social media for the general purposes of advertising St Paul's Harrier & Athletic Club.

Signed: Date:

For further information please contact: Grant Baker 215 8326
Henry Tudor 213 0104
Lilian Tudor 021 0233 0588

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Please Note: Parent/Guardian must sign on behalf of entrants under 16 years of age. It is not recommended that persons less than 16 years of age compete in half marathons.

Entries can be made on the day, delivered to The Shoe Clinic Allan White Sports, Esk Street, Invercargill, posted to St Pauls Harrier & Athletic Club, PO Box 892, Invercargill or emailed to stpaulsatheleticclub@gmail.com

And of course the big event for the year the -Southland Festival of Running is on again. This year's event is taking place on the 15th October.



The events of the day are –

- **Southland Marathon** –start 8am
- Southland Festival of Running Half marathon** - start 10am
- The Ronald McDonald House South Island 5k** –start 11am
- McDermotts Coachlines** 10km run/walk –start 11am

To find more information and to enter go to –www.southlandfestivalofrunning.co.nz

Or follow the links from the Southland Harriers Facebook page.

With the summer season fast approaching the first meetings for track and field athletes will be-

7th October-Senior meet – Program to be advised

15th October –Juniors Have a go day-Starting at 1pm (following the finish of the Festival of Running)

29th October -1st Junior Waverley Shield event

Some other date you may want to take note of / put in your diary-

11th November -South Island combined Events Champs and South Island Masters champs

1st -3rd December- New Zealand Secondary Schools Championships

9th/10th December-South Island Club champs -9th /10th

12th 13th 14th January – South Island Colgate Games – Timaru

20th Jan – Inter Centres

17/18th February –Southland Senior champs

25 Feb / 4 March – Southland Junior Champs

9/10/11 March – NZ T&F champs- Hamilton

18th March – Tyson Challenge

What's fresh with Track and Field??

Well it's the first week of September and spring has arrived. So it must be time to let everyone know what's happening for the 2017/18 Athletics Season. The T&F Committee has had a busy winter reviewing, planning and altering both the Senior and Junior programmes.

On October 15th in conjunction with the Southland Festival of Running there is a "HAVE A GO DAY" starting at 1pm to give new comers a taste of our sport and returning junior athletes the chance to stretch out before the first Waverley Shield of the season on Sun October 29th.

Senior athletes your season opens on October 7th with a new look programme.

The Waverley Shield has a new points system and after we used last season's weekly results to test the system, the Shield could be won by any club this season!!! But a club's best chance of winning will be if athletes compete in as many events as possible

The changes to the Waverley Shield we hope, will see the return of Junior Athletes at all grades giving every event a go rather than only competing in their best event/s

As a committee we think it is essential that parents and clubs encourage junior athletes of all grades to keep learning and competing in all disciplines, rather than just the events kids think they are good at. No parent really knows how their child's body and interests will develop, but by encouraging them to compete in everything as a junior it will help them find their niche as they mature. One of our current Senior Athletes who always gave everything a go is proof of this...arrived in the sport after qualifying for Sthld Primary School Champs in long jump, then 2 years later medaled at Colgate's in the 800m and last season medaled at NZ T&F Champs in the u20 Hammer, while still being mistaken in the marshaling tent for a high jumper.

Junior A. & B Programmes have new look timetables that now include para events, medley relays and the utilization of the back straight for short sprints. As the number of Southlanders competing in Race Walking at the Colgate Games continues to grow, we also have added races on Nov 12th and Dec 10th starting immediately after the conclusion of the last track event.

Senior A, B and Twilight Programmes have been revised, note there is also new start times. 5.45pm on a Friday Night and on a Saturday field events will start at 12.30pm and the track at 1pm Please remember that without officials & volunteers there is no athletics, so senior athletes if you can't bring someone with you to help officiate, you need to be prepared to pick up a tape measure or a stop watch yourselves. The new programmes have more events for you the athletes benefit, but we will need to work together to make it happen. So with this in mind instead of rolling up just in time to warm up please think about coming 15mins or 20mins earlier to help set up so we can start on time. ☺

Senior athletes, the South Island Senior Champs are on Dec 9th & 10th in Timaru. As the number of athletes who are at Uni or working continues to grow, we would encourage you to attend this event. It will be something to aim for pre-Christmas and this trip will replace the annual Inter Centre Roadie seeing we are hosting the event this season

The Athletics Southland Handbook will be printed this month and available for sale from October 21st. A season calendar, junior calendar and all event programmes/timetables will be uploaded in the coming days to the Athletics Southland website and Facebook page so please feel free to download them.

Please note that this season Junior Best Performances and Senior Records will not be in the Handbook but instead on the Athletics Southland website, updates will occur when performance/record applications have been approved

Here's to a great season of athletics in Sunny Southland.

