



New Venue, New Course for Road Champs

Te Anau this Saturday (23rd)

Fiordland club are hosts for this year's Southland Road Champs, moving the event away from Queens Park for the first time in a number of years.

The Te Anau course promises to be fast and with a 2km loop, great for spectators. The Fiordland club has been drumming up community support so there could be a few spectators cheering on the runners.

Start finish is at the marina end of Te Anau Terrace – head along the lake front til you get to the marina and Te Anau Domain.



Start/finish area

Distances and grades:

Boys and Girls Under 10 and Under 13.	2km
Boys and girls Under 15	3km
Men and women U18, MW, WU20	5km
Men U20	8km
Senior men & women, MM	10k.

Start time 2pm.

Important:

- *Club uniforms must be worn.*
- *Entry fee \$5.00 all grades.*
- *Open to all runners but only registered club members eligible for medals and trophies*
- *Register and pay race entry by 1.30. Race Briefing 1.45.*
- *Please, when registering give the grade you are competing in.*

Running Ahead

Heather Skerrett Memorial Crosscountry - Sat July 30.

2km 15 and under, 4km 16 and over (Younger ones can run 4km if they want) .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.

Bridge to Bridge Relay - Saturday August 6th

(Additional to programme) – Bill Torrence Bridge to Bridge. Relay taking in Waihopai flood bank and Thompsons Bush. Teams picked on the day. Shorter distance for younger runners. Race starts 2pm, be there by 1.30 to select teams.

Meet car park corner Hollywood Tce and Dee Street, 1.30 (opposite All Saints church)

Clyde to Alex 10k and associated races - Saturday Aug 13

The best road race in the South Island – and probably the fastest course around.

Entry form and details sent separately with this newsletter and at Allan White Sports.

This article written by Athletics New Zealand Features Editor Steve Landells is in the latest issue of Athletics in Action put out by Athletics N.Z. If you aren't receiving it, sign up to have it delivered to your computer – go to the Athletics NZ homepage – sign up is at bottom of page.

Jack Hits the Mountains

Jack Beaumont is optimistic of a good showing at next September's World Mountain Running Championships in Bulgaria. Steve Landells finds out more about a Southland teenager who just can't get enough of running uphill.

It is less a case of 'hit the road Jack' and more a case of 'hit the mountains Jack' as talented teenager Jack Beaumont is showing an incredible flair for running uphill. Last year the 19-year-old - competing in only his second ever mountain running event - finished a highly respectable 12th in the junior race at the World Mountain Running Championships in Wales. And his year Jack is back for a tilt at the annual global event to be staged in Sapareva Banya in Bulgaria, where he is targeting a podium spot after making significant progress since relocating to live and train in Queenstown earlier this year.

Growing up the second eldest of five children in the tiny Southland community of Lumsden, Jack has possessed a natural endurance for as long as he can remember. He excelled on Southland primary school cross country scene and aged "12 or 13" opted to pursue the sport more seriously.

First coached by Lorne Singer and he was immediately taken with the thrill of training in a more structured way.

"I really enjoyed training more seriously," says Jack. "I used to train by myself most days, but working with a coach helped focus on certain areas. I carried out different sessions and by mixing up my training, it made it



more interesting.” After a year with Singer in 2011 he switched to his current coach, Lance Smith, a man whom Jack describes as an “incredible mentor.” The pair have worked well together with Smith empowering his protégé to problem solve and make his own coaching decisions where necessary. The recipe has worked. The former Central Southland College student grabbed both the under-14 and under-15 Southland Cross Country titles and as a Year Nine student he snared a silver medal at the 2011 New Zealand Secondary Schools’ Cross Country Championships in Ashburton.

On the track he later won 1500m and 3000m medals at the South Island Championships but only began mounting the top of the podium on a more regular basis once he switched to the steeplechase. In 2014 Jack secured gold in the 2000m steeplechase at both the New Zealand Secondary Schools’ Championships and New Zealand Track & Field Championships (in the men’s youth event). Last year he banked the junior men’s 3000m steeplechase title at New Zealand nationals.

“I didn’t have a lot of success on the track until I started the chase,” he explains. “The steeplechase is more of an endurance race which suits me,” he explains.

A genuine all-round endurance talent, it was coach Smith who first suggested Jack should give the 2015 New Zealand Mountain Running Championships a crack. It proved a piece of inspired judgement as the hill-loving athlete romped to a victory in the junior men’s race – in his mountain running debut - by more than a minute-and-a-half in Nelson’s Grampian Hills.

