



Hannah's Last NZ Race a Winning One.

Hannah Miller wanted to make her last race before heading to America a good one. To her, good meant only one thing: winning the New Zealand U20 crosscountry championship.

She did. Emphatically, leading from the gun and holding off all challenges, with the strongest coming from Auckland's Grace Wood who started closing in the last of the three laps but couldn't match Hannah's final burst over the final 300 metres of the soft Auckland Domain 6km course.

Hannah went very much under the radar, not being mentioned as a medal prospect in Athletic New Zealand's preview but she preferred it that way. And while the result may have surprised the pundits it did not surprise Hannah herself or her (now ex*) coach.

A 17.06 5km time trial two weeks previously to go with her 78 min half marathon at Christchurch that included a sub 37 min 10k on the way (one of the fastest half marathons by any U20 in recent times) indicated she had the right combination of speed and strength. This gave her the confidence to start hard and attempt to dictate the race, with the tactic paying off.

Grace went out with the Southlander but soon a gap opened up and when it started to close again over the latter stages there was no panic. "I knew I just had to concentrate and hold my form because Grace would spend a lot more energy catching up in the heavy going than I was using, so I was confident I could out-kick her" Hannah phoned to her coach straight after the race.

This is Hannah's first national championship gold after silvers on the track and in part makes up for the disappointment of the New Zealand Mountain Running Champs where she finished third after taking a wrong turning when well in the lead.



Hannah (Sth) 1st, Grace Wood (Akl) 2nd, Jess Kikstra (Wgtn) 3rd

Now it's off to Texas and the athletic scholarship at SMU. Temperature in Dallas Saturday was 38 degrees. A bit of a change from Southland training conditions, but she is looking forward to the challenge of a totally new training and racing environment.

* Lance Smith, Hannah's coach of the last 5 years, now hands over to Cathy Casey, head coach at SMU.



Grace went out with Hannah Then a gap opened up

Dwight's Championship Report.

Fiordland's Dwight Grieve was one of five Southlanders running in Auckland. Here's his take on the championships.

Auckland hosted the champs this year and the North Island runners come out in force with big fields and some very high quality fields

The course was based at the Auckland domain and due to a wet winter in the north it was safe to say the course was soft and muddy, in fact it made the Southland champs course at Waimumu look hard and fast

Long spikes and even taping the shoes on was the order of the day but at least the rain stopped for the racing itself

Five southlanders lined up with Brianna and Hannah Miller for the girls U18 and U20 races, Jack McNaughton U18 boys, Aleks Cheifetz U15 boys and Dwight Grieve for the masters men

Dwight was first up and after a taste of a champs last year targeted this year and trained specifically for it. A huge field lined up and the pace was fast. Sadly for Dwight the pace was just too fast and the leaders slowly pulled ahead but as the track conditions worsened and the mud deepened runners faded and Dwight stayed constant finishing well - top ten finish but just missing a medal in the 35-39 age group with 4th. Mission failed, look out at the upcoming road champs

Brianna was next and again the Auckland and Wellington tops dominated in numbers and the solo maroon singlet stood out proudly. A creditable 22nd placing in a competitive field with Briana another two years in the grade.

Jack McNaughton was in one of the toughest races and at the finish some of the runners are falling with exhaustion, these young guys give 100%. Jack is only in his second season of running and after being disappointed last year he showed his improvement with 19th place. Next year a top ten in well within sight.

Aleks ran well and was happy with his 5th placing considering he had been sick the weeks before and considered pulling out.

But by far the best performance was yet to come, Hannah Miller and her Southland top stood out, not just because it was the only one in the race but because she dominated the race, it was impressive to watch as from the start Hannah and a solo Auckland runner broke free from the rest and it was the theme for the whole race. Hannah was forced to work hard with second place firmly hanging on the whole race about ten metres behind. Hanna held her form and looked comfortable throughout and carried her lead through to the finish to win. It was a comfortable victory but she raced intelligently to keep second at bay.

Southland can proudly boast a N.Z. champ. And at the same time look ahead as Brianna, Jack and even Dwight are improving all the time and competing at the top level whets the appetite to not only represent but actually rise to the top.

- Dwight Grieve



Dwight

Pairs Race – Double the Fun!

The idea is teams of two heading off in opposite directions on a circular course, tag and return the way they came. The Waihopai flood bank between the bridges makes a perfect pairs race course and teams were organised to have a fast runner and a not so fast, making it ideal for family teams.

Brother and sister team of Alan Wilson-Woodford and Tylah Rose looked to have it won early on but Alan taking a wrong turning gifted the race to a slightly older team of Glenn MacIntosh and Dad, Evan.

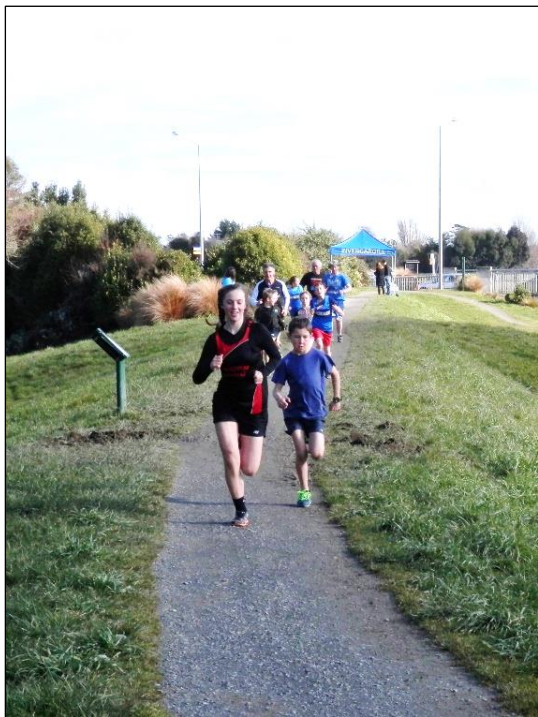
Reuben and Jacob Boniface were next in, only seven seconds behind. All in all, a fun event and a good, short sharp hit out for those going to Clyde to Alex this week.

