

SOUTHLAND



Running Times

ATHLETICS NEWS

No 663, December 6th, 2016

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NZSS Championships 2016

Atipa's Triple Jump Triple

Atipa saved her best for last – her best ever triple jump at her last ever national secondary school championships, and in doing so became the second Southland to win three senior girls triple jump titles in succession. (Greer Alsop won three in a row (2010, 2011, 2012) with the two Southlanders the only ones to achieve it this century.) *

The triple jump gold for the Central Southland jumper was the Southland highlight of the Secondary School champs at the Waitakere stadium in Auckland.

Atipa started with a confidence building 12.09 and while no one else in the field had jumped over 12 metres previously, at least two were capable of it. As it happened the 12.09 would have won the competition but Atipa wasn't going to leave it at that – in the fifth round she unleashed a massive 12.48 to take the gold medal beyond doubt. This was well past her own NZSS record of 12.21 set two years ago but could not be counted as a record because of the 3.0 m/s following wind. (Maximum allowed for record is 2.0).



Meanwhile occasional training mate

Atipa, third TJ title in a row

Adriana Mawhinney of Dunstan High moved up into second with 11.41 in round three and upped that to 11.61 in round five to secure the silver medal ahead of Hawera High's Ashleigh Bennett who finished with 11.38.

It was three years in a row for Adriana too – this was her third successive silver medal behind Atipa, while four years ago the pair finished a place apart in the junior girls triple with Adriana taking the gold.

The 12.48 has the third best women's triple jumper for this year, exceeded only by Nneka Okpala's 13.91 New Zealand record and Greer Alsop's 12.67 set in America. It was Nneka's NZSS record that Atipa broke, while Greer also bettered the record twice but was denied by wind readings.

However the biggest jump of all belongs to Nneka who leapt a mighty 12.60 back in 2005, although the 5.0 tail wind ruled it ineligible for a record.

Southland featured again in the senior boy's triple jump with the bronze for Andrew Allan (Gore HS) after a close battle with Adam Norman of CSC who finished fourth. Andrew sat in third for four rounds with 13.56 then in round five Adam moved up with 13.60. Andrew immediately responded, leaping 13.73 and while Adam improved to 13.63 on his final jump, the bronze went to Gore High.

Andrew was last year's junior winner and with he and Adam so close to each other, it's a sure bet both will push each other to greater distances.

The junior girl's javelin was predicted to be fought out by Tanya Murray (Sancta Maria College, Auckland) and SGH's Jessica Senior the gold and silver medallists from last year. And so it proved. These two had rankings some four or so metres ahead of anyone else and four metres was the gap between second and third. Gold and silver were closer however, Tanya winning ahead of Jessica by a mere 80cm, repeating the placings of last year.



TJ medllists, Andrew in middle



Shot put effort and reward: Emma Ryan all focus and having received her medal from Valerie Adams

Tanya opened her account with 39.11, Jessica answered with 38.72 and while Tanya improved to 39.52, the Southlander didn't improve on her first round throw. However the throw which was a bit below her 42.67 PB was a brilliant effort considering an injury that affected both build up and competition on the day. Even so, Jessica's throw would have won bronze in the senior girl's competition.

Bring on the rest of the season – it could be an exciting national championship in March with both Tanya and Jessica sure to be prominent.

Emma Ryan (JHC) also staked a claim for honours at the national champs with a superb bronze medal performance in the senior girl's shot put. It was an enthralling competition that included the NZSS record for the winner (Maddison Wesche, Lynfield College).

Emma held third over the first two rounds but was overtaken in round three by Tatiana Kaumoana of Te Aroha. But in round five Emma kept her focus and added almost 60cm to her PB with 13.76 to go into third, a position she held on to.

Southland's only distance medal came in the junior boy's steeplechase thanks to Finn Rogers. The JHC runner and triathlete took up the event a just a few weeks ago and proved adept at it – but he had to work hard for his bronze medal. Finn started conservatively, then started to move up through the field after 2 laps, moving into third with a lap and a bit to go.

But David Moore of Westlake Boys wasn't about to give it away and closed rapidly on Finn up the final straight. It came down to a quarter of a second, Finn holding on for his first national athletic medal.



Utter determination: Finn (right) only just held on for steeple bronze
second, Finn holding on for his first national athletic medal.

Last year the SGHS junior 4 x 100m relay team missed out on a medal by a whisker. This year their aim was to better their fourth of a year ago. They did, and they didn't. The quartet of Teilah-Rose Templeton, Anna Skerrett, Dannika Collins and Emma McColl was fourth again by a whisker. But St Cuthbert's, who ran exactly the same time as SGHS in the heats, was disqualified for a baton change outside the change zone, promoting SGHS into the medals.



As well as the medal performances there were many that came close. Atipa was fourth in her SG long jump, Emma Ryan fourth in the hammer, Adam Norman as mentioned, fourth in the SB TJ, Emma McColl a close fourth in the JG triple jump, Andrea McDowell fifth in the SG triple, Dyani Shepherd Oates and Emma Wilson taking fifth and

Southland Hammer 4-5-6: Dyani (5th, Emma W (6th), Emma R (4th)

sixth behind Emma Ryan in the hammer with Dyani also sixth in the senior discus and Anna Skerrett 6th in the JG shot, Yvonne van Baarle sevenths in javelin and long jump.



SGHS 4 x 100m relay team on medal dias with Wanganui Collegiate (1st) and St Kents, Auckland, 2nd. Medals were presented by many times national 400m champion and Olympic rep Louise Jones (right)

Then there are all the young athletes who made finals or went through to the semis who will learn from the experience. It augers well for next year at Hastings and the 2017 NZSS champs.

