

**SOUTHLAND**



**Running Times**

**ATHLETICS NEWS**

No 642, July 11<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



## The Future of Southland Running on Show at Crosscountry Champs?

For Hannah Miller and Jack Beaumont the Southland crosscountry champs was not a question of whether they would win or even by how much but where they are in their training; and for fast improving Dwight Grieve (yes, still improving even when approaching 40) it was not whether he could beat Jack but how close could he get. So while the senior grades were rather cut and dried the main questions came in the men's U18 grade.

For the record Jack McNaughton led in a procession of very promising young runners – Alan Wilson-Woodford, Buddy Small, Jaxon Taylor and Albie Small. For me the question wasn't (and isn't) who would win, but is this the future of distance running in Southland? And can we keep them in the sport?

There is no doubt there is a ton of ability in that mix and some will likely progress to national and international level following on from Jack Beaumont and Jordan Rackham, particularly if they keep pushing and encouraging each other considering they do a lot of their training together. Jack McNaughton, Buddy and Albie have another year in the U18 grade and Jaxon two more years and as they are really still in their apprenticeship as runners, the questions won't be answered for another couple of years.

As Jordan Rackham who keeps a close eye on running back home commented from America, "it will probably be another year until they're really kicking it on the national stage - the legacy is there so I have no doubt at least one of them will make the climb to the top!"

Add to that the promising group of runners coming out of Gore coached by Ricky Gutsell not to mention some very promising girls including Ella McCall.

Fingers crossed.



**MU18 winner Jack McNaughton**

The U18 men's race was a cat and mouse affair with Jack, Alan, Buddy and Jaxon together at half way and Albie not far behind but with a bit over 1k to go Jack opened it up and put half a minute on the others. "That was the plan" he said afterward; a plan he executed superbly.

As said, Jack Beaumont and Hannah were by far the fastest around the 9.3km Waimumu farmland course, with both opting to run up a grade as seniors and claimed the top championship trophies.

Jack had a 3 ½ minute margin on Dwight Grieve who won the masters title while Hannah only had Jack, Dwight, third placed Neville Thorn and U20 winner Adam Hillis ahead of her.

Corey Mennell and Tim de Ridder took the masters men minor medals while Angela Ryan was a convincing 2 mins ahead of Debbie Telfer to win the masters women's with Lyla Belesky third.

In the junior grades Aleks Cheifetz and Benjamin Britton impressed in the U15 3km race with Aleks just holding out training mate Benjamin and Kennedy Taylor (11) was first overall in the 2k U11 and U13 race followed by Jacob Boniface (9). These two have impressed all season. Nicole Green had a great race to win the girls U11.



*Top left: Angela Ryan convincing MW winner, top right: Happy Girls U13 medallists Laura Boniface and Kennedy Taylor. Lower left: Hannah Miller leading pack through tricky part of course. Lower right: MU18 silver medallist Alan Wilson-Woodford with Jack McNaughton on his left playing waiting game. Buddy Small on Alan's right.*

The Waimumu course has a bit of everything. This is Jack Beaumont's appraisal: "I liked the course, it had a great variety - the small sharp hills the creek crossings, ditches to jump across and fences to jump over and had a good 1km towards the last third of the course which was flat and fast so, it was a hard course to get a rhythm.

Didn't slow him down much though, did it.

The team trophies went to St Pauls and Gore – St Pauls winning the junior men and Gore the senior men by just 2 points from Fiordland.

