

SOUTHLAND



Running Times

ATHLETICS NEWS

No 655 Oct 10th, 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

Southland Marathon and Festival of Running this Sunday. Helpers Needed.

This is a major event on our programme. If you are not running it please make yourself available to help - at a drink stop, finish area, marshaling etc. Contact Tim de Ridder ASAP with your availability - Tim is collating people and tasks so get hold of him URGENTLY at.....

timder@actrix.co.nz and or 021 665971

Regular T & F Programme Starts this Saturday (15th).

NOTE. START TIME 11AM.

THEN WE ALL HELP AT THE VELODROME SETTING UP FOR SUNDAY'S FESTIVAL OF RUNNING FINISH AREA.

Programme (in event order):

100m – 3000m – 100/110m hurdles – 200m – 800m

Shot Put – Pole Vault – Discus – Long jump.

Junior Waverley Shield Programme Starts Sunday (16th) **Waverley**

Shield Programme A.

Start time 11am.

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.

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

What's next for Southland Running?

Harrier AGM this Thursday

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?

Check out the survey questions in Southland Harriers fb page - <https://www.facebook.com/southlandharriers/>

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

Low Key but Positive Start to Season

A casual impromptu at Surrey park Saturday had a good result from Andrew Allan with a PB triple jump of 13.33 (but unofficial as there was no wind gauge) and Jade Graham started her season with a jump that exceeded her best last season. The Fiordland contingent of Warren Green, Les Scown and Gail Kirkman, all aiming for masters competitions coming up, had a good hit out in the sprints as well as jumps and javelin for Warren and Les. And the distance runners sharpened up with a pleasing 1000m led by Jack McNaughton and Jaxon Taylor.

And in Dunedin Atipa Mabonga opened her season with a good 11.80 triple jump and 5.50 long jump. Emma McColl was pleased with her 10.60 triple while Jack Beaumont broke his Southland U20 5000m record, running 15.23.

Triple Jump

Andrew Allan (U18) 13.33
Jade Graham (SW) 10.55

Long Jump

Jade Graham 4.66
Joseph Ayoade (11) 4.23
Les Scown (MM) 3.74
Warren Green (MM) 3.50

Javelin

James Tudor (U20) 35.32
Norman Tudor (U18) 30.12
Les Scown (MM) 22.95
Warren Green (MM) 21.76

100m (1)

Andrew Allan 12.22
Norman Tudor 12.65
Joseph Ayoade 13.54
Jade Graham 14.41

100m (2)

Warren Green 14.26

Rosemary Heyrick (MW) 15.48

Les Scown 15.56

Gail Kirkman (MW) 15.76

200m

Warren Green 32.15

Les Scown 32.90

Gail Kirkman 33.86

1000m

Jack McNaughton (U18) 2:51.43

Jaxon Taylor (U18) 2:53.50

Buddy Small (U18) 2:56.56

Albie Small (U18) 3:09.66

Bailey McColl (U20) 3:41.10

Kennedy Taylor (11) 3:48.03

Gail Kirkman 4:08.89

Les Scown 4:37.38

3000m

Tyrone Lake (MM) 11:01.65

Alistair Hatton (MM) 15:08.86

More School Reports.

Continuing the series of Southlanders looking forward to the New Zealand Secondary School T & F Championships, Auckland, in December. **This week a thrower who will have a busy weekend in Auckland.**

Emma Ryan had a full schedule at last year's secondary school championships and she has prescribed a similar dose for herself this year.

At Timaru last year the Hargest student achieved a 5th, 4th and 3rd in her first year as a senior, taking the bronze in the hammer and missing a medal in the shot by just 23sm. This year she is more experienced, stronger and faster but admits the task will be just as tough.

"Nationals are cool," she says. "Good competition means I have to try harder".

Emma is one of Southland's best performed young throwers and owns the Southland W17 W16 hammer record but she says the young throwers coming into the senior competition from last



year's juniors along with the seniors she threw against a last season are performing at a very high standard – and this is what's so exciting about the school champs.

“They're good, I know they're good so I know I have to push myself, so it will be an exciting competition.”