“It went better than anticipated and it was probably my best race of 2015,” explains Jack. “It just felt right to me. I have real endurance and I enjoy the changing gradient and terrain. It is a completely different type of running to the track and one in which I can excel.”

Preparing to compete in the generally flat environment of Winton for last year’s World Mountain Running Championships in Wales was far from ideal. Yet despite this he produced an outstanding display on his international debut to place 12th where he excelled on the uphill stretches.

“I didn’t really know what to expect and I would have been quite happy to finish in the top half of the field,” he explains. “I was definitely a lot stronger on the uphills and at the top of the mountain I was in fourth place. I lost quite a few places on the downhill and slipped back to 20th only to regain place on the uphill again to finish 12th. I was really happy with my performance. It was a definite highlight of 2015.”

Since then Jack has finished school at Central Southland College and relocated to Queenstown to live with his grandparents. Taking a gap year from his studies he works for between 30 to 40 hours per week at Pita Pit, but significantly he is exposed to a stunning training environment which offers the very finest of mountain running.

“I’ve been here for five months and it is a great place for me to train at with the endless hills to run on,” says Jack, who cites the Ben Lomond Trail and Big Hill Trail as two of his favourites running routes.

“Running the trails has proved really good for my training and I’m now in the best shape I’ve ever been in,” he adds. Training around 100km a week and at least three times a week up in the mountains he has recently adjusted many of his reps to take place in the hills, including a gruelling 8 x 5min session, which he averages at a pace of four minutes per kilometre. The regime appears to be working as he comfortably retained his junior title by a victory margin of more than three minutes in May’s New Zealand Mountain Running Championships on the Ben Lomond track he knows so well. Yet his improved strength has also reaped rewards in all other disciplines as he ran a half-marathon PB 1:11:30 in appalling conditions to win the Gore Half-Marathon in May and earlier this year he has also posted PB’s on the track this year in five events (1500m, mile, 3000 steeplechase, 5000m and 10,000m) the latter time of 33:05.51 earning him a bronze medal in the junior national championship for the 25-lap distance.

His next target is the World Mountain Running Championships in Bulgaria in September and with this year’s race at Sapareva Banya a pure uphill event (the championship run uphill only and uphill/downhill races on alternate years) he believes he is more than capable of a strong showing in what will be his final stab at the junior race.

“It is my main race of the year,” he explains of the race, which includes 1000m of elevation over a distance of

around 8km. "My goal is to finish in the top three. From the start I will try and hang on to the leaders. I'd be happy with a top three."

Beyond Bulgaria the Southlander is still hopeful of making progress on the track, road and cross country as well as mountain running and one day has aspirations to make the Olympics. But for now expect Jack to most likely to be seen running up a mountain and delighting in the experience.

"It is so much more enjoyable to me when I'm running the hills," he explains. "I don't notice time go by at all. For me running on the track compared to mountain running is like comparing running on a treadmill with running outside. For me running in the mountains gives me so much more freedom."

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

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

Draft Programme.**Day 1 Friday 30th****PM**

7.00pm – 8.00pm State of the Nation – even group plans - Terry Lomax

8.00pm – 9.00pm Panel Discussion - Athletes transitioning from Children to Adults - Understanding needs based on stages of athletic development - From Participation to High Performance?

Day 2 Sat 1st**AM**

9.00am – 10.15am Building a local community of jumpers - Lance Smith

10.30am – 11.45am From culture to competition - Ed Fern

PM

12.00pm – 12.45pm LUNCH

12.45pm – 1.45pm Athlete to Analyst to Coach - Regan Standing

2.00pm – 3.00pm Resistance Training - concepts and innovations away from the barbell - Angus Ross

3.15pm – 5.00pm Practical 1 - Jumping Fundamentals

Day 3 Sun 2nd**AM**

8.45am – 10.00am Performance Case Study High Jump - Terry Lomax

10.15am – 11.30am Fundamentals to Senior stability in Long Jump – Dragon Ivanov

11.30am – 12.15pm Athletics New Zealand Programmes - Terry Lomax

PM

12.15pm – 12.45pm LUNCH

1.00pm – 2.00pm Practical 2 - Technical workshops – HJ

2.00pm – 3.30pm Practical 3 - Technical workshops – LJ/TJ

