

SOUTHLAND



Running Times

ATHLETICS NEWS

Nob 647, Aug 15th, 2016

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

2016 Athletics Holiday program:

Open to **athletes aged 7 to 18** who want to learn some **new skills** for the upcoming summer sporting season or just to **have some fun outside** in the sun.

-Meet and learn from some of **New Zealand's best** athlete!

-**Amazing guest** speaking coming in to talk

- Prizes like new running shoes to be won

Who:

Run by the Athletes in the Invercargill Athletics Development Squad

When:

5th, 6th and 7th of the October school Holidays – 9am to 3pm.

Where:

Surrey Park Invercargill

Cost:

\$55 for all 3 days

\$20 for just on day

(Please pay on the day. Cash only)

Jack, Jax and Jack Plus a Dwight Impress at 10k

Last year Jack McNaughton discovered running – he also discovered he had a lot to learn. At last year's Clyde to Alex 10k he made rookie mistakes and wasn't happy with his 38.46 and 10th placing in the U20 10k. Now a year later the 16 year old St Pauls member showed he had learnt well, taking the U20 with a highly respectable 34.44, a 4 minute improvement from 12 months ago. He started the race across the Clyde Dam strongly and held it together, particularly over the



Jack, strong start across Clyde Dam

second half to finish 12th overall.

Next U20 home was Jaxon Taylor who, in his first 10k race, ran well within himself over the first part then applied the pressure to pass training mate Buddy Small and hold a 25 second lead at the finish. This was an impressive performance from a still 14 year old.

Jack Beaumont was actually fastest U20 but chose to enter the senior division, finishing second overall. He was 53 seconds behind national steeplechase champion and World University Games rep Dan Balchin and 4 seconds ahead of ex international Ben Ruthe who won the masters race. This was