Of the three throws she is focussing on the shot and hammer, although she'll still be giving the discus everything she's got.

“Goals? Yes, I would love to PB in all the events, and if I do it should give me good placings.”

Looking ahead she would like to achieve performances that has her gaining national selection, perhaps the Oceania championships next year.

However in national competition (as opposed to schools) Emma has the challenge of adapting to heavier implements as she graduates from U18 grade to U20 for the second part of the current season.

“It will be tougher and particularly in the hammer the adjustment will be tricky but I'm confident I can do it. I've got to!”

Holiday Programme a Success – Again!

The annual school holiday athletics programme was again a success – well, from what the participants said it certainly was and from what parents added confirmed it.

This year the programme was run mainly by the athletes from Southland's athletic development squad who did the bulk of the organising and much of the coaching. And there's a lot of experience and skill among our teenage, school age athletes, many of them already New Zealand representatives and national champions, and were great in sharing their skills and experience.

And two very good sessions from ex Olympic cyclist Glen McLeay on motivation, Pilates instructor Bruce Thomson on body awareness and effective movement and physio Craig McColl how to avoid injuries or if they happen, what you need to do.



Glen McLeay, Olympic experiences



Games based training is a valuable coaching tool



Little ones learning to start ...



... to big ones practising keeping going



Craig McColl, physio, being introduced by Atipa.



Bruce Thomson, demonstrating effective body movement.



Pole vault is fun – for all ages – Christ Knight introducing the event to young athletes

Successful Coaching Clinics with Southland Input.

Two coaching workshops/conferences were in Christchurch on successive weekends with Southland coaches Lance Smith and Chris Knight featuring.

First was the Jumps Conference with both Chris and Lance attending and Lance giving a presentation on how Southland has developed a successful jumps community. Other presentations ranged from strength and conditioning to triple jump skills to analysis of our current jumps situation to one athlete's journey from being an athlete to now being a coach and academic. Plus a wide ranging look at skills in practical sessions.

Then this last weekend Chris was one of the coaches sharing his knowledge at the South island pole vault camp. This is his account of the successful weekend with Michelle Lindsay accompanying Chris at Christchurch:

On Friday afternoon Michelle Lindsay and I travelled up to Christchurch to the South Island Pole Vault Camp.

This was the first of hopefully a yearly event. Bill Boyd of Christchurch organised the weekend. I was there to help coach and to learn. Doug Balcomb came down from Auckland. Doug works in the Millennium stadium coaching some pole vaulting. Other attending coaches were Bill Boyd- Canterbury, Wayne Doyle - Timaru, Jonathan Black, Canterbury.

There was a group of 12 athletes who attended with some having never vaulted before and some only a couple of weeks then those who have a couple of years of vaulting experience.

We started Saturday morning at Burnside High gymnasium with a good friendly but full on game of inside hockey as a warmup. The coaches were also involved! No snapped Achilles or broken bones on the coaches luckily. Following the hockey we did a 1 1/2hr gym session on the ropes doing different drills to work on aspects of the vault. About half way through the session we had a visit from TV3 who wanted to do a piece for Story program one night this week.

After a break for lunch we headed over to Papanui Toc H athletic club to do a drill and vaulting session. Luckily the weather played its part as it had been forecast to rain in the afternoon. The coaches split up to take the 2 different groups of beginners and more experienced athletes. The afternoon was finished off with a soak at the Graham Condon Centre spa.

We were due to compete Sunday morning but as everyone arrived the heavens opened and after a wait of 20 mins or so the decision was made to cancel it. It did mean we got home a couple of hours sooner than expected. All in all a good weekend and I think we all learnt something from it. Hopefully it will happen again and we get more people involve



Jumps conference - from theoretical to the practical.



*Left – Indoors -
Chris coaching pole
vault skills in the
gym at the PV
clinic*

*Below –and out –
run up training*



This Newsletter is your weekly update on things athletics in Southland. However, for urgent updates and news, go to the Athletics Southland facebook page or your club's facebook. Changes in timing, venue etc as well as news are on facebook first – check it regularly.

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, so complete registration form 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:

