



Heaps Happening

- Holiday training programme starts Wed (see page 3)
- Clubs are gearing up for summer T & F (see pages 5, 6)
- Southland festival of Running Sunday Oct 16th (page 7)
- Senior T & F Programme starts Oct 15)
- First Waverley Shield Oct 16
- St Pauls Club AGM this Wednesday (Oct 5th)
- Masters Athletics registration changes start this season (pages 7, 8)
- Harrier AGM Oct 13th (see page 7)

Athletics Southland AGM

Thursday 27th October 7.00pm, St Pauls Clubrooms

Athletics in Southland belongs to the people involved – the athletes, the parents of athletes and the officials. These are the people who say what the sport should be doing and how. In other words, you. The AGM is where you have the opportunity to have your say, and just as importantly, elect the people you want to be your representative in the running of the sport – their responsibility is to serve the sport, so be at the AGM and help decide who those people should be and have a say on the direction our sport should be going.

Remits:

Agenda

Welcome by President.

Apologies

Minutes of the Previous Meeting

Reports -

- President
- Track and Field
- Development Programme
- Harriers
- Masters
- Sports Manager
- Children's

- Development Officer
- Financial

Election of Officers:

- Patron
- President
- Vice President
- Board of Directors
- Officials Co-Coordinator
- Auditor
- Treasurer
- Development Squad Directors (3)

Nominations for the above to be sent to the Athletics Southland Secretary at P.O. Box 115, Invercargill or by email to secretary@athleticssouthland.co.nz . Nominations will also be taken from the floor.

Awards:

Brian McEwan Trophy for Official of the Year
Sprinter of the Year

Jumps Athlete of the Year
Throws Athlete of the Year
Distance Athlete of the Year
Southland Athlete of the Year

General Business

Supper

Remits to be sent Athletics Southland Secretary at P.O. Box 115, Invercargill or by email to secretary@athleticssouthland.co.nz.

Please make a point of being at the AGM and put forward your thoughts on athletics in Southland

Athletics Southland Structure

The board oversees the sport and is responsible for financial management, policy and direction. The big picture, so to speak.

The Sub Committees of Track and Field (both junior and senior), Harriers and Masters look after the day to day running and specific direction of their sides of the sport. Development squad directors are appointed by the board and are responsible for policy, decisions and activities related to the squad.

Jack Cruises to Half Marathon Win



Jerome Lagumby, 4th in half

Sally and Graham Dobbs finishing 10k

Jack adding another trophy to his collection

Jack Beaumont added another trophy to his collection, winning the St Pauls Allan White Sport off road half by a comfortable 10 mins. Not long back from the World Mountain Running Champs, the Winton club was little trouble by the Sandy Point stairs, bush tracks and beach. Debbie Telfer held on to be first woman.

Kelly McSoriley won the 10km with Bailey McColl saying her “home ground advantage” helped her take first woman in the 10k (the course is where she does a lot of her training runs.)

Many took the opportunity to use the of road events as lead in runs for the Southland Festival of Running Oct 16th

Full results on last pages

Holiday programme this week.

The kick start you need to your season – for young athletes with NZSS champs and Colgates in mind. The chance to train with experienced coaches and some of Southland’s nationally recognised athletes and champions,

Wed – Thurs – Fri 9am to 3pm, Surrey Park

\$55 for the three days or \$20 a day. Register in the St Pauls clubrooms (upstairs) on the day.

Club coaches (all coaches) and parent helpers are welcome to come and observe or even better still, help.



New skills, new new ways of training, new events – all yours at the holiday camp.

More School Reports.

Continuing the series of Southlanders looking forward to the New Zealand Secondary School T & F Championships, Auckland, in December. **This time athletes who have to get off the ground and clear things, but in totally different circumstances.**

First, pole vaulter and hurdler Michelle Lindsay.

Michelle’s aspirations are high – 3 metres high to be precise. The Y13 JHC student is aiming to break the 3 metre barrier in the pole vault, which she admits, is a big PB but feels it’s do-able.

“My technique has improved a lot and I think I’m fitter and faster than when I set my previous PB (2.65, the Southland W16 and W17 record).”