Sue Wilson, President
Southland Track and Field Committee.

Oceania Champs, Suva



Most of the Southland Oceania team at Suva: Andrea, Hannah, Anton, Liam, Emma- Andrew went missing!

As mentioned earlier a number of athletes competed in the Oceania Champs.

As part of the New Zealand Team we were represented by 6 athletes –

Andrew Allan – U18 Triple jump-gold, U18 Long Jump 6th ,U18 4x100m relay 3rd and Senior Men’s triple jump 3rd.

Hannah Miller – senior women 5000m 1st and senior 1500m 1st

Liam Turner – U20 800m -3rd and U20 4x400m relay 3rd

Anton Schroeder –U20 Javelin 4th

Emma Ryan – U20 shot 4th, U20 Discus 4th and U20 Hammer 4th

Andrea McDowell- U20 Heptathlon 2nd and 4x400m relay 2nd

Hannah Miller went from competing in Fiji to competing in Taipei at the World University Games where she finished 15th in a quality field. Well done Hannah!



Emma Ryan – my experience

Competing at Oceania Champs was my first time at an international competition and my first time wearing the silver fern. It was a great experience. My fields were not huge but the standard was high and there were some very close competitions.

Unlike at NZ meets I did not know what I was up against until the warm up throws. The occasion and the unknown and close competition lifted my performances. I was able to get some big Pb's (nearly 6m in Hammer) even though I was competing in winter.

I was really happy to come away with 3 4th placings despite just missing out on medalling. I was pleased with my performances.

I was stoked to have the opportunity to represent New Zealand and valued the experience. Hopefully it won't be the last.

Jack at World Mountains

Southlands Jack Beaumont competed in the World Mountain Running Champs in Italy, finishing a very commendable 14th in his first race as a senior out of a field of 78 ! Well done Jack. Hopefully we will be able to get something from Jack on his experiences for a future newsletter. Jack flew straight from Italy to Denton, Texas, (Near Dallas where Hannah and Atipa are) to start a running scholarship with North Texas University

Southlands Marshal Hall competed at the World Track and Field Championships.

Marshal finished 16th in his pool of the discus qualifying so unfortunately did not make it to the final. Still a fantastic effort to get there and have your first world champs under your belt. Hopefully it is just the start.

Southland also has an association with one of the Para athletes who until a couple of years ago was a southland athlete. That athlete Jess Hamill , competed in Fiji also on her way to the Para World Championships in London in July. I asked Jess for her comment on the Champs



Jess Hamill here. I recently got back from London in July. I was competing in my 4th Para World Champs competing in my discipline –Seated shot put. I received a Bronze medal . I got a seasons best and I was happy the way I performed on the day.

It was a huge trip leaving six weeks beforehand starting in Australia where this was a non team trip but allowed me to

train with a few of my training mates and have consistent training along with a good climate. This I believe was crucial to my lead up. We then headed over to Fiji for the Oceania champs and meet the rest of the NZ team . This allowed me to do some competition mode training and work on things leading up to the big day. Fiji was interesting and I would love to go back there and see the side I never saw...eg nice beaches and resorts.

We then headed off to Cardiff in Wales where all the Para team meet and trained together with schedules with that being our last preparation until finally heading into London. London was amazing. Each place has a special memory to me , travel is one big learning curve in this world. And as I have travelled the world I am always grateful for coming back to my home. My favourite place of the trip would have been Cardiff.

I would just like to say without the amazing Para Athletics NZ program that Raylene Bates runs, us athletes wouldn't be in such a great to compete at such events. It has been a hard road, hard work, lots of ups and downs. Im taking time out and working and focusing on my full time job. Who knows what is around the corner, at the moment I am just rolling with it.

