



No 650 Sept 9th, 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

Ian Densie Improves Handicap Series Position with Win at Gore.

Ian took out the Gore 9,5km road race from Tyrone Lake and BJ Dickie to improve his chances for the series prize with one race to go. However, he can't take it for granted as Tyrone and BJ are right up there too, as are a few others.

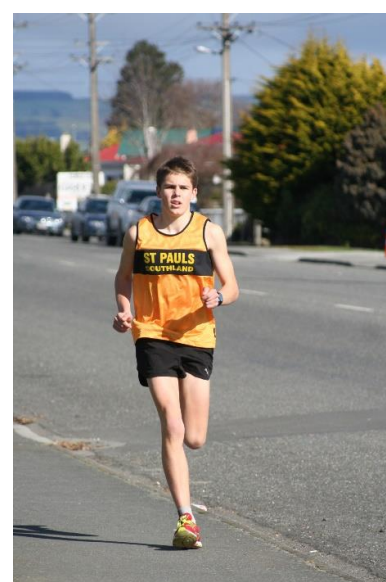
And with series leader Hannah Miller now in America so misses the final two races, it's wide open.

Same goes for the juniors with Benjamin Britton and Tequin Lake leading a group that will only be decided on the last race. Benjamin started as back marker and made his way through the field to take both handicap and fastest times.

Fastest senior time at Gore went to Jack McNaughton who held out training made Buddy Small with Glen McLeay third.

<u>Jr 4km</u>	H/cap	Actual			
Benjamin Britton	20.26	13.26	Glen McLeay	57.41	36.11
Samantha Marsh	20.49	20.49	Buddy Small	58.09	35.09
Tequin Lake	21.12	18.12	Jack McNaughton	58.23	34.23
Tylah Rose Wilson Woodford	22.12	17.12	Albie Small	58.40	36.40
Laura Boniface	23.57	18.03	Evan MacIntosh	58.47	50.17
Neave Borlase	26.08	22.52	Nigel Marsh	59.03	37.33
George Horrell	27.19	23.19	Tim Baker	59.34	41.34
Robert Kidd	28.03	26.03	Jaxon Taylor	59.46	36.46
<u>Senior 9.5km</u>			Grant Baker	59.52	41.52
Ian Densie	55.26	40.56	Alistair Hatton	61.23	52.53
Tyrone Lake	56.10	38.40	Alan Wilson Woodford	62.43	39.43
BJ Dickie	56.57	39.27	Barrie Sheehy	64.14	64.14
Graham Neilson	57.01	42.31	Alison Neilson	64.49	64.49
			Glenyys Jones	76.23	76.23

(photos below – Ian, Benji, Jack – from Neville Britton)



More School Reports

Continuing the series of Southlanders looking forward to the New Zealand Secondary School T & F Championships in December.

Tim Looking to Grab Opportunities.

Auckland will be Central Southland's Tim Baker's final secondary school champs and he wants to make it a good one. While a podium finish in the senior 400m is a goal, he also wants to learn from the experience and expand his athletic opportunities.

He says a good showing at Auckland could lead to getting a high national ranking and the possibility of selection to a New Zealand team, the Oceania Champs being on his wish list.

The Aspiring Athlete tour taking in the Classic meets in January is also an aim.

"Hopefully I will do well enough to qualify for the tour. It will give me valuable experience racing the top seniors in strong fields. And competing outside of Southland against runners I don't know much about will be a challenge I look forward to."

Tim won the M20 400m bronze medal at the last national T & F champs in March and since then his winter preparation for the one lap sprint has included a season of crosscountry and road running.

"I feel a lot stronger, stamina has improved and in training my 300's are going better than ever, so I'm sure I'll be faster when the track season starts."

I know I wouldn't be at this stage if I had just played rugby through winter. Harrier running toughens you up. And it's also fun."

SGHS a Relay Chance.

SGHS has a number of athletes looking forward to the NZSSS champs in a variety of individual events but they also have potential as a team.

Last year Southland Girls that placed a very close 4th in the junior 4 x 100m relay at Timaru (only 6/100ths of a second off silver). The team also won the South Island Champs in the U15 grade earlier this year. There is an array of talent with the eventual team depending on who is in form at the time and their other commitments but a possible combination is: Jessica Senior, Anna Skerrett, Dannika Collins and Emma McColl.

But this is not set in concrete. Kendra Finnerty and Teilah Templeton will be pushing for spots with Sarah Stewart and Joey Sheppard not far behind (meaning there is another couple of years of high class junior relays when others move on to the senior ranks).

All contenders are obviously good sprinters, but all will be in Auckland first for their specialist events.

