



Southland Road Champs

Pair of Jacks Win!

A pair of Jacks were a winning hand at the Southland Road Champs around the streets of Te Anau. Jack Beaumont was a convincing winner of the 10km race and Jack McNaughton was fastest over 5km.

Both showed their hand from the start with the confidence to go out hard. The fast start from the two was no bluff as their respective immediate leads stretched with every lap.

Jack B complained the heavy training earlier in the week made him feel heavy, but heavy or not his 31.50 was respectable. The first two kilometres were at sub 30 min pace but he settled into reasonably consistent laps thereafter to finish with a good 2 minutes plus buffer. And Jack Mc ran 16.45 for his gold medal, half a minute ahead of Buddy Small who had Jaxon Taylor right on his tail throughout in this, the most competitive grade.

In the 10k Dwight Grieve aroused local cheers with his second over the line and with it the masters men title. He said he wanted to break 34 minutes but was happy with the 34.06 he recorded. It was enough to have him nearly four minutes ahead of Kelly McSoriley and Glen McLeay who took the masters men silver and bronze, while Alex Jackson added to the home club medal tally by finishing next and winning the senior men silver medal and Grant Baker third.

Dwight's next major is the New Zealand Crosscountry Champs in Auckland where he must be confident of a good showing in the masters men race. Jack McNaughton is also racing the national champs, along with Briana Miller, Hannah Miller (who couldn't run at Te Anau on Saturday) and Aleks Cheiftz.

One of the races of the day came not from a winner but from the silver medallist in the men U20, Tim Baker. Tim is a sprinter, winning the bronze medal in the M20 400m at the last national T & F champs. Tim ran harrier races last winter and ran his best sprint times in summer including his 49.76 medal winning run. His winter running has gone up a notch this season, so it will be interesting to see how it impacts on his



Top: Jack McNaughton 5k fastest, lower: Jack Beaumont 10k fastest

times in the long sprints come summer. Alan Wilson-Woodford won the U20 8k ahead of Tim with Josh Taylor third. Alan went out hard fully aware that if it came down to a sprint at the end Tim would have it over him. In the end the gap was too great for a sprint finish to count

The Southland senior woman championship went to a masters runner with Angela Ryan opting for the senior 10k distance rather than the masters 5k. Ashleigh Cantwell from the host club was second ahead of Sarah Wallis.

Masters woman title went to Debbie Telfer who headed in all women in the 5km.

Masters men over 50 10km had Gary Kirkman pass Graham Neilson in the last stages to claim gold, Graham taking silver and Evan macIntosh bronze. Gary's actually in the 60's and Evan the 70's so great efforts from them

Briana Miller had Bailey McColl close enough behind to hear her footsteps and Bailey could hear Dyani Shepherd Oates behind her to make it a close finish in the women U18 5k , while Nicole Green gave Fiordland another medal with her win in the U13 2km and Tylah Rose Wilson Woodford matched her brother's gold by winning the U15 girls 3km.

It was a well organised event (Thanks Shaun Cantwell and Fiordland club) with good course and great racing – but why were some clubs not there? St Pauls were there in force, Winton had almost its entire harrier section running.

Fiordland had plenty in the fields plus heaps on the course as marshals but where were the other clubs, particularly in the juniors?

Team trophies went to St Pauls (men) – Kelly, Glen, Josh and Grant and Fiordland (women) – Ashleigh, Lyla, Fiona



Tim Baker – sprint training



Dwight finishing strongly



Finn Rogers at pace



Marcel Vergeer happy with his effort

Results.

2km

| | | | |
|----------------|-------|-----|-------|
| Nicole Green | Fiord | U13 | 9.03 |
| Ruby Miller | Gore | U13 | 9.12 |
| Jordis Belseky | Fiord | U13 | 9.59 |
| Madi Hamilton | Wint | U13 | 10.18 |

3km

| | | | |
|---------------------------|-------|-----|-------|
| Tylah Rose Wilson Woodfor | Wint | U15 | 15.36 |
| Xanthe Belesky | Fiord | U15 | 17.05 |
| <u>5km MU18</u> | | | |
| Jack McNaughton | StP | | 16.48 |
| Buddy Small | StP | | 17.22 |