## Results

<u>2k</u>				Les Scown	MM	u/a	39.08
Kennedy Taylor	GU13	StP	9.21	Barrie Sheehy	MM	StP	39.08 (3 <sup>rd</sup> MM60)
Jacob Bomiface	BU11	Inv	9.50	Dorothy Horrell	MW60	StP	43.32
Jake Potter	BU11	Gore	10.28	Warren Green	MM	Fiord	44.21
Dylan Holland	BU11	Gore	10.36	Sherryn Tamatea Scown	MW	u/a	44.21
Nicole Green	GU11	Fio	11.22	George Horrell	MU18	Gore	47.11
Laura Boniface	GU13	Inv	12.26	<u>9k</u>			
Logan Wylie	BU11	StP	12.26	Jack Beaumont	SM	Wint	31.26 (1 <sup>st</sup> SM)
Cru Holland	BU11	Gore	12.32	Dwight Grieve	MM	Fiord	34.52 (1 <sup>st</sup> MM)
Madi Hamilton	GU11	Wint	14.20	Neville thorne	SM	Fiord	36.43 (2 <sup>nd</sup> SM)
<u>3k</u>				Adam Hillis	MU20	Gore	37.15 (1 <sup>st</sup> M20)
Aleks Cheiftz	BU15	Inv	11.24	Hannah Miller	SW	Gore	37.32 (1 <sup>st</sup> SW)
Benjamin Britton	BU15	Inv	11.33	Corey Mennell	MM	Rivt	38.15 (2 <sup>nd</sup> MM)
Tylah Rose Wilson-Woodford	GU15	Wint	14.54	Tim de Ridder	MM	StP	39.06 (3 <sup>rd</sup> MM)
Xanthe Belesky	GU15	Fiord	19.04	Kelly McSorriley	MM	StP	39.25
<u>5k</u>				Nigel Marsh	SM	Gore	39.40 (3 <sup>rd</sup> SM)
Bailey McColl	WU18	StP	29.05 (1 <sup>st</sup> W18)	Alex Jackson	SM	u/a	40.00
<u>6k</u>				Marcel Vergeer	MU20	u/a	40.39 (2 <sup>nd</sup> M20)
Jack McNaughton	MU18	StP	22.24 (1 <sup>st</sup> M18)	Tim Baker	MU20	Wint	41.32
Alan Wilson Woodford	MU18	Wint	22.53 (2 <sup>nd</sup> M18)	Mervyn Potter	MM	Gore	41.50 (1 <sup>st</sup> MM50)
Buddy Small	MU18	StP	23.00 (3 <sup>rd</sup> M18)	Stephen Gemmell	SM	Gore	42.35
Jaxon Taylor	MU18	StP	23.39	Gary Kirkman	(extra lap for team race)		43.31
Albie Small	MU18	StP	23.51	Grant Baker	MM	StP	44.10
George Nichols	MU18	Fiord	24.23	Lindsay Wylie	MM	u/a	44.25
BJ Dickie	MU18	Gore	27.10	Graham Neilson	MM	StP	47.14 (2 <sup>nd</sup> M50)
Tyler Hamilton	MU18	Wint	27.49	Graham Hall	MM	Gore	49.03 (3 <sup>rd</sup> MM50)
Angela Ryan	MW	StP	27.50 (1 <sup>st</sup> MW)	Hamish Kidd	MM	Inv	49.47
Gary Kirkman	MM	Fiord	28.45 (1 <sup>st</sup> MM60)	Sarah Wallis	SW	Wint	53.23 (2 <sup>nd</sup> SW)
Debbie Telfer	MW	Inv	29.51 (2 <sup>nd</sup> MW)	Alistair Hatton	MM	Inv	57.39
Evan MacIntosh	MM	Inv	35.23 (2 <sup>nd</sup> M60)	Shaun Cantwell	MM	Fiord	58.19
Lyla Belesky	MW	Fior	38.38 (3 <sup>rd</sup> MW)				

## Coaching Comment

### More on Developing “Thinking Athletes”

As explained earlier coaching comment, Terry Lomax, Athletic New Zealand’s High Performance Planning Manager says the over-riding objective of Athletics New Zealand coaching and performance plan is to move the athlete-coach relationship from:-



to



You guessed it, **C = coach and A = athlete**. The objective is to have

the athlete progressively become more prominent in the coaching process.

#### This is what prominent Otago coach Joan Merrilees has to say.

I support the idea of having independent athletes who can think and plan for themselves however there are several things that need to happen along the way before this becomes a reality.

I love working with development athletes mainly between the ages of 12 to around 20. There are a wide range of abilities as you might imagine within this group however to start them on the journey to becoming empowered athletes there are some other relationships that need some work first. One of these relationships is the three way of athlete, coach and parent. I believe it is very important to acknowledge some boundaries around these roles. Parents are the most important people in a young athlete’s life. They are there to nourish and feed their young athlete, help them with their self-belief, be a taxi driver, ensure

their home life is conducive to being able to train for sports, ensure they have a balance in their life and get enough rest just to name a few. Without this amazing support there is practically no chance of becoming an empowered athlete.

Parents however are not usually coaches and this is one of the boundaries that is often crossed making it incredibly hard for a young athlete. I have been at an event where I wanted to give some technical advice to an athlete however that athlete's parent claimed that roll and gave advice that I would not have. This means that the athlete feels they have to choose between parent and coach instead of having a strong united 3 way relationship with each team member aware of their role.

Once you get to this point in a young athletes journey it is only then that you are able to start them on becoming empowered athletes, a journey that will be very different for each athlete.

Parents you are very important as the underlying support mechanism to enable your young person to perform to the best of their ability. However they will not be able to be an independent self-thinking high performing athlete if you do not allow the coach to do their job as well as you are doing yours.