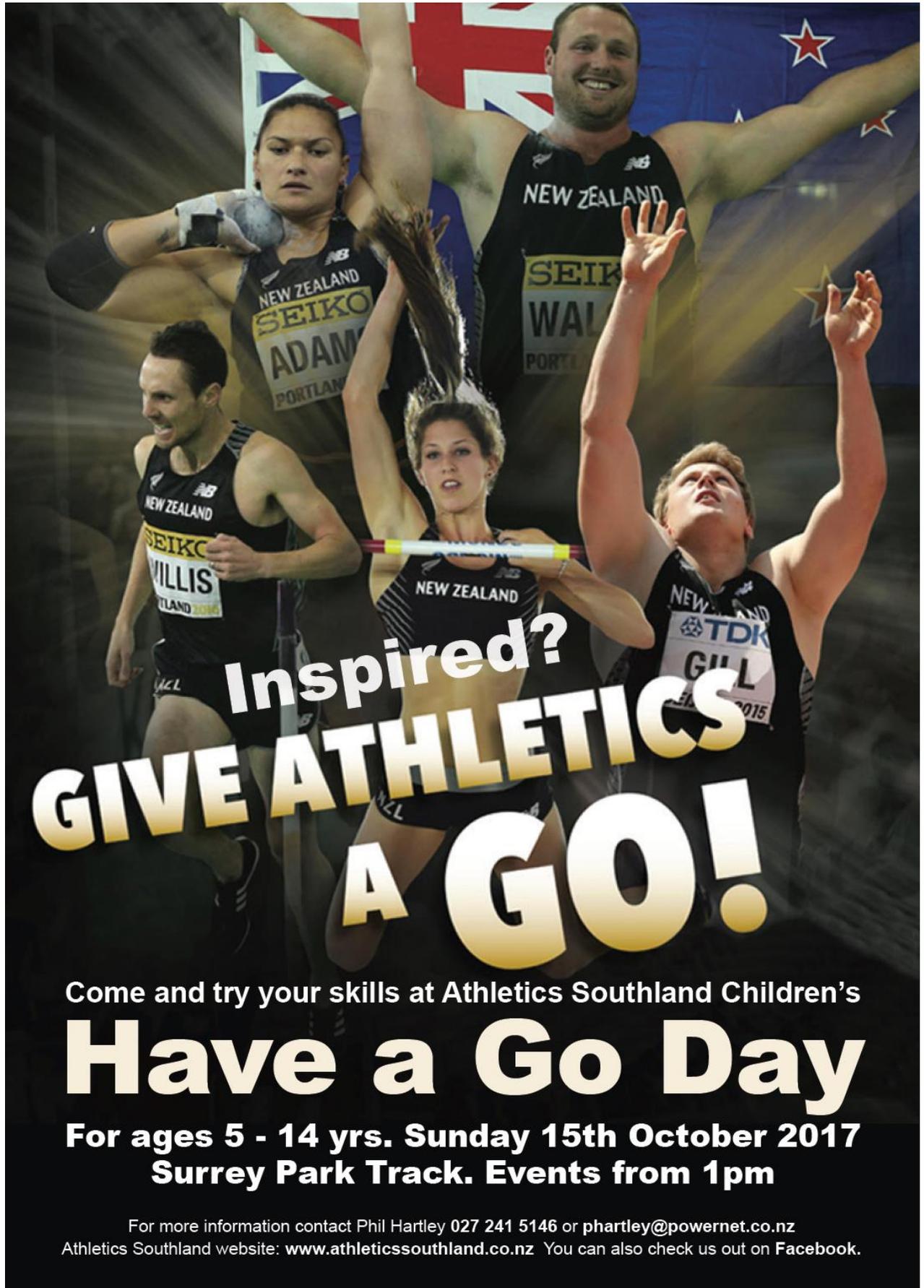
Thanks so much Southland supporters, people there since the start , my Family and Friends ..even though I live in Dunedin im still a true Southlander.

Well Done Jess Hamil and Coach Raylene Bates.

Below is the program for the have a go day

		HAVE A GO DAY PROGRAM 2017										
		1.00pm	1.15	1.30	1.45	2.00	2.15	2.30	2.45	3.00	3.15	3.30
Grade 5	G&B		80m	Long Jump Pit 1		Quoit Throw		60m	Junior Shot	100m		
Grade 6	G&B		80m	Quoit Throw		Junior Shot		60m	Long Jump Pit 2	100m		
Grade 7	G&B	100m	Long Jump Pit 1	Discus				60m	Shot Put	200m		
Grade 8	G&B	100m	Discus	Shot Put	Long Jump Pit 1	60m Hurdles (BS)		60m		200m		
Grade 9	G&B	100m	Shot Put	Long Jump Pit 2	High Jump	60m Hurdles (BS)		60m		200m		
Grade 10	G&B		High Jump	200m	Discus	60m Hurdles (BS)	Shot Put	Long Jump Pit 2	100m		800m	
Grade 11	G&B	Shot Put	Long Jump Pit 2	200m	Shot Put	60m Hurdles (BS)		High Jump	100m		800m	
Grade 12	G&B	Long Jump Pit 1		200m		80m Hurdles	High Jump	Shot Put	100m	Discus	800m	
Grade 13	G&B	High Jump		200m	Long Jump Pit 2	80m Hurdles		Discus	100m	Shot Put	800m	
Grade 14	G&B	Discus		200m		Shot Put	80m Hurdles	Long Jump Pit 1	100m	High Jump	800m	

All in Relays



Inspired?
**GIVE ATHLETICS
A GO!**

Come and try your skills at Athletics Southland Children's

Have a Go Day

**For ages 5 - 14 yrs. Sunday 15th October 2017
Surrey Park Track. Events from 1pm**

For more information contact Phil Hartley 027 241 5146 or phartley@power.net.co.nz
Athletics Southland website: www.athleticssouthland.co.nz You can also check us out on Facebook.