Full results all events are at

<http://nzssaa.org.nz/static/nz-tf-2016/results/results.pdf>

Thank you Jo Murray of Athletics Wellington for use of your photos.

***Southland Triple Jump Dominance.**

As already mentioned, Atipa has won the SG triple jump three years in a row this but doesn't show how dominant Southland has been in the senior and junior girl's results.

Looking back:

2016: Atipa 1st SG, Emma McColl 4th JG

2015: Atipa 1st SG, Emma McColl 4th JG, Anna Skerrett 5th JG.

2014: Atipa 1st SG (NZSS Record), Emma Hopcroft 5th SG, Andrea McDowell 5th JG.

2013: Rebecca Peterson 2nd SG, Jade Graham 5th SG, Atipa 2nd JG

2012: Greer Alsop 1st SG, Jade 3rd SG, Emma Hopcroft 1st JG, Atipa 7th JG

2011: Greer 1st SG, Jade 5th SG

2010: Greer 1st SG, Charlotte Muschamp 2nd SG (with just 1cm between 1st and 2nd) Jade Graham 1st JG (NZSS Record), Rebecca Peterson 4th JG.

2009: Charlotte Muschamp 1st SG, Greer 1st JG, Jade 5th JG.

2008; Greer 2nd JG.

Nine golds, three silvers, bronze and two NZSS records in the past nine years. (The boy's TJ's are almost as good, likewise the girl's long jumps)



Jack Beaumont's Luxmore Grunt win just misses the record.

"It was the hardest race of his life", he said after running the second fastest time ever on the Grunt and just missing Phil Costley's race record (and the \$500 bonus that goes with it).

Jack started the 27km fast, and at no stage did he have anyone beside or in front of him, although this caused some concern when he wondered whether the start was too hard with experienced runners taking the early part a bit easier.

"I was waiting for Jonah (Smith) to come past me, but I kept on pushing hoping the gap would last"

The turnaround at the top was the first he saw of other runners, noting Jonah was about 3 minutes behind. However, uphill is the two-time world mountain running representative's strength and



Top: Jack, 1st 27km, right: Dwight 7th 60km

from here on it was all downhill and flat.

Jack pushed the descent but on hitting the flat he was ahead of record pace. But then the wheels fell off.

“I have never hit the wall like that before. If someone had come past I would not have been able to respond”.

He covered on the first 5.6km flat section on the way out in around 18 mins, but on the way back he struggled, taking 22 minutes to run the same stretch. While the record fell from his grasp he managed to hold on to record the second fastest time ever and with it a bonus put up by the previous holder to anyone beating his time.

Jack’s time for the race was 1:54.01, with Jonah 1:55.50.

The full Kepler of 60km saw Dwight Grieve the first local resident and first Southland harrier club member to finish with a brilliant 7th place. His aim was to go under 5:30 and with the end in sight he looked as if he’s miss but a shout from coach Shaun Cantwell woke him up and his final sprint looked more like the finish of an 800m rather than 60km.

But he made it – finishing 12 seconds under target time.

Athletics Coming Up ...

Saturday 10th, Snr programme ‘A’ preceded by jumps coach session.

Horizontal Jumps (2)

“Coffee” Athlete Coaching and Coach Learning Session Number 2 -Surrey Park – Dec 10th. 12 Noon.

(Why Coffee Session? Because the \$5.00 cost is the price of a cup of coffee – a bargain for athletes and club coaches/parent helpers wanting to develop long and triple jump in their club.)

This 2 hour practical session is for coaches/club parent helpers and athletes and follows on from the session last weekend, with emphasis this time on run up and actual jumping. Cost of \$5.00 for coaches. Participating athletes free providing their personal or club coach is attending, otherwise athletes also \$5.

Session aimed for junior level athletes 12 and up.

- * Constructing a run up
- * Developing Board accuracy
- * Drill to develop jumps skills

The session is ideal for clubs to help their 12 – 14’s aiming towards Colgates and beyond as well as Secondary school athletes aiming for the school champs in a couple of months

Athletes and coaches please register by email with Lance Smith at address of this newsletter with name, club and if an athlete your coach’s name.

As indicated previous page, Southland has a proud record in the horizontal jumps. This session is a step towards maintaining it.

If attending, please register – need to know numbers – email now!

Then Senior Meet immediately following at 2pm

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

Long Jump; Shot Put; Pole Vault; Discus.

Sunday 11th, Junior athletics Waverley Shield 5, Programme A

10am at Surrey Park.

Friday Dec 16th , Sat Dec 17th

Southland CE champs – including distance track pentathlon. Friday 6pm start.

Sunday Dec 18th.

Waverley Shield 6, B programme.

Browns Sports Day

14 January 2017

Start at 12.00 with the usual races and field events.100, 200, 400, 800, 1500, shotput, and high jump, (all events depend on entries) A family fun day – circle the date on your calendar now!

Have you Joined Athletics Southland Facebook Page Yet?

This Newsletter keeps you up with results, comments, views and coming events – Facebook keeps you right up to date immediate information as well as important news and club activities, photos and a link to this newsletter. Go to

<https://www.facebook.com/groups/1700911393513302> and become a member so information goes directly to your own FB page. There' also Southland Harriers page -

<https://www.facebook.com/southlandharriers/>

And it's worth a look in on Henry Tudor's athletic focussed page –

<https://www.facebook.com/search/top/?q=tudors%20athletic%20bits%20and%20bobs>

And for national and international athletics news –

<https://www.facebook.com/search/top/?q=athletics%20new%20zealand>

See many of the NZSS events ...

selected video coverage of the NZSS champs can be seen at

<https://livestream.com/NZSportTV/events/6649770>

Menu of events down right hand side. Click on and watch!