- Joan

**This really sums it up –**

*"I was always trying to learn more about myself as an athlete and Coach taught me everything he knew until the point where we started to learn together"-*

*- Michael Johnson on Clyde Hart*

---

## What is a coach?

**For most the first definition that comes to mind is “teacher”. But I think “salesperson” is a better definition.**

A good salesman knows plenty about his product, is enthusiastic about it, knows his market and knows how to convince the market of the benefits and advantages of the product. As a coach you have a great product and a captive market. As with every successful sales, you should have an depth knowledge and understanding of your product and market - you know (or should know) plenty about the sport, your enthusiasm for athletics is contagious, you know your athletes, their desires, motivations and needs and you know which buttons to push to convince them to want more of the product, i.e. to keep in athletics and keep progressing.

You are a salesman. So it is recommended that along with your regular reading on skills, energy systems, biomechanics, training procedures etc etc etc, you get a book on how to sell. There are probably as many books on sales and marketing as there are on coaching. Studying one or two may help you be a better coach.

-Lance

## Running Ahead .....

This coming weekend - **Sat July 16** — runs or events organised by respective clubs

**Sat July 23<sup>rd</sup>. Southland Road Championships, Te Anau. Start 2pm.**

Under 11 and Under 13 – 2km.

Boys and Girls U15 – 3km

Men and women U18, women U20, Masters Women – 5km

Men U20 – 8km

Senior men and women, masters men – 10k.

Fast, spectator friendly 2km loop course – great for supporters and spectators.

Start-finish at the Sportsground by the marina, end of Te Anau Terrace.

Open to all runners but only regisyered club m,embers eligibel for trophies. \$5 entry fee all grades

Sat July 30<sup>th</sup>. Heather Skerrett 4 and 2km crosscountry – Elizabeth Park.

Includes hill climb, so while short it wont be easy. Trophies for senior and junior men and women based on age grading. Age grading compares performances by age so a 10-year-old girl's time can be equated to a 30-year-old man's time to see which is the best performance. **Reminder - as age grading is by age on the day, please remember to give your age when you finish.**

Elizabeth Park is on John Street – from Tweed St turn into Regent Street. John Street is off Regent Street.

August 7<sup>th</sup> (Sunday) is NZ crosscountry champs in Auckland – if you are competing you must enter yourself on line. Go to the Athletics NZ website.

## Two Key Coach Development Opportunities

Athletics Southland will give a subsidy to coaches wishing to attend these workshops. Amount depends on available funds and number going. **Apply by email to Debra Ashley, T & F secretary at [garry.debra@outlook.co.nz](mailto:garry.debra@outlook.co.nz) briefly listing your current coaching situation, existing qualifications and coaching aspirations.**

1. Jumps Conference Sept 30 – Oct 2, Christchurch (registration form page 6)
2. Combined Events with top international combined events coach les Gramantick (1972 Olympian) Auckland Oct 29 – Nov 1, Christchurch Nov 2 – 6. (Rego form page 8)



**Athletics New Zealand  
Jumps Conference 2016**

**Christchurch September 30 – October 2**  
The focus is primarily Horizontal Jumps and High Jump.

**Aim:** To utilize the knowledge held within the country in the Jumps and to increase the standard of the events, specifically in the Performance Development area but also in relation to overall coach development.

**Some of New Zealand's leading Jumps coaches  
Presenting on these key topics...and more**

- Ed Fern**
  - From culture to competition: Progression in Triple Jump 14 – 20
- Lance Smith**
  - Building a local community of jumpers: Role of the development coach/Key training concepts
- Angus Ross**
  - Key concepts and innovations away from the barbell towards functional training: Weights/Resistance for speed & Power/Specific Jumps related activities
- Regan Standing**
  - Athlete to Analyst to Coach: His journey into athletics in a range of guises/One athletes view of his change in perception of athletics from competing through to coaching
- Terry Lomax**
  - State of the Nation
  - Performance Case Study High Jump – Robbie Grabarz 2012 OG Bronze: Individual Athlete assessment to Athlete model establishment

For further details contact  
Terry Lomax  
[terry@athletics.org.nz](mailto:terry@athletics.org.nz)  
021859982





## ATHLETICS NZ JUMPS CONFERENCE

Christchurch 30 Sept. – 2 Oct. 2016

### Registration form

Name : \_\_\_\_\_

Address : \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone/s : H/W \_\_\_\_\_ M \_\_\_\_\_

Number of nights accommodation Fri Only \_\_\_\_\_ Fri-Sat \_\_\_\_\_

Day and approximate time of arrival at CBHS: \_\_\_\_\_

Number Attending: Self \_\_\_\_\_ Other/s \_\_\_\_\_

Coach or Athlete: Coach \_\_\_\_\_ Athlete \_\_\_\_\_

Athletics NZ Gold Coach membership: Yes \_\_\_\_\_ No \_\_\_\_\_

I am interested in (ordering details advised soon) :

