

**SOUTHLAND**



# **Running Times**

**ATHLETICS NEWS**

No 636 May 30<sup>th</sup>, 2016

Clubs, please print this and pass on to your members or send their email address to [lance.debbie@xtra.co.nz](mailto:lance.debbie@xtra.co.nz) so more in our sport can be added to the circulation list



**Roslyn Downs Classic – Classic Farm Crosscountry**

*Above: Marcel Vergee entering the woolshed area ahead of Bruce Thomson and Ian Densie. Right: Jacob Boniface, second fastest in Jr race.*

It started in a woolshed and finished in a woolshed and in between it was all sheep country – apart from the swamp, the bush and the garden. Yes, the Roslyn Downs Classic around and over the Miller's Glencoe farm certainly was a bit different and from comments, a heap of fun, even with the cold and rain and mud.

Maybe the weather put a few off as the numbers were down on the first handicap series race and in the juniors the turn out was disappointing, but if anyone looked at the skies and changed their minds



about running, well, they missed a great event not to mention a delicious choice of hot home-made soup post-race, thanks to Eleanor Miller.

To race itself: Graham Hall gave no one else chance, surprising himself (and the handicapper) with a 5 minutes win in the 6.8km senior race. After that it was a lot closer with Tyrone Lake holding out newcomer Hamish Kidd for second. Fastest time was close: Jack McNaughton ahead of Buddy Small by 13 seconds and Jaxon Taylor third fastest. Hannah Miller was fastest of the women around a course she helped set up earlier in the day while Angela Ryan, making a great come back to competitive running, was second fastest. The junior 3.2km race was a good win to back marker Benjamin Britton who also took fastest time.



*Hamish Kidd coming into finish area, well wrapped up for the conditions*

After two races the points scores are close – very close! In the Jrs Tequin Lake holds a 2 point lead over Kennedy Taylor 8 to 10 with Benjamin Britton 12, Laura Boniface (even though she missed handicap 2 but placed high enough in race 1 to still be up there) 17 and Jacob Boniface 18.

The seniors show consistency pays with Finn Rogers holding a narrow lead over Evan MacIntosh 25 to 28, Stacy Taylor is on 31. Albie Small 33, Barrie Sheehy 33, Briana Miller 33, Hannah Miller 35 and Buddy Small 37. And there's a big group behind these, all within striking distance.

Early days yet, so don't count yourself out for a share of the \$800 in Allan White Sports vouchers to be won.



**Results**

Juniors 3.2km

	H/cap	Actual			
Benjamin Britton	19.03	10.43	Finn Rogers	53.09	25.24
Tylah Rose Wilson Woodford	19.25	13.10	Angela Ryan	53.26	29.41
Kennedy Taylor	20.16	12.46	Hannah Miller	53.34	26.54
Tequin Lake	20.22	14.52	Jack McNaughton	53.40	23.40
Jacob Boniface	20.22	12.22	Tyler Hamilton	53.47	28.47
Shyanne Lake	28.11	24.11	Briana Miller	53.52	30.37
Robert Kidd	28.11	23.56	Buddy Small	53.53	23.53
			Tim Baker	53.58	28.58

Snrs 6.8km

Graham Hall	46.21	33.51	Jaxon Taylor	54.01	24.31
Tyrone Lake	51.19	29.19	Albie Small	54.14	25.29
Hamish Kidd	51.37	39.07	Stacy Taylor	54.32	42.02
Barrie Sheehy	51.47	47.47	Allan Wilson Woodford	54.36	24.51
BJ Dickie	52.02	28.47	Flynn Sinclair	54.44	30.39
Alistair Hatton	52.11	39.26	Alison Neilson	54.51	52.21
Evan MacIntosh	52.26	37.11	Graham Neilson	54.51	33.06
Marcel Vergeer	52.52	29.07	Rueben Boniface	55.08	31.08
Bruce Thomson	52.53	33.53	Debbie Telfer	55.15	32.30
Ian Densie	52.59	30.14	Jan Taylor	55.47	53.17
			Linda Te Au	56.05	56.05
			Dorothy Horrell	59.50	51.30



*Benny Britton at pace (1<sup>st</sup> Jr & fastest time)*



*Out the door and start running (literally) - Hannah leaving woolshed with start/finish line inside*



*Stacy Taylor survives the hill*



*Tequin Lake, 4<sup>th</sup> in Jr race*

**Roslyn Downs Classic**

## ***Running Ahead***

### **This Weekend – the Fiordland Queens Birthday Great Running Weekend.**

This week's harrier race is at Ivon Wilson Park, Te Anau – 3 person relay (see below). Start time 1pm, so be there well beforehand to ensure teams are sorted.

