



Emma, Teagan, Andrew School Champs Record Breakers.

The Otago Southland Secondary School Champs at Surrey Park last weekend saw 12 meet records broken four of which were by Southland athletes – and Emma Ryan claimed half of those four.

Emma (JHC) and Dyani Shepherd Oates (Fiordland) have been duelling in the hammer circle all season and at Surrey Park the battle g continued with both exceeding the previous record but this time Emma came out on top, reversing the placings from the N.Z. Champs last week. Emma's winning throw was 47.75 and Dyani reached 44.95, both well ahead of the previous record of 43.83.

The two next met in the discus with Dyani, not really expecting to throw a PB, but did just that with her first attempt, putting her in the lead. She still led after 4 throws when she had had to leave the competition to run a hurdles race. When she returned she found Emma had grabbed the lead with a PB of her own. Dyani thought "oh well", but put out another PB to re-take the lead and the win.



Teagan, record hammer

However in the shotput it was no contest with Emma demolishing her own record set last year with a new mark of 13.11.

The hammer was in the record books again thanks to Aparima's Teagan Ashley. Her 37.77 throw in the U15 girl's event added 63cm to the existing record set in 2013. Teagan is a very talented up and coming all round thrower and added a shot put third and discus second to her hammer accomplishments.

Andrew Allan took the other record, adding 8 cm to the SB triple jump mark set in 1999 with a jump of 13.61. This was slightly better than his NZ Champs gold medal jump the previous weekend in Hamilton.

Mt Aspiring College provided the distance stars of the meet with Zoe Smith (U14) setting a new record in the 1500 then almost broke the record in winning the 800 and Janus Staufenberg set a brilliant new mark of

3:58.89 in the SB 1500 as well as winning the 3000m. Jack East gave Mt Aspiring another record with his 52.53 in the U15 400m not far off Tyler Hamilton's (CSC) winning senior time of 51.88.

Wakatipu continued its climb towards its ambition of becoming an athletics powerhouse. Gareth Harcombe (U16 800m) and Aleks Cheifetz (U15 1500m) had wins, Todd Vermier was second in the U14 1500 behind the record breaking Josh Hou of John McGlashen and second again the 3000m, Gareth was third in his 1500 and sprinters Josh Drinkwater (2nd U16 200m and 400m), Tasuku Yoneto (2nd U14 80m hurdles) all placed. And then there was Sophie.



Sophie Woodham came away with three wins, all hard fought and close - U15 girls long jump with only 6cm between first and third, 80m hurdles by .01 seconds and 300m hurdles by less than third of a second. She also finished fourth in the 100m.

Sophie Woodham (left) 300m hurdles, on the way to first of her three wins

Anna Skerrett (SGHS) took the U16 sprint double, Sam Colyer (SBHS) won both U15 horizontal jumps, Jessica Senior the U16 discus and javelin double while Uilealea Savea (SBHS) and Anna Skerrett (SGHS) continued their domination of the shot put circle, winning their respective U15 events.

First five in each event qualify for the South Island champs this weekend and Dunedin. Southland schools will be well represented.

Full results for all events at <http://athleticsotago.co.nz/Portals/13/results/2017/otago-southland%202017.pdf>

And the SISS programme can be seen at

<http://www.sporty.co.nz/asset/downloadasset?id=d5b58919-8f64-481c-b678-bb59ee48c58aJ>

Jack Beaumont and Atipa Mabonga Major Championship Wins.

N.Z Mountain Champs

On Saturday Jack won his first senior national mountain running championship after winning the junior titles the last two years. The champs were again on Queenstown's Ben Lomond.

This was his second national championship in a week, having won the senior steeplechase at the N.Z. champs in Hamilton the previous weekend. He totally dominated both events, the steeple by a significant 37 seconds and in Queenstown over the 11.8km up and down course by a good 5 minutes, running 1:01.31.

As he put it, "the race went exactly plan. I took it out hard and had Ryan Carr on my tail down the hill averaging 2:30kms but when we hit the uphill climb I pulled away and gradually extended the lead throughout the race."



“I Felt very strong on the descents and uphill felt equally as good, and didn’t lose anything on the down, which is the weaker part of my mountain racing.

I would rank this run in my top 3 best performances ever. “

He said he felt confident on the day, with a good feeling as he stood on the start line. Another reason for my good performance was my confidence leading into race I just had a good feeling about the race standing there at the start line.

The confidence was not misplaced. The win qualifies him for the world championships in Italy in July.

Australian T & F Champs

Atipa Mabonga put out the best competition of her career in Sydney on Monday, winning the Australian U20 triple jump championship in a best ever 12.52.

This follows the wind assisted 12.48 she jumped in winning the NZSS title last December and 12.35 winning jump in the NZ U20 championship last week.

In Sydney she left her best to last, securing the win on her last jump, only 2cm ahead of second place.

The 12.52 breaks Charlotte Muschamp’s Southland SW, W20 and W19 record of 12.49 and Greer Alsop’s W18 record of 12.36, both from 2012.

The Otatutau club 18 year old now holds the Southland senior record in both the triple and long jumps

Atipa limbering up at Olympic Park, Sydney



Meanwhile, In Dunedin ...



While the older athletes were at Surrey Park and elsewhere, the younger ones were flying the Southland flag at the Tyson Challenge in Dunedin. While blankets, coast and umbrellas were necessary equipment the conditions didn’t limit the fun or the efforts. Full results are at

<http://athleticsotago.co.nz/Portals/13/results/2017/triangular.pdf>

Draft Harrier Programme 2017

This is a tentative draft only and changes can be made. If you have suggestions, email them to Grant Baker at gtsa.baker@xtra.co.nz for consideration.

April	22nd; Opening run, 3,6,9kms Queens Park 29th; Club runs 30th; Gore Half Marathon
May	6th; Fosbender Handcap 1 13th 20th 27th; Handicap 2 Queens Park
June	3rd; Queens Birthday 4th; Christchurch Half Marathon 10th; Millers Handcap 3 17th; New Zealand secondary school cross country ChCh 24th; Gore cross country handicap - NZ Marathon Champs Wellington
July	1st; McNaughtons Wyndham 8th; Southland Cross-Country at Waimumu 15th; 22nd; Heather Skerrett Age Grade H/cap 4 29th; Club 30th; NZ Cross-Country, Akl
August	5th; 12th; Southland Road Champs Te Anau 19th; 26th; Naseby Ultra 50-160k
September	2nd; NZ Road Champs Christchurch 9th; Handicap 5 Estuary 16th; Master Forest Hill 23rd; End of season - Surrey Park 1&3 Km 30th;
November	18th; NZ Half Champs Kerikeri

Keep up to date by checking the Sth Harrier fb page regularly at the Athletics Southland on fb.