1. ANZ Jumps T-shirt Yes \_\_\_\_\_ No \_\_\_\_\_ Size \_\_\_\_\_ Cost \$25

**Accommodation** (Adams House, Chch. Boys High School): \$52 per night

Meals included: Saturday breakfast / Sunday breakfast

Conference Catering: Saturday lunch / Sunday lunch provided (Please notify any special needs)

Full Conference (Fri.pm/Sat/Sun) \_\_\_\_\_

Registered coach with Athletics NZ Gold Coach membership \$60.00

Unregistered coach \$80.00

One -Day Conference (Fri pm /Sat or Sun) \_\_\_\_\_

Registered coach with Athletics NZ Gold Coach membership \$35.00

Unregistered coach \$45.00

#### SUMMARY:

Conference Fee (choose from above) \$ \_\_\_\_\_

Accommodation (1 or 2 nights) \$ \_\_\_\_\_

Jumps T-Shirt \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

Make payment to : ASB Account 12-3192-0002433-00

Reference: Jumps Conf.

Code: 9-1375

Send cheque to : Athletics NZ Jumps Conference  
PO Box 305 504, Triton Plaza, Auckland 0757

Email word document (registration) or post to

Email : [terry@athletics.org.nz](mailto:terry@athletics.org.nz)

Apollo Centre – Jellie Park

295b Ilam Road

Burnside

Christchurch 8053

**Deadline for Registrations :** July 31, 2016 For those wanting accommodation &/or those wanting a T-shirt

Aug 7, 2016 For those organizing their own accommodation & not wanting a T-Shirt

Comments i.e. Special needs

.... and 2 ...



**Athletics New Zealand  
Combined Events  
Les Gramantik Tour**

**Auckland October 29 – November 1  
Christchurch November 2 – 6**

**Aims:**

- To expose Combined Events Coaches and athletes to the requirements of working at Performance Level
- Developing appropriate approaches to the development of Combined Events athletes

**Itinerary**

Sat 29 Oct. & Sun 30 Oct.

- Combined Events (Heptathlon emphasis)
- High Jump/Long Jump (incl. Development session)

Tue 1 Nov.

- Hurdles Clinic (incl. Development session)

Thu 3 Nov.

- Hurdles Clinic (incl. Development session)
- Les Gramantik Performance Lecture

Sat 5 Nov. & Sun 6 Nov.

- Combined Events (Decathlon emphasis)
- High Jump/Long Jump (incl. Development session)

**Les Gramantik Bio.**

Represented Romania at 1972 Munich Olympics in Pole Vault  
Has coached in Romania, Israel and Canada  
Former Head Coach of Canada  
Athletes Coached:  
Catherine Bond-Mills Former Canadian Heptathlon recordholder  
Mike Smith current Canadian Decathlon recordholder/1990&1994 CG Gold/1995 WCh Bronze  
Jessica Zelinka current Canadian Heptathlon recordholder/2010&2014 CG Silver(Hep)/2008 OG 5<sup>th</sup>(Hep)/2012 OG 7<sup>th</sup>(Hep & 100H)

For further details contact  
Terry Lomax  
[terry@athletics.org.nz](mailto:terry@athletics.org.nz)  
021859982



Registration form next page

## ATHLETICS NZ

## LES GRAMANTIK COMBINED EVENTS WORKSHOPS

Auckland 29 – 30 Oct 2016

Christchurch 5 – 6 Nov 2016

**Registration form**

Name : \_\_\_\_\_

Address : \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone/s : H/W \_\_\_\_\_ M \_\_\_\_\_

Days attending: Sat only \_\_\_\_\_ Sun only \_\_\_\_\_ Sat-Sun \_\_\_\_\_

Individual Sessions: Sat am only \_\_\_\_\_ Sat pm only \_\_\_\_\_

Sun am only \_\_\_\_\_ Sun pm Only \_\_\_\_\_

Number Attending: Self \_\_\_\_ Other/s \_\_\_\_

Coach or Athlete: Coach \_\_\_\_ Athlete \_\_\_\_

Athletics NZ Gold Coach membership: Yes \_\_\_\_ No \_\_\_\_

Full Workshop (Sat/Sun) \_\_\_\_\_

Registered coach with Athletics NZ Gold Coach membership \$40.00

Unregistered coach \$60.00

One -Day Workshop (Sat or Sun) \_\_\_\_\_

Registered coach with Athletics NZ Gold Coach membership \$25.00

Unregistered coach \$35.00

Single Session Workshop (am or pm) \_\_\_\_\_

Registered coach with Athletics NZ Gold Coach membership \$15.00 each

Unregistered coach \$20.00 each

e terry@athletics.org.nz

p 03 423 1557

m 021 859 982