She would love to do it at Auckland at the NZSS champs which she is excited about. She says the challenge of jumping against the best and against girls she doesn't know will push her to do better. And she knows it will be a real challenge.

"There's a group of very good young vaulters coming up and I'm sure they'll be pushing each other and pushing me". It's going to be exciting."

She is also entering the 100m hurdles at Auckland, another event involving going over things. They may be different but there is a compatibility as both demand sprint speed, coordination and flexibility. Thanks to serious training and hard work Michelle's showing good form in all of these and is looking forward to the season starting.

What's ahead for the bubbly 18 year old? Next year it will be health science studies at Otago and hopefully she will be able to continue her athletics progress. And after that?

"Dream big" she says, "and the Olympics is the biggest dream of all.



Michelle, aiming high.

Steeplechase double – Albie and Buddy Small.

Spectators at track meets may be excused for thinking they are seeing double when the Small boys are running. The twins not only look alike, they are often in the same event, as they will be at the NZSS champs.

Both are aiming for the 2000m steeplechase, a tough event but one with a solid Southland claim as the last four secondary school champs yielded two Southland golds, a silver and a bronze thanks to Jack Beaumont (last three championships) and Jordan Rackham (four years ago).

Neither of the SBHS 16 year olds have been running steeples for long, Albie starting last season and Buddy right at the end of last summer. But both found the challenge to their liking.

"It's different" says Albie.

"My first was fun, enjoyed it so now I want to get a bit more serious and get better at it" says Buddy.

When asked what excites them about the NZSS champs, both gave the same answer: "the challenge"

The pair are coming off a hard winter season of crosscountry and feel the strength from that will push them to PB's.

They'll also be pushing each other. There is very much a sibling rivalry with family bragging rights at stake. But when they line up at Auckland the other brother is just another competitor to try and beat.



Albie and Buddy (or is it Buddy and Albie)

St Paul's HAAC AGM

Wednesday October 5th, 7pm at clubrooms, Surrey Park.