1. Glen and Evan MacIntosh 17.07; Reuben and Jacob Boniface 17.14; Adam Hillis with Declan Telfer and Jordyn Johnson running together 18.13; Lindsay and Logan Wylie 18.56; Grant Baker and



The MacIntosh's, first home

Barrie Sheehy 19.12; Alan and Tylah Rose Wilson- Woodford 19.18; Tyrone and Tequin Lake 19.23; Alistair Hatton (solo) 20.38; Glen Mcleay and Shyanne Lake 21.41.



Left: Tylah Rose and Jacob, heading out; below Jacob and dad Reuben finishing



Seats Available to Clyde to Alex.

Bruce Thomson is driving to Alex on Saturday and has a couple of spare seats – if you want a ride, get hold of Bruce at bruce.glynis.thomson@gmail.com or ph 027 7564469
First in first served.

Clyde to Alex Race times and details.

Best road race in the South Island, maybe the best in NZ – and possibly the fastest 10k course around, so if you are looking for a fast time or good competitive 10k (or both), be there.

Start Time	Event	Distance	Buses leave Alex	Start
1pm	Recreational Walk	10km	12:30pm	Clyde Dam
1pm	Recreational Walk	6km	12:30pm	Muttontown Rd
1pm	Off-Road Run Boys/Girls under 11	2km	n/a	Race Finish
1pm	Off-Road Run Boys/Girls under 14	4km	n/a	Race Finish
1:30 pm	Road Run Boys/Girls under 18 Boys/Girls under 16	6km	12:55pm	Muttontown Rd
2pm	Road Run 19&U, Open & Masters	10km	12:55pm & 1:10pm	Clyde Dam

McIndoe Crosscountry, Wyndham Racecourse – Aug 20th

This is a team's race to find Southland's top crosscountry club – it's the premier club trophy race, with McIndoe Casket for men and Murray Jones Trophy for women's teams the symbols of Southland crosscountry supremacy. Last year Gore took the men's trophy and Fiordland the women's. Who will challenge them this year? Clubs, start now to organise having your strongest teams racing. Races for junior grades too.

Coaching

Visualisation as a Coaching Tool (continued)

Last week looked at visualisation with focus on jumps. Here's some thoughts on applying it to running events.

First, a recap.

Visualisation is an accepted and powerful aid to performance. Brain activity is the same whether thinking about an activity as it is doing that activity. Thoughts stimulate muscle action and the neural system.

I take the word visualisation to mean any aspect of mental rehearsal involving the imagination. Words are words but when associated with images the words become far more powerful. As such mental rehearsal is process rather than outcome focussed - concentrate on running well, not on the result. There is no difference psychologically, or the way the brain reacts, between anxiety and excitement. The difference is the way you handle it and the way it affects you. .

Some visualisation techniques applicable to running:

- Self-talk. Yes, talk positively to yourself and listen positively – it works. If your thoughts are positive there is no room for negativity.
- A tactics discussion between coach and athlete or working out competition strategy is a form of visualisation as both are forming mental pictures.
- Goal setting.
- Gap analysis incorporates visualisation (see where I am now, see and feel where we need to be, now see and feel what needs to be done to close the gap).
- Relaxation techniques.
- Then there is visualisation in the accepted sense of using the imagination to rehearse an event beforehand including all the options so there are no surprises. Run the race in your mind over and over. If you have been to the venue before, imagine every aspect of the race including the surroundings, even the sounds. If it's a venue new to you, get a photo and imagine yourself there – most major cross-country's for instance, have a course map and Google Earth picture on the web site. So put yourself in the picture. Run the race in your mind, feel the pain, the emotion, hear the crowd, sees the competition, imagine the way the event was planned then every other option as well so there are no surprises on the day. Run it with a fast start, run it with a fast finish, run it in the rain and in the heat and every other which-way possible!
- The cotton strategy. Imagine there is a piece of cotton between you and the runner ahead or the leader - your goal is to keep the cotton reasonably tight but not let it break. You know instinctively when the cotton is in danger of breaking.
- The pain scale strategy. Give yourself a pain rating out of 10. Your self-talk could go like this: "Pain right now is a 7, but I can handle an 8, even a 9 for a brief time, so I'm ready for it".
- Runner's technique check list strategy. The checklist goes head, neck, shoulders, arms, hands, hips, legs. Ask yourself a series of questions as you run: is my head straight, is my neck relaxed, are my shoulders loose and low, are my elbows at a comfortable, efficient angle, are my hands loose, etc etc. If the answer is "yes" go to the next question. If "no" correct it then go to the next question. This keeps you focussing on process, not outcome.

And most importantly, practise. You train the brain the way you train the body – by practise. If running reps relate it to being at a competition, concentrate on the doing – your running technique, relaxation, pace judgement etc. If you visualise in competition, visualise at training. If you self-talk at competition, self-talk at training.

- Lance Smith



Henry Tudor Passes on the Reins

Henry's term as President of Athletics New Zealand ended at on Saturday at the AGM. He said it had been a fantastic year and it certainly was a busy one, attending just about the all the Athletics NZ championships. In some he combined being an official with his President's duties. Busy!

Peter Maunder of Wellington takes over from Henry.

From Athletics Southland, congratulations Henry on a successful year.



Rowan Greig photos from Auckland – Jack McNaughton in full flight, Hannah with Athletics NZ and Oceania winners' medals. Rowan, who is originally from Southland, also took the photo of Dwight on page 3