

SOUTHLAND



Running Times

ATHLETICS NEWS

No 670, Feb 14

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

Hannah leads Southland Performances from all Over

Southland athletes were in action from Nashville to Porritt Stadium, New Mexico to Surrey Park, with Hannah Miller's indoor 5000m at Nashville the performance that stands out.

USA.

Hannah was representing her SMU university at the Music City Challenge in her first 5000m race. She ran with the front group behind a University of Central Florida runner who went straight to the lead and kept it for the entire race. Hannah's chasing group of four whittled down until by 4km she was alone in second, having run consistent sub 60 second laps (apart from two that were right on 60) on the 300m indoor track.

A powerful 56 second last lap ensured she would not be caught by any of the chasers.

Finishing time of 16:17.44 was the second best SMU indoor performance of all time, missing the university record (set 1996) by 2 seconds. It also takes her to the top of the N.Z. rankings for the year to date and gives her a B qualifier (16:35) for the World university Games and is just 7 seconds off the A qualifying time (16:10) Her weekend wasn't over, as the following day she ran the mile, finishing in a new PB of 4:50.01 for 6th, a time that is the 5th best in SMU history and has her second on the N.Z. rankings. She did say however, she was annoyed with herself in getting boxed in, costing her a few precious seconds.

Greer Alsop also competed in America, triple jumping at New Mexico, although it didn't go the way she wanted – two fouls and a tentative third attempt gave her a measure of 12.41, way down on her recent marks.

Dunedin

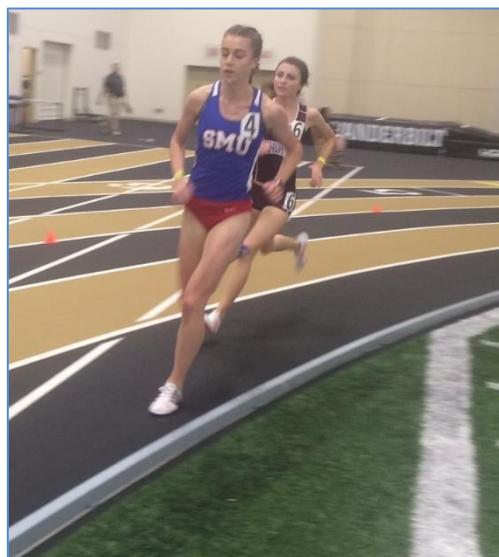
Closer to home were the large Southland contingent competing at the Otago meet, Surrey Park being out of action because of the World Shearing championships at the Stadium next door.

Southland throwers and triple jumpers dominated although it must be said no one was really on fire as all training squads had programmed a hard training week prior to easing up for CE Champs this coming weekend and major events ahead.

Tim Baker and Liam Turner battled out a good 400m, finishing first and second in 50.69 and 50.78 respectively; Emma McColl improved her national; triple jump ranking with 10.62, Atipa Mabonga had the best triple jump of the day (11.76) and the two Emmas – Ryan and Wilson – continued their season-long friendly rivalry in the throws. (Southland results below)

Hamilton

Jessica Senior and James Tudor competed at the Porritt Classic as part of attending the javelin camp along with their coach Chris Knight. The pair learnt a lot by being thrown into the intensity of senior competition and according to Chris, benefitted from the experience and from the camp where they mixed with some of



(Photo SMU Athletics)

the country's top javelin throwers and coaches. Jessica is coming back from injury and was cautious with her throws while James came close to his PB. More on the camp from Chris later this issue.

Surrey Park

The second Town v Country meet saw a re-entry of winter and with it reduced numbers. Town was leading after day 1, 1852 to 1150. Combined score next week. Day 1 top Male scorer Quinn Hartley 72. Top Female scorer Tessa Baird 54

Sth results, Dunedin Sat 11th

Jack Welsh: SM discus (2kg) 39.52; M20 discus 1.75kg 32.72; SM shot put 11.93

Emma Ryan: WU20 discus 31.01; WU20 hammer 36.09; javelin (500gm) 24.17; WU20 shot put 10.22; WU20 200m 29.30 (-2.4)

Emma Wilson: WU20 discus 26.77; WU20 hammer 35.63; WU20 javelin 23.92;

Andrea McDowell: WU20 javelin 28.51; WU20 long jump 4.71; WU20 200m 27.38 (-2.4)

Emma McColl: WU18 long jump 4.72 (1st); WU18 triple jump 10.62 (-0.4); WU18 100m 14.02 (-0.1)

Atipa Mabonga: WU20 long jump 5.03 (2nd) (-1.3); WU20 triple jump 11.76 (-0.2)

Ben Henderson: MU18 shot put 11.28 (2nd)

Andrew Allan: MU18 triple jump 12.81 (-0.8);

Tim Baker: MU20 100m 12.06 (-1.3); MU20 400m 50.69 (1st).