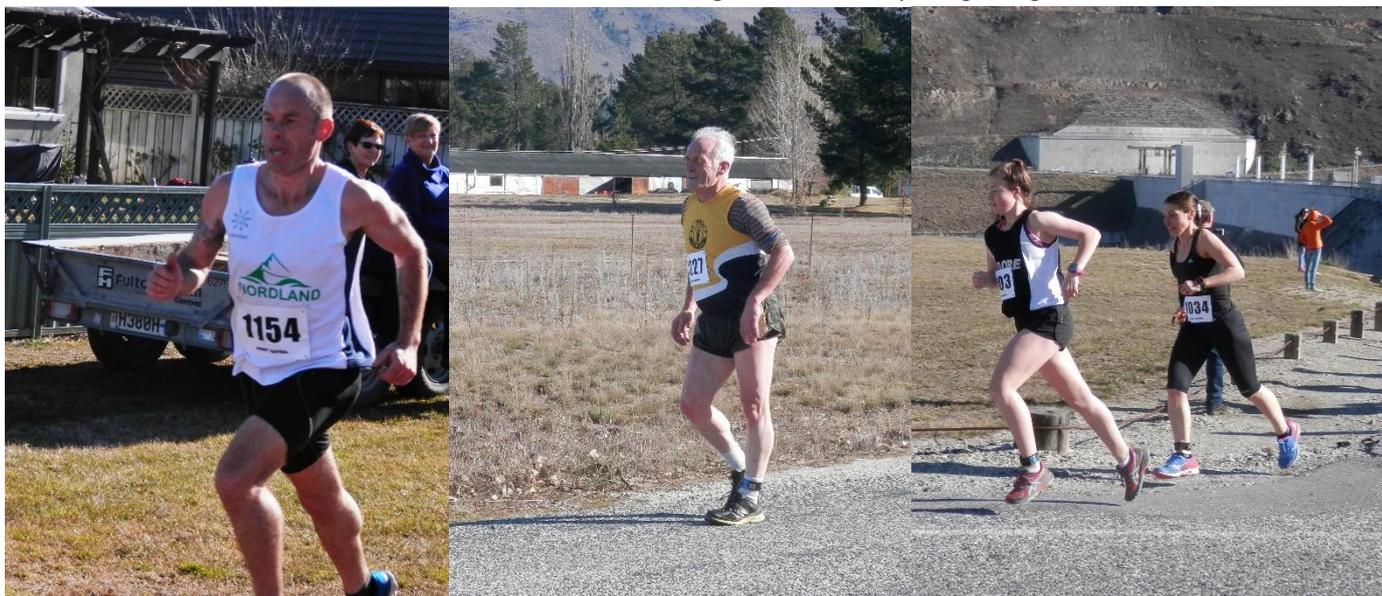


Start of off road 4km – Tyla Rose. 1st girl, on right

Jack's last race before heading to Europe this for the World Mountain Running Champs in Bulgaria. He was a little frustrated however as his 31.55 was third time in a row he has run in the 31.50's over 10km.

With U20's Jack and Jaxon still learning, the same can be said for over 35's Dwight Grieve. Dwight's background is more ultra and adventure running and the shorter stuff (from track middle distance up) is relatively new to the Fiordland club captain. He's showing he's a fast learner, nearly every outing recently being a PB or near PB with Saturday no exception. His 33.19 had him 7th overall and 2nd masters man behind Ben Ruthe who represented New Zealand at the world crosscountry champs a few years ago.

However these weren't the only Southland stand out performances. Barrie Sheehy convincingly won the 10km walk with Maree Small in second place overall and first woman. Debbie Telfer was a close second to Otago's Julie Wilson in the master's women 50 plus race – the pair meet again over 5km in 3 weeks at the national road champs. Kennedy Taylor opted to forgo her 4km U14 race and run the 6km road race, with the 11 year old finishing 3rd in the U18 division. Briana Miller was the only entrant in the U20 10km but ran well and her 43.47 justified her prize. Queenstown pair (and Invercargill club members) Benjamin Britton in the U15 6km and Aleks Cheifetz in the 10k proved they are runners with a real future while Tylah Rose Wilson Woodford won the girls U14 4km by a big margin.



Dwight 2nd 10km MM, Barrie 1st 10k walk, Briana 1st 10km U20

Clyde to Alex Sth Results.

10k Men U20

1	Jack McNaughton	34.44
2	jaxon taylor	36.22
3	Buddy Small	36.47
4	Alan Wilson Woodford	37.25
5	Albie Small	37.27
6	Aleks Cheifetz	37.39

10k Senior Men

2	Jack Beaumont	31.55
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10k Masters men 35

2	Dwight Grieve	33.19
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10k Masters Men 50

4	Paul Weiland	41.54
6	Bruce Thomson	46.15

10k Women U20

1	Briana Miller	43.47
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10k Masters Women 35

11	Kylie Davidson	47.36
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10k Masters Women 50

2	Debbie Telfer	42.16
7	Monika Wieland	59.42

10k Masters Women 60

2	Dorothy Horrell	59.33
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10k Walk Men

1	Barrie Sheehy	1:07.45
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10k Walk Women

1	Maree Small	1:10.09
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4k U14 girls

1	Tylah Rose wilson Woodford	17.56
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6k U16 Boys

2	Benjamin Britton	23.03
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6k U18 Women

3	Kennedy Taylor	27.05
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Running Ahead ...

McIndoe Crosscountry Races this Saturday. (Aug 20th)

Southland's premier club trophies up for grabs!

The club holding the McIndoe trophies can rightly claim to be Southland's top crosscountry club. Gore currently have the men's trophy, Fiordland the women's. Will they keep them, will they be challenged?

This is a teams event to find Southland's top crosscountry club – make sure your club has a full turn out. Wyndham race course, 2pm Saturday.

Races for all grades.

4 to count for men's team, 3 to count for women's.

The Sue Rogers Memorial Cup is also contested – this goes to the first woman to finish.

Some background on A. T. McIndoe, from Barbara Jenkins.