| | | | | | | | |
|----------------------|------|-------|-------------------|-----------------|------------|-------|-------|
| Jaxon Taylor | StP | 17.26 | Dwight Grieve | MM | Fiord | 34.06 | |
| George Nichols | - | 17.44 | Kelly McSoriley | MM | StP | 37.56 | |
| Finn Rogers | StP | 19.03 | Glen McLeay | MM | StP | 38.34 | |
| Tyler Hamilton | Wint | 20.01 | Alex Jackson | SM | Fiord | 38.52 | |
| Albie Small | StP | 20.21 | Josh Taylor* | - | - | 42.06 | |
| <u>5km Women</u> | | | | | | | |
| Debbie Telfer | MW | Inv | 20.51 | Grant Baker | SM | StP | 42.19 |
| Briana Miller | U18 | Gore | 22.33 | Marcel Vergeer* | - | - | 43.30 |
| Bailey McColl | U18 | StP | 23.40 | Angela Ryan | SW | StP | 44.43 |
| Dyani Shepherd-Oates | U18 | Fiord | 24.09 | Gary Kirkman | MM50+Fiord | | 45.25 |
| Alison Neilson | MW | - | 31.33 | Graeme Neilson | MM50+StP | | 45.46 |
| Linda Te Au | MW | Inv | 34.14 | Evan MacIntosh | MM50+Inv | | 51.15 |
| <u>8km Men U20</u> | | | | | | | |
| Alan Wilson Woodford | Wint | 29.58 | Bill McKay | MM50+Gore | | 52.28 | |
| Tim Baker | Wint | 32.28 | Ashleigh Cantwell | SW | Fiord | 53.28 | |
| Josh Taylor | StP | 33.24 | Alistair Hatton | MM | Inv | 54.41 | |
| Marcel Vergeer | StP | 33.58 | Sarah Wallis | SW | Wint | 55.21 | |
| <u>10k</u> | | | | | | | |
| Jack Beaumont | SM | Wint | 31.53 | Lyla Belesky | SW | Fiord | 56.04 |
| | | | | Fiona Hishon | SW | Fiord | 59.24 |
| | | | | Scott Belesky | SM | Fiord | 62.13 |

* Carried on for extra lap to qualify to count for team's race.

Coaching

Chris Knight Increases his Coach Qualifications.

Chris has now attended two IAAF coaching courses – to be accepted on these courses candidates must first be selected by Athletics New Zealand and have the selection confirmed by the IAAF, with only two allocated from New Zealand. Chris was selected along with Regan Standing. This is Chris's account of his experience/

I recently returned from my second IAAF coaching course. This time it was a level 2 (old level3) Jumps course held in Suva, Fiji.

Last year I attended what was a level 3 (now level 2) throws course on the Gold coast. The throws course was 15 days with about 20 practical sessions covering all four throws with 4 sessions of practical coaching an event with athletes while being observed by the lecturer. There was approx. 24 theory sessions covering all aspects of coaching theory along with event model theory.

The jumps course in Suva was over 8 days and covered the same generic theory units and event specific model theory. Eight days was not sufficient time to cover all the units. The lecturer had a difficult time making the course fit and cover the theory so that we had enough knowledge to pass the written exam.

We missed out on a lot of the practical sessions as the track was closed due to the Crusaders-Chiefs game that was played in Suva. Consequently we had just one day of practical sessions at the track.

Myself and a coach from Australia did take a practical session on Pole vault which was fun teaching the Islanders how to coach it. The session could have gone on for hours as they were really enjoying it and



Chris with Regan

it's an event they don't do.

Unfortunately due to the Melanesian games being on the following week we did not have athletes to coach for the different events as it wouldn't have been good to change technique etc days out from their champs.

So why did I apply? I put my name forward for both courses as I wanted to gain qualifications that are recognised internationally and a desire to gain knowledge in the areas of the sport that I enjoy coaching and of course, to benefit my athletes and wider Southland.

Some of the theory was a little challenging if you don't understand some basics in biomechanics or physiology.

The discussions outside class were often more interesting and informative than some of the lectures



Explaining the group's session plans



Wish we had more time for this session.

but this was also due to the level of coaches on the course. Having three of the Australian junior coaches participating in the course meant that some discussions were more advanced. Also the sharing of drills etc in practical sessions made them very interesting. You learn there is more than one or two ways to do things.

It is a great way to develop relationships with coaches and bounce ideas of each other.

The courses both reinforced for me my ideas on coaching the events and that I'm heading in the right direction. I have made some slight changes to my coaching following the throws course as coming from a combined events background I realised I need to be more specific when it came to throws.

Ultimately I hope to travel with Athletics New Zealand teams as a team coach and make a useful contribution to the teams I am selected for, and for athletics as a whole.

Coach Group Meeting this Thursday

Coaches group meeting this Thursday night **7pm at St Pauls Clubrooms**. All coaches and club helpers invited. Come along and learn something new perhaps or bring along questions for more experienced coaches. As Chris mentioned in the story above, discussions and bouncing ideas off each other is as beneficial or even more so, than formal coach education sessions. If you are involved in any way with helping athletes – either at your club or school – try and be there. This invitation is not limited to athletics clubs and coaches – it's open to all, including schools and other sports.

All coaches and athletes Training at Surrey Park

Please, no block starts to be done on the 100m start line or on the finish line. Please use the 110m hurdle start line for block practise.

And rep work where at all possible to be done outside of lane 1&2. There are signs around the track that explain where to start in what lanes to achieve the required distance.

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.



Noted Southland photographer Barry Harcourt lining up Dwight Grieve. Barry took that superb shot of Jack that featured in Mondays Southland Times.