Tyler Hamilton MU20 100m 12.07 (-1.5); MU20 400m 53.65

Buddy Small: MU18 1500m 4:25.12

Jack McNaughton: MU18 1500m 4:14.23

Albie Small: MU18 1500m 4:30.28

Liam Turner: MU20 400m 50.78 (2nd)

Ashlee Turner: WU18 400m 69.89

Sth Results, Porritt Sat 11th

Jessica Senior: javelin 31.24; James Tudor 41.20

Senior Results Surrey Park Sun 12th,

(No wind readings.)

100m	Dannika Collins	13.39
	Rosemary Heyrick	14.95
	Fergus Keown	11.94
	Scott Belesky	11.95
200m	Rosemary Heyrick	31.16
	Dannika Collins	28.34
800m	Philip Wilson	2.30.27
Long jump	Hollie Findlay	4.39
Shot Put	Jack Welsh	12.20
	Ben Henderson	11.42
Discus	Ben Henderson	31.40
	Jack Welsh	40.05
	Lorne Singer U/R	28.30



All wrapped up for summer sport!



Phil Wilson on way to winning 800m, Sunday

Winton Scratch Meet - at Surrey Park

THIS WILL NOW BE HELD ON FRIDAY 17th 6.00pm, not on Saturday 18th as advertised in the programme. Because of the restricted time frame for a twilight event, the 5000m has been dropped – s enter the mile instead and make this a bigger, better event. And save yourself for the 5000m at the Sth Champs next weekend.

TRACK EVENT

FIELD EVENT

6.00pm	100/110m Hurdles - All Grades	Discus - All Grades
		High Jump - All Grades
6.40pm	Joe Field Mile - All Grades	
7.00pm	400m - All Grades	Triple Jump - All Grades
		Javelin - All Grades
7.20pm	100m - All Grades	
7.40pm	Medley Relays – Mixed Open (1x400m 1x 200m 2x100)	

ATHLETES to compete in one age grade.

NOTE: POINTS SYSTEM 5, 3, 2, 1 - Trophy presentation immediately after relays

Club Trophies

Queale Cup - All Women Grades

Marshall Cup - M16/B14 **Dunlop Cup** - SM/M19

Individual Trophy - Jan-Marie O'Shannessy Memorial Trophy (Most Individual Points in any one Women's grade)

Sth Senior T & F Champs, Sat, Sun 25, 26th.

- If you missed getting your entry in on time you can still enter by Email to hjtudor@clear.net.nz, either by scanning the entry form or including all details on an email (name, club, event, grade)

Payment can be by Cheque with posted entry or by direct credit to account **03-1750-0085175-00**

If paying by Direct Credit, please ensure that you include your name and code it Southland Senior Champs. However, late entry fee now applies.

ATHLETICS SOUTHLAND SENIOR CHAMPIONSHIPS 2017

Competition grades - MM, SM, MU20, MU18, MW, SW, WU20, WU18, MM, MW

COST

LATE FEE & ENTRY COST (RECEIVED AFTER FRIDAY FEB 3RD)

Registered Athlete is **\$8.00** first event, then **\$3.00** per event thereafter

Non Registered Athlete is **\$12.00** first event, then **\$3.00** per event thereafter

IMPORTANT NOTES:

Late Entry for Track events will only be accepted if spare lanes are available.

Non-Registered Athletes are not eligible to take titles or trophies.

Reporting times for all events is fifteen (15) minutes prior to the scheduled starting time.

Day One of Senior Programme – Sat Feb 25, 2017

100m (Heats) All Grades	Hammer All Grades
1500m All Grades	High Jump All Grades
80/100/110m Hurdles All Grades	Javelin All Grades
100m (Final) All Grades	
400m All Grades	Triple Jump All Grades
4 x 100m Relays All Grades	

Day Two of Senior Programme - Sunday 26, 2017

200m (Heats) All Grades	
300/400m Hurdles All Grades	Shot Put All Grades
800m All Grades	
200m (Final) All Grades	Discus All Grades
5000m Senior Grades	Long Jump All Grades

4 x 400m Relays All Grades

Southland Masters' Championship placings in Sprints, Distance, Throws and Jumps will be determined on age-graded performances achieved during the Southland Championships

Junior Pre-Champs Meet - Sunday 26th Feb

This will run from 10.00am to 1.30pm only as Day 2 of the Southland Senior Champs start at 2.00pm