Jessica at 14 is already the best female Javelin thrower in Southland and won silver in this event at NZSSS. She also performs to a high standard in the discus. Anna covers a range of events to a high standard, most notably shot put and discus where she is the current Southland grade 13 record holder as well as being a nationally ranked long jumper triple jumper. Dannika is easily the best junior 200m runner in Southland and it is her ability to run a devastating bend as well as her well-established slick change with Anchor leg Emma that is a real feature of the relay. Her event strengths also see her as a prime candidate for the heptathlon. Emma is a powerhouse on the 4th leg and there must be something in the name given



Southland's best senior anchors are Emma Hopcroft, also of SGHS and Emma Ryan of James Hargest. Emma's (McColl) big focus will be the triple jump at Auckland

Two Runners, Two Medals at N.Z. Champs

Southland had two entrants in the national Road Champs at Masterton and both came away with medals.

Dwight Grieve went to Masterton with gold on his mind, and gold is what he got, but he had to work hard for it.

Dwight won the M35 10k in 34.20, running a patient race that decided the gongs only in the last lap. His instructions from coach Shaun Cantwell was to run within himself and concentrate on being relaxed with good form for 7km then apply the pressure. He was accompanied by two others at this point, but by 8km the Auckland was dropped leaving just Dwight and Wellington's Mathew Rogers to fight it out.



On the bell lap (laps were 1km) he pushed into the wind then started accelerating with 600m to go. As he said, this is where Shaun's advice really paid off as he was able to pick up the pace into a full out sprint that gave him a 6 second advantage at the finish.

Debbie Telfer knew she would have a tough fight on her hands in the highly competitive W55 5k with Aucklander Carolyn Smith and Otago's Julie Wilson in the field. Julie beat Debbie by a few seconds at the recent Clyde to Alex 10k and Carolyn has always been among the top Auckland masters runners. And it was those three that finished in the medals, with Carolyn and Julie gaining a gap on Debbie who in turn kept the rest of the field behind her. At the finish it was Carolyn narrowly over Julie with Debbie 30 seconds back in 21.23 to claim the bronze medal.

COACHING GROUP MEETING, THURS SEPT 15TH

For all coaches of all levels.

Come and talk coaching at this informal meeting, Thursday Sept 15th 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. Discussions and bouncing ideas off each other is as beneficial or even more so, than formal coach education sessions. There is no agenda – discussions are informal and topics are anything you want or raise. Perhaps one topic could be how Southland coaches attending one of the coach learning opportunities coming up can share their experiences. 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.

Running Ahead ...

Tomorrow (Saturday 8th)

Travel Smart Street Mile. Hard and fast down Queens Drive – 1600m dash finishing at JHC Jr campus. For all grades – kids, walkers, mums, dads as well as the racers. This is an exciting race to watch or be in with tactics playing a big part. Start 2pm, meet at JHC Jr campus 1.30.

Masters Run – now this Sunday Sept 11th 2pm at Forest Hill.

The masters Run is an invitation from Southland masters to all runners of all ages to join them in a training or social run or walk over Forest Hill over the Derek Turnbull track. This is one of Southland's favourite training spots – so why not make it your Sunday training run. There's be a bite to eat courtesy of Sth Masters to finish off your run.

You run as far (or as short) and as you want, as fast (or as slow) as you wish.

From Invercargill heading towards Winton, turn right into Wilson Crossing Road, then left into Pettigrew Rd which takes you straight to the reserve and Derek Turnbull track

Saturday 24th.

The fifth and final handicap series race, Queens Park. Who will win one of the Allan White Sports vouchers up for grabs? This race will decide it. Seniors 7.2km, juniors 2.4km. Start time 2pm.

Athletics Invercargill AGM

The **Athletics Invercargill Club's AGM** is Tuesday 20 September 2016 at 7.30pm. We need 10+ club members or parents of junior club members to attend this meeting.

All positions are up for election and are listed below;

Club President, two Vice-Presidents, a Women's Club Captain, a Men's Club Captain, an Honorary Secretary, and an Honorary Treasurer. Members may resolve to appoint an Honorary Secretary/Treasurer in lieu of the two positions.

The Officers shall be elected at the Annual General Meeting and shall hold office until the next General Meeting when they shall retire but shall be eligible for re-election.

So folks can we at least get some new faces along to the AGM so we can start the rebuilding of the committee for the future...

IMPORTANT NOTES;

- **Club AGM is to be the 20 September 2016 at 7.30pm (at the Clubrooms), please bring a plate.**
- **The club's first children's practise day is to be 12 October from 5pm.** This is to be a fun (for the kids) and information (for parents) day please be there.
- We will be taking registrations that day but if you wish to sign up early to beat the rush, you can do it on line by [CLICKING HERE](#) and following the instructions on the page.

Any question please email me at t0nyk@xtra.co.nz

Tony Kennedy

Club President

Athletics Invercargill Club

St Pauls Allan White Off Road Half & 10k.5k fun runs/walks –

this is the ideal build up for the Southland festival of Running marathon, half marathon or 10k. Entry form and details next pages.