And club opening night for the summer athletic season is Tuesday,

11 October. Meet upstairs in clubrooms ready for club warm up at 6.00pm.

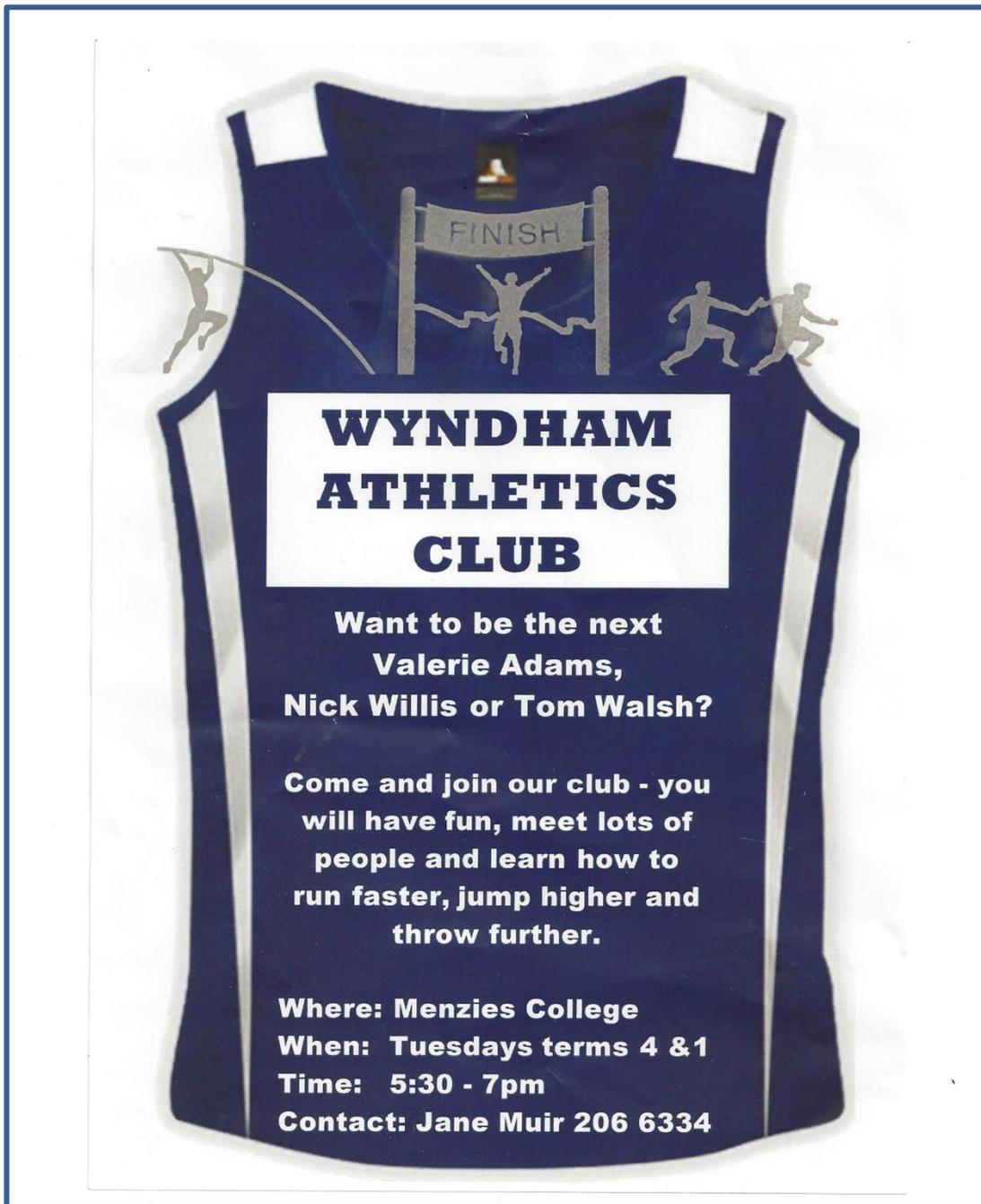


Invercargill Athletics Club Season Start for juniors age 5-14 years

Come along to our Junior fun day where the kids can join in with our athletics training, while you get some information about our club, including how to register for the 2016-17 season.

Wednesday 12 October

Time: 5.50pm



**WINTON ATHLETIC CLUB
OPEN NIGHT
TUESDAY 11TH OCTOBER, 5PM
@ CSC GROUNDS**

What's next for Southland Running?

Even with this season just ending it's not too early to start thinking about running and racing for next winter.

- What events?
- What frequency?
- How many club runs and how many races?
- What distances?
- When should races be in the year?
- What's important you?
- What isn't.
- Ideas for new events – relays, off road, hill races ... what?

Have your say at the Harrier Committee AGM, 7.30pm Thursday October 13th at the St Pauls clubrooms.

Have You Entered Yet?

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/>

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 entuse greater numbers of runners and walkers form 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

Check it Out at

www.activeqt.co.nz/event/southland-festival-of-running/

New Registration System for Masters Athletics

From the start of this registration year (now) anyone over 35 registered with Athletics NZ (i.e. in a club) is eligible for competing in masters competitions, whether local, national or international. However you still need to join Southland Masters, which is \$5.00. However, if you want to receive Vetline that is \$30, including the Southland \$5.00. In previous years you would have to pay your Ath NZ registration plus NZ Masters registration, now you just pay the Ath NZ plus either \$5 without Vetline or \$30 with Vetline.

Should you choose not to join an athletics club and just be a member of masters, you have that option. This includes Vetline subscription.

Registration form (with the options) is on the next page, If you're competing in masters events this season, and there's plenty coming up, complete it and post it.

2016-17**NZMA / Southland Masters Registration Form**

Address:

Post Code:

E-mail:

Telephone:

Masters Centre:

Date of Birth:

Are you an Athletics NZ club registered athlete (circle one only)? No / Yes (Please complete option 1)

Athletics NZ Club:

ANZ Reg No.