ARCHIBALD (Archie) THOMSON McINDOE (b 8 February 1872: d 25 May 1947) Born at Caversham, Dunedin, the third son of Archibald and Agnes B McIndoe (nee Thomson) he was given his father's Christian name and his mother's maiden name.

In 1885 at the age of thirteen, he started work at the N Z Clothing Factory and was employed by the same firm for 59 years. He trained as a tailor's cutter and later, until he retired in 1944, was in charge of the examination and despatch section. He had a lifelong keen interest in sport as a participant, referee, official and administrator. As a young man, in the early 1890's he played junior rugby and later senior soccer. About that time he competed in track events before amateur athletics became popular, and in order to regain amateur status had to stand down for three years, during which time he retained his interest in soccer by acting as a referee. He then joined the Dunedin Harrier Club and competed in inter club events. In 1911, when he was in his fortieth year he helped organise the Cargill Road Harrier Club and ran with the club and competed in inter-club Cross Country events. He was made a Life Member and later Patron of the club, which he represented on the Otago Centre, N Z Amateur Athletic Association from 1920 until his death. As his sons were captains of harrier clubs in Dunedin and Invercargill, in 1934 he donated a trophy, known as the McIndoe Casket to encourage inter-club cross country competition between Otago and Southland Clubs.

He was keen to foster amateur athletics in the schools and assisted the Primary School Sports Association at its annual championships. When the Otago and Southland Secondary Schools Championships were mooted he was one of the keenest supporters. He also organised sport meetings at Bible Class Camps for many years, and was an official at sport meeting and cross country events held by the Otago Centre

Aug 24th – club organised runs (was Handicap 4, now changed to sept 17 (see below)

Sept 3rd – Gore road champs incorporating handicap series race 5 (becomes race 4 with the change of dates below).

Change of Date for next Handicap Series Race.

The 4th handicap has been changed FROM Aug 27th TO Sept 17th.

This is because the number of Southland runners competing in the ultra at Naseby.

The masters run set down for Sept 17th will be on another day to be advised.

So, mark your calendar now – Handicap 4, Queens park, now Sept 17th.

Entries now open.

Southland Festival of Running

Sunday Oct 16.

**Southland Marathon Championship – Half Marathon – 10k – 5k. Entries now open
at <http://activeqt.co.nz/enter-online-southland-festival-running/>**

An interesting study that's been around a while but still relevant.....

Strength Training and Aging

Over the past couple of years, exercise scientists have discovered that senior athletes respond to strength and endurance training just as effectively as younger athletes, and that older athletes can limit their risk of heart disease by continuing to engage in regular activity.

However, a new study suggests that the time span of adaptive changes may be different in active seniors, compared to younger sportspeople. In the new study, scientists at the University of Western Ontario in Canada asked 10 elderly women (average age = 81) to participate in an eight-week programme designed to strengthen their quadriceps muscles. The women trained three times per week, using three sets of 10 reps per workout. Each rep consisted simply of lifting the lower part of the leg (extension at the knee) so that the leg was parallel to the ground after each rep. Ankle weights provided appropriate resistance. Usually, novice strength trainers make fairly rapid improvements in muscle power during their first few weeks of training, even before muscle cells begin to enlarge and toughen, probably because their coordination is improving as their nervous systems learn how to perform the appropriate movements. However, the senior athletes in the Western Ontario study failed to improve at all during the first four weeks of their programme but blossomed during the second four-week period, upgrading muscle strength by a whopping 61 per cent in the latter time frame.

It appears that older athletes respond to strength training extremely well but that the response may be delayed, compared to younger trainers. As a result, senior athletes should not be discouraged if they fail to see improvements during the first few weeks of their training programmes. The gains in strength and endurance will eventually come, and they will be comparable in magnitude to the enhancements achieved by much younger athletes!

(Time Course of Strength Gain during Resistance Training in the Elderly, Canadian Journal of Applied Physiology, vol. 18(4), p. 441P, 1993)