St Pauls Off Road Half marathon /5km and 10km Fun Runs & Walks

RACE INFORMATION



Race Numbers & Registrations:

Available on Sunday 2nd October from 8.30am until 30 minutes before each race start at the Water Ski Clubrooms.

Start Times: ALL EVENTS START TIME 9:30AM

Half Marathon at 9.30am, At the Water Ski Clubrooms, immediately following the race briefing.

Please contact the race organiser if you are likely to take more than 2 ½ hours in the Half Marathon.

10 km Walk at 9.30am , At the Water Ski Clubrooms, immediately following the race briefing

10 km Fun Run & 5 km Run & Walk at 9.30am At the Water Ski Clubrooms, immediately following the race briefing

Race Briefings: All starts will be preceded by compulsory race briefing.

Race Finish Area: All race events finish outside the Water Ski Club

Prize Giving:

Prize Giving will be at the Water Ski Clubrooms (Start/Finish area) immediately after results are finalised (Approximately 12.30pm). Certificates for all finishers.

Food and refreshments available. Spot Prizes must be collected by recipient only.

Race Rules:

1. All athletes must follow the course as set out on the Entry Form.
2. Registered athletes must wear their Club Uniform.
3. All Entries must be signed and full payment made for Entry to be valid.
4. The Race number must be worn as issued on the competitors front.
5. Please return race numbers at the conclusion of the race
6. No animals allowed.

Courses:

Half Marathon:

Start area is at the Water Ski Clubrooms to Christies Road to the South Entrance of Oreti Beach. Along the Beach to the Spit and around opposite Omaui, to come off the Beach near the south-east tip of Sandy Point. Follow signed gravel road and tracks through to Noki Kaik Beach. The course then follows the road and meanders through native bush to Daffodil Bay. Follow the Coast line along Rovers track, then a short section of road to the finish at the Water Ski Club.

10km Fun Run / Walk:

Course starts at the Water Ski Clubrooms. Follows Sandy Point roads and tracks to Hatch's Hill. Return along the coastal track to Daffodil Bay, then follow Rovers Track back to the finish at the Water Ski Clubroom.

5km Run/Walk

Course starts at the Water Ski Clubrooms. Follows Sandy Point roads and tracks to Daffodil Bay, then return via Rovers Track back to the finish at the Water Ski Clubrooms.

- * All routes will be clearly marked
- * Marshalls will be on course at key junctions
- * Detailed maps of each course will be available at registration
- * Drink Stations available for half marathon when you come off the Beach and at Daffodil Bay and at Start / Finish
- * Toilets available at Daffodil Bay and at the Water Ski Clubrooms

For further information please phone:

Grant Baker 21 58 326

Henry Tudor 21 30 104

ST. PAULS HAAC / ALLAN WHITE SPORTS OFF ROAD HALF MARATHON / 5km & 10km Fun Runs & Walks ENTRY FORM

First Name: Surname:

Address:

Email: Phone:

Club (If Reg.):

Male/ Female: Age:

Half Marathon ☐ Estimated time:

10km Fun Run ☐ 10km Fun Walk ☐ 5km Fun Run ☐ 5km Fun Walk ☐

Entry Fees

Half Marathon 35.00 \$

(\$5.00 Half marathon discount if entered by 26 September 2016)

10km Fun Run	20.00	\$
10km Fun Walk	20.00	\$
5km Fun Run	10.00	\$
5km Fun Walk	10.00	\$
TOTAL REMITTANCE		\$

Early Registrants go into an early bird lucky prize draw.

Please deliver your entry to Shoeclinic/Alan White Sports, Esk Street or post to St Paul's HAAC, PO Box 892, Invercargill. (Cheques payable to St. Paul's HAAC)

While we would prefer to receive your entry by Monday 26th September 2016 we will accept entries until 30 minutes before the start of each event on Sunday 2nd October however a \$5 late entry fee will be incurred.

DECLARATION:

I acknowledge that I compete at my own risk.

NOTE: It is recommended persons less than 16 years of age do not compete in half marathons.

Signature:(Parent/Guardian if under 16 years)

Entries now open.

Southland Festival of Running

Sunday Oct 16.

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

Important race entry fee information - REDUCED ENTRY FEES...

This event has a long standing history with the locals and even though under new management we want to give the event a little more TLC and enthuse greater numbers of runners and walkers from around NZ to travel South - We've listened to you... As of tomorrow afternoon online entries will be reduced and won't include race t-shirts however those of you who do want a great memory of the event can choose to purchase separately at the time of entry... Those wanting t-shirts must register online before Monday 3rd October.

Please spread the word and jump online for updates www.activegt.co.nz/event/southland-festival-of-running/

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