Fees for 2016 / 2017 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2016 / 2017 season)**N.B. All fees are paid to ANZ online or via your club registration process****\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

\$5.00

Local Master's Centre Fee (Southland masters)

Option 1A**\$30.00**

(Circle)

Vetline Subscription (4 issues starting as from January 2017) including Local Centre fee

Please pay this fee to your local Master's Centre

*Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.***Option 2:****NZMA Members only (i.e. are not registered as a competitive member with a club and Athletics N)****N.B. All fees are paid to your Local Masters Centre as per previous years****\$65.00**

(Circle)

NZMA Competitive Member (including Vetline subscription and local Centre fee)
(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.) **OR****\$50.00**

(Circle)

NZMA Social Member (including Vetline subscription and local Centre fee)
(Eligible to compete at local masters events only).**Total Fee to pay = \$****Payment Options:** Post, e-mail or hand completed registration forms to **Debbie Telfer, 136 Kelvin street, Invercargill 9810**

Online Banking: 03 1750 0176843 00 (Please insert your name in the reference box)

Please make cheques payable to **Southland Masters Athletics**

Postal Address:

Telephone:

E-mail:

Official Use:

Verified by:

2016 / 2017 NZMA Reg No:

St Pauls Allan White Off Road Half Marathon/10k/5k Full Results

Off Road half marathon

Name	Age	Bib	Time
JACK BEAUMONT	19	341	1:18.02
JACK MCNAUGHTON	16	329	1:28.59
ALAN WOODFORD	17	342	1:29.49
JEROME LAGUMBY	28	309	1:30.23
BUDDY SMALL	16	317	1:31.19
ALBIE SMALL	16	319	1:33.04
SHANNON GUTSELL	34	327	1:34.03
JADE CILO	33	305	1:36.53
BROOK ARMISHAW	38	328	1:36.53
JOHN WALLACE	55	334	1:38.43
CHRIS THRUPP	25	339	1:45.43
GRAHAM NEILSON	54	330	1:46.05
JACOB SMYTH	38	308	1:47.37
BRENDAN FREW	40	336	1:48.09
DEBBIE TELFER	58	340	1:49.23
TERESA NOBLE	36	311	1:50.10
JON MUHL	47	337	1:50.19
BRIANA MILLER	16	310	1:51.13
MARIE MUHL	51	338	1:56.52
DEBIE DICKIE-LEE	42	331	1:57.05
CASSANDRA SCOBIE	29	304	1:57.58
SHAWN WATTS	48	306	1:59.36
DALLAS BRADLEY	63	303	2:04.34
NEVILLE FERGUSON	60	316	2:26.20
LYLA BELESKY	35	333	2:30.29
ALASTAIR HATTON	48	321	2:36.18
CAITLIN BOYLE	17	323	2:40.37
POPPY MCLEAY	16	326	2:50.42

5km run

Name	Age	Bib	Time
KIMBERLY IVERSEN	9	1002	31.07
CRAIG IVERSEN	41	1003	31.07
KARA OGILVY	40	1004	39.21
ANA CILO	24	1000	1:06.35
LAURA DAWSON	33	1001	1:06.35

5km walk

Name	Age	Bib	Time
BELLE GUTSELL	5	201	1:18.54
AMANDA LLOYD	33	202	1:18.55

10km run

Name	Age	Bib	Time
KELLY MCSORILEY	49	438	39.55

Name	Age	Bib	Time
TYRONE LAKE	44	448	41.23
ANDREW HORTON	39	400	52.06
BAILEY MCCOLL	17	435	53.35
LACHLANN MUHL	13	440	59.31
SALLY DOBBS	56	444	1:01.00
GRAHAM DOBBS	62	443	1:01.00
ARIANA CUNNINGHAM	40	441	1:03.07
DOROTHY HORRELL	64	433	1:04.56
JILL SMYTH	37	434	1:05.35
TONI BARLOW	52	404	1:08.31
ALISON NEILSON	49	436	1:11.15

10km walk

Name	Age	Bib	Time
MAREE SMALL	30	610	1:18.39
TERESA WILSON	46	629	1:19.19
HAMISH MUHL	15	622	1:21.13
LINDA TEAU	61	618	1:21.13
MURRAY MCKINLEY	50	611	1:22.11
MICHAEL SMALL	35	614	1:28.00
KOKI KITAMURA	49	624	1:28.02
PAULA WINSLADE	48	600	1:33.33
SHANE WINSLOE	30	613	1:33.33
GAIL WHITE	71	604	1:37.34
MARCIA TEAU-	64	616	2:07.05
THOM THOMSON	65	617	2:07.05
TRACEY WRIGHT	54	615	2:07.05