Programme

TRACK

10am 12 80m Hurdles
 13 80 m H
 14 G 80 m H
 14 B 100m H

10.30 5-9 60m

11.00 10-14 1500m

11.30 5-9 100m

12.00 10-14 100m

12.30 7-9 200m

1.00 10-14 400m

FIELD

6 G Quoit
5 G&B LJ
8 G Discus
13 B&G HJ
7 G Shot
10 B&G LJ
11 B HJ
12 B Discus
13 G&B Shot
6 B Quoit
7 B Shot
10 B Discus
8 B&G LJ
11 G HJ
12 G Discus
6 B&G LJ
9 B Shot
9 G Shot
12 B&G LJ
14 B&G Discus
5 G&B Shot
8 B Discus
14 B&G LJ
9 B&G HJ
10 G Discus
11 G&B Shot
7 G&B LJ

NOTE: Grade 12 and up athletes if you would like to do a field event that is not on the programme for your group you may join in and do it with another group. Eg 12 year olds do HJ with the 13 year olds. Check with the officials first and if a throws event make sure you still throw with the correct weight.

N.Z. T & F Champs, Hamilton. Entries now Open

Any Athlete that makes the Athletics New Zealand Entry Standards may wear the Southland Singlet but only those who make the Southland Standard will be eligible for financial assistance if there is any.

Athletes are responsible for making their own entry. Entries are now open on the Athletics N.Z. website

Learning for Coach and Athletes at Javelin Camp

Last Friday I travelled to Hamilton for the Javelin Camp along with Jessica Senior and James Tudor.

On arriving we went straight to Wintec for the first camp session, a Q & A session with Olympians Stuart Farquar, Holly Robinson, Rory McSweeney and Caitlyn Dore.

This was an opportunity to ask them questions about anything and their experiences and advice went down well with all in attendance. The next part of the session was about the new Testing battery they are introducing and explaining about how it all is meant to work.

On Saturday morning there was a physio testing session – range of movement of arms, thoracic, legs etc.

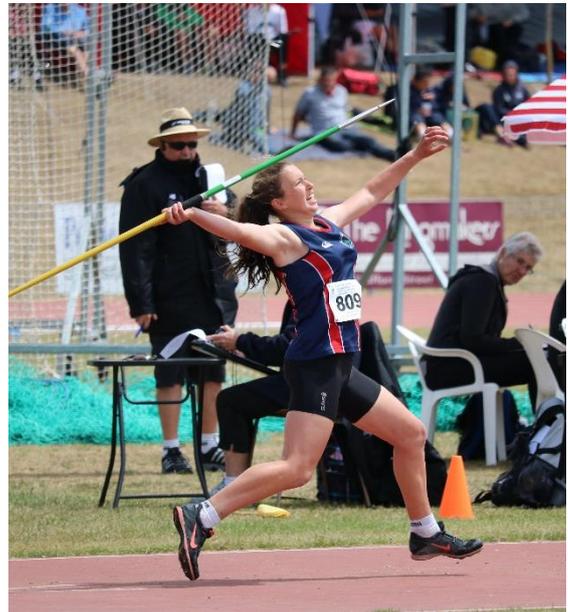
We then had fill in time till the competition on Saturday evening. Jessica was first up in the women's Javelin.

She is coming back from elbow injury that hampered her at NZSS so we had a goal of not throwing for distance but working on the process to deliver the javelin in a much better position so as not to put pressure on the elbow. Although Jessica was well down on distance she achieved the goal, finishing 7th with over 31m. But as said distance was not the goal for this competition.

James threw straight after in the men's Javelin. The conditions were pretty good with a tail wind coming slightly from the right side. James began steady with 38m, next was his best throw 41.20 just short of his pb, then another 40.50m with his remaining throws all around the 39m mark.

This was high stress competition for them as they were throwing against seniors.

Sunday morning was an early start at Wintec biomechanics lab. We were all given footage from 3 different camera angles taken at the night before meeting. Regan and Pete (2 bio mechanists) then guided us through some basic analysis of the throws where we identified some good and some not so good aspects.



Jessica

This was followed by a practical gym session. Debbie Strange took us through the testing exercises and her athletes then shared some of the stuff they do in the gym to bring some gymnastic work into their sessions. Then it was a free for all to have a go at the exercises and have them explained to them.

All in all we had a good weekend and came away having learnt plenty and as with most of these opportunities it is the conversations between coaches that are often of the best benefit.

Our thanks to all those who put on the camp.

- Chris Knight

This is one of a number of coaching opportunities attended by Chris that that has benefitted Southland athletes. He has also been to throws and combined event camps and the jumps conference, while Lance has attended jumps conferences and a distance workshop and Lorne has been to relay and sprint camps. All Southland club coaches should be looking at these opportunities to further their learning.

N.Z. Combined Events Champs this weekend in Dunedin.

***All the best to all the Southland
athletes competing.***

Andrea will be in action this weekend in Dunedin

