

SOUTHLAND



Running Times

ATHLETICS NEWS

No 648, August 22nd, 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

Don't miss this best ever start to your athletics season!!!

The 2016 Athletics Holiday Program Training Camp!

Open to children **aged 7 and up** 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 athletes!

-Amazing guest speakers coming in to talk

- Prizes like new running shoes to be won and food provided on Friday



Who:

Run by the Athletes in the Athletics Development Squad

When:

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

Where:

Surrey Park Invercargill

Cost:

\$55 for all 3 days

\$20 for just one day



(Please pay on the day or email Atipa at athletics.southland@gmail.com regarding the bank account number for online payment and registration form)

NOTE – Ages 7,8 and 9 only if attending with an older brother or sister

That was some Olympics – with athletics being one of our most successful sports. Fantastic. Congratulations Nick, Tom, Eliza, Val. Could coming to the Holiday Programme Holiday Camp be your first step to going to the Olympics? You never know. You've got to start somewhere.

Change of Date for next Handicap Series Race.

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

This is because the number of Southland runners competing in the ultra at Naseby. So the next Handicap Series Race is the Gore road champs Sept 3rd.

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

And the Masters Run originally set down for Aug 27th at Forest Hill is now SUNDAY Sept 11th – great venue for your Sunday training run plus afternoon tea supplied.



Alan applying the pressure on Jack, Jaxon and Albie

Location, course, hospitality all great but where were the clubs? Only two clubs had enough for a four person men's team and no club had a 3-person women's team; in fact there was just one in the woman's race. Disappointing, especially considering the trophies are among the oldest and most significant in Southland harrier running.

But it was good racing thanks to the young St Pauls quartet along with Winton's Alan Wilson-Woodford. Alan and Jack McNaughton pushed each other over the first two of the 3 lap 9km course but the final 2km was all Alan. But with Jack leading in Albie Small, Jaxon and Josh Taylor, St Pauls took the trophy 14 points to Invercargill's 35. Jaxon and Josh warmed up for the race by cycling from town to Wyndham then warmed down by cycling home.

A good run from Nigel Marsh who was the first of the "non youngsters" home. And well run Jacob, Kennedy and Samantha in the 3k.

Jacob Boniface	Inv	3k	11.47
Kemnedy Taylor	StP	3k	11.49
Samantha Marsh	Gore	3k	16.52
Debbie Telfer	Inv	6k	25.48
Alan Wilson woodford	Wint	9k	30.21
Jack McNaughton	Stp	9k	31.43
Albie Small	Stp	9k	31.19
Jaxon Taylor	StP	9k	33.54
Josh Taylor	StP	9k	34.38
Nigel Marsh	Gore	9k	35.07
Glen MacIntosh	Inv	9k	35.25
Tyrone Lake	Inv	9k	36.47
Reuben Boniface	Inv	9k	38.04
Stephen Gemmell	Gore	9k	38.34
Evan MacIntosh	Inv	9k	45.26
Alistair Hatton	Inv	9k	48.19



St Pauls winning team plus Kennedy



Invercargill crew



Good run from Nigel

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/>

Running Ahead

This Saturday (27th) – club runs organised by local clubs

Sept 3rd – Gore Road Race (9.5km seniors, 4km juniors) – this is also race 4 of the handicap series

Sept 10 – Travel Smart Street Mile - all out flat out for 1600m down Queens Drive.

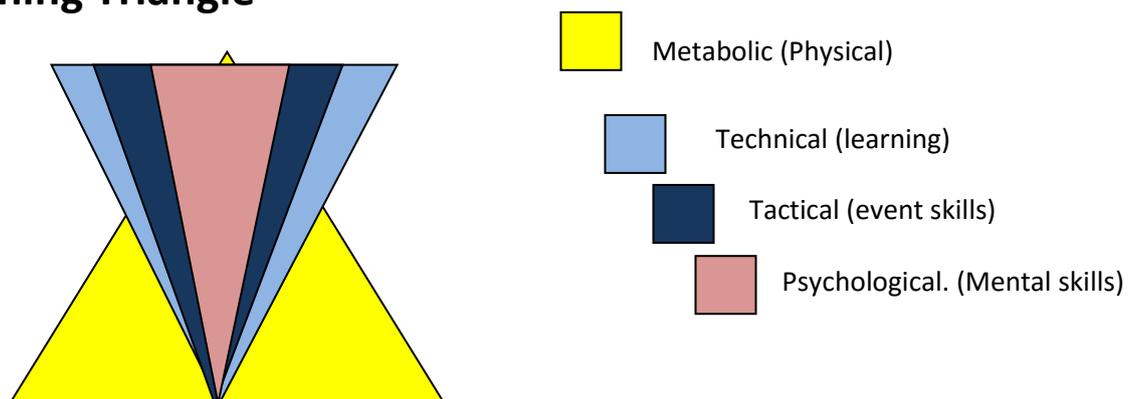
Sunday Sept 11th – Masters run at Forest Hill – training/social run/walks on and over one of the best training environments in Southland.

Jack's training ground this week



Jack Beaumont is currently in Italy on his way to Bulgaria for the World Mountain Running Champs. The photos are around the town of Ferrara in North Italy where he is staying a few days with an exchange student who was at CSC last year. He says it's around 30 during the day so he gets his training in early morning before it gets too hot. He meets up with the rest of the N.Z. team and travels to Bulgaria on Wednesday.

The Training Triangle



The yellow triangle signifies the physical aspects of training – fitness, strength, coordination, flexibility. As depicted, it starts with a lot and works up to a competition peak where there is very little training, just maintenance. The inverse triangle however, has the other aspects – learning the skills of the event, the tactics of it (how to execute the skills in competition) and mental skills. These start off relatively unimportant and as you head towards the peak become very, very important. Many athletes and coaches carefully plan the yellow triangle but the rest just happens, all too often without any planning.

I suggest this model applies as much to planning a club programme as it does an individual athlete. Have you considered the structure of your club programme?

- Lance.