#### **Saturday 1pm**

- 3 person team relay based on a approx 2km loop – team does 5 laps (10k) with teams deciding how many laps each runner does.
- Each team must have at least one either over 50, under 18 or female in it.
- Teams can organise themselves but individuals etc can see Dwight Grieve and teams will be arranged.
- Gathering afterwards at the Lakeview Holiday park West Arm facility which is far north end of the park
- Entry is \$5 per person but it includes a raffle ticket for a raffle that will be drawn at the gathering afterwards – all proceeds for the Fiordland masters world domination tour to the world masters games

#### **Why not stay on and make a weekend of it -**

Saturday night is a meal at the Kingsgate Hotel (Lakefront just north of DOC) gathering between 6.00 -7pm

**Dinner:** European Buffet. It is \$28 per person - also 1 child under 13 dines free per adult if there are any families that wish to travel. There will also be \$4 house beer / \$4 house wine for the guests dining that evening. The bar will be open from 5:30pm onwards, with dinner from 6:00pm till 8:30pm.

**Breakfast:** A breakfast buffet will be available with free tea and coffee for the morning of June 5<sup>th</sup>, from 6:00am till 9:00am. We would like to offer the guests \$17 per person for the full buffet to enjoy, a 25% discount on the normal price.

## Sunday Running

Sunday morning meet front of the Lakeview holiday Park at 10am for group run on a local trail – depending on weather will likely to be on the Kepler track. Meet afterwards at Sandfly Café.

Caversham from Dunedin have two 14 seater vans coming and are staying at the Lakeview holiday Park so it will be a big social/serious running weekend.

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## Sat June 11.

The Riverton Adventure Run - pack runs from the Mennell's place at Riverton. Various packs (running groups) going different distances – you choose the pack to run in. (idea of pack runs is you run fast enough to be a good training effort but slow enough that everyone has enough breath to carry on a conversation – or many conversations.) Last year's run included bush and beach running, where we go this year only Corey knows, so be there to find out. Afternoon tea and get together afterwards. Everybody bring a plate. Address details and directions next week. (Note, different address to last year)

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## Sat June 18

Handicap 3, Fosbender Park, plus for some, the NZ Secondary School crosscountry champs at Rotorua.

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## St Pauls New Website.

The old St Pauls website is now redundant but the new one is up and running – check it out at

<http://sporty.co.nz/stpaulsathletics>

Bookmark it and check it regularly.

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## Athletics Southland Coach Coordinator Wanted.

The Board of Athletics Southland are looking for expressions of interest to undertake the role of Coach co-ordinator.

The role will involve attending a meeting with all the coach co-ordinators from around the country to be educated in the new Coach framework that is about to be released.

The Coach co-ordinator does not have to be a coach, but needs to understand the importance and the role coaches play in the sport and be able to support the coaches. You would be involved in setting up coaching courses, and organising the deliverers, as well as communication of information on coaching from Athletics New Zealand.

Please send expressions of interest to - [chairman@athleticssouthland.co.nz](mailto:chairman@athleticssouthland.co.nz)

If you require further information please contact Chris Knight email at [knights.services@xtra.co.nz](mailto:knights.services@xtra.co.nz) or ph 0276518001.

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## Are you following running and athletics in Southland on Facebook?

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**Keep Up to Date.** There is a Facebook page for Harriers and for Athletics Southland in general. Both should be checked regularly for updates, race photos, policy announcements and what's coming up.

Southland Harriers - <https://www.facebook.com/southlandharriers/>

Athletics Southland <https://www.facebook.com/groups/1700911393513302/>

And it's worth a look in on Henry Tudor's athletic focussed page –

<https://www.facebook.com/search/top/?q=tudors%20athletic%20bits%20and%20bobs>

And for national and international athletics news –

<https://www.facebook.com/search/top/?q=athletics%20new%20zealand>

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## There is a correct procedure when an athlete wants to change coach.

**Please, make sure you follow it.**

If, as an athlete you wish to change coaches, there is a correct way of doing it.

### For Athletes.

1. Discuss your intent with your existing coach. Do this first. Don't just up and leave. Talk through the options if necessary.
2. If feasible it would be beneficial if existing and intending coaches discussed the move – the more the new coach knows about you the better will be the coaching.
3. Make sure the coaching group you want to join has room for you – do not make assumptions that you will be accepted or burn your bridges before a new coaching set up has been formalised.
4. Do you know the coaching philosophy of the new coach? Are you sure the move will be the right one? It's too late once you have made the move to discover the fit isn't right.

### For Coaches

1. Do not under any circumstances approach an athlete you know is coached by someone else with an invitation to join your squad.
  2. If an athlete approaches you, make sure he or she has talked it over with the existing coach.
  3. Consider carefully whether the new athlete will fit into your squad. Will existing squad members be comfortable? You do not want to upset the dynamics of a successful training group, because as we all know, the social aspect of a training squad is a key motivation.
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*A smiling Kennedy Taylor well into her 3.2km at Roslyn Downs.*