



*Abbreviated news this week – bugs in the system (me, not the computer) laid me low*

## Emma Ryan Southland Star at SISS.

A Southland hammer record and a SISS shot put record saw Emma (JHC) come away from Dunedin's Caledonian as Southland's best performer, but she was pushed all the way by Dyani Shepherd Oates (Fiordland College), as has been the norm all season.

The hammer, first event for the pair, had Dyani off to a cracking start with a first throw PB of 47.84 and a Southland record. But this lasted all of 30 mins as Emma on her fourth attempt smashed a 88.80, and with it the W17 Southland record. And of course, the win, with Dyani second.

Next day Emma carried on her record breaking form in winning the shot put, throwing the 3kg ball of iron 13.31 to exceed the previous championship record set way back in 1982. Dyani got one back on Emma in the discus with her third place to Emma's 5<sup>th</sup>.

The throws did well for Southland. As a coach Chris Knight got the girl's U16 discus double with Jessica Senior (SGHS) and Ella Wilson (CSC) going one-two. It was a Southland double too, in the U15 shot with Uilealea Lavea (SBHS) and Anna Skerrett (SGHS) taking their respective titles. These two are exciting prospects, Ulilealea in the throws (he was also second in the hammer) and Anna is any event she decides on or in combined events. As well as winning the shot by a good 30cm margin Anna was third in the triple jump, won the long jump (only just – by 1cm) and helped her SGHS 4 x 100m relay team to a great win (along with Dannika Collins, Emma McColl and Jessica Senior.

Jessica is another with all-round talent; as well as her discus and relay firsts, she won the javelin (by almost 6m) and finished a close third in the long jump. The long jump was close, Jessica losing out to school mate Emma McColl on countback (both 4.88) with the winning leap 4.93. However, Anna Skerrett's long jump was even closer – Anna 4.81, Lily Rae from Craighead 4.80 and Sarah Stewart (SGHS) 4.80, Sarah missing second on countback.

Throws wins also to Skye Singer, SGHS) U14 hammer) and Teagan Ashley (Aparima, U15 hammer) while Winton club member Anton Schroder won the senior



Winning U16 relay team - Emma, Anna, Danika, Jessica

javelin while representing OBHS.

Distance star was Riley Ballantyne (CSC) who won the U14 girl's 3000m and Sophie Woodham (WHS) showed she was "queen of the hurdles" with first in the U15 100m and second in the 300m. Middle distance stand-outs include Gareth Harcombe (WHS) who ran a superb 2:05.95 in the U16 800m, just 1 second off first and school-mate Aleks Cheifetz with a U15 1500m time of 4:29.64 for third while the senior 800m had Winton club two and three as Liam Turner (representing OBHS) and Dylan Forde (CSC) running 1:57.37 and 1:58.11.

Overall, the standard was high and hopefully has inspired many to start training towards the big one, the New Zealand Secondary School Champs in Hasting end of year.

Full results are on the NZSSS website at <https://nzssaa.org.nz/static/si-tf-2017/results.pdf>

(Thanks to Beverlee Shepherd for input)

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## Register with your club now for 2017-18 (Winter and Summer Seasons).

**You can now register online.**

**The Athletics Southland Registration and Membership Login link is the following,**

<https://memberdesq.onesporttechnology.com/3164/org>

This link can be used by either an Existing or New Member.

### **HOW???**

**New Members** - To join the sport of Athletics in Southland you need to first select a club. You can do this by clicking on the word "**Registration**" on the link.

You will find all but two of Southland's clubs here. If you wish to register with one of these clubs please contact their registration officers for help.

You will then need to choose a membership type, agree to the Athletics Southland and Athletics New Zealand terms and conditions, then input your personal details.

On completion pay online with a credit or debit card.

If there is more than one member in the family wishing to join at the same time just click on add another member, input their details and pay it all together at the end.

**Existing Members** - Select "**Login**" and enter your email address and password. If you cannot remember them please use the "**Forgot My Password**" to be sent a reset email

### **Once Logged in you can**

- Update your personal details (click edit details next to your current subscriptions)
- Update your password by clicking the dropdown box next to your name
- Select which communications you would like to receive (manage distribution lists).
- Renew your membership

**Online Renewals** - Select "**Renew**" to pay your membership fees via credit or debit card online. You will need to choose a membership type, and agree to the Athletics NZ terms and conditions.

**Having Problems logging in** - Retrieve your password if you have forgotten it - Click "**Forgotten your Password**" or contact your club administrators - Click "**Contact Us**"

**Development Squad members, remember you must be registered with your club whether you compete in the winter or not.**

# Winter Crosscountry and Road Running Starts April 22<sup>nd</sup>



Opening run is the ever popular 3-6-9km run/walk (1 lap, 2laps or 3 laps) around Queens Park. You choose how many laps you complete then enjoy a hot or cold drink at the Cheeky Llama afterwards, on us!

**Times are taken for all runners. This also determines handicaps for the first of the handicap series the following week. And there's a free coffee or soft drink for everyone after the run at Cheeky Llama Café.**

Meet outside the Cheeky Llama cafe from 1.30pm for information before run starts at 2pm. Harriers season information will be available on the day.

**Winter running is not all about championships – it's for everyone, all ages. And this includes the very popular handicap series. This is five races at various locations with points taken over all races with valuable prizes for series winners. Seniors are 16 and over, although juniors (Under 16) can run in the longer senior races. Best four races count for series points (means you can drop a bad race or not be penalised for not competing in one of the events). Races are from 6 to 9km for seniors and around 3km for juniors with handicap starts – fastest go off last, slowest get a head start.**

All Athletic Southland winter races are open to everyone – however, runners not with a club pay a higher entry fee and are not eligible for Southland medals and trophies.

If you want to walk the courses for exercise or to support family, friends or children you do not pay a race entry – and as many of the courses are bush tracks and open country, why not get some exercise and watch the races unfold.



# 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](mailto: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.**

The biggest Athletics Event of the whole season hits  
Surrey Park on Saturday.

**The Southland Primary School Champs.**

**Full programme here -**

<http://www.sportsouthland.co.nz/SportSouthland/assets/Primary-Schools/2017/Primary-info-and-programme-2017b.pdf>

(Pages 7 to 10)

### **Southland Athletes Overseas Over the Weekend**

Hannah Miller, 5000m, 16:12.55, Stanford, USA

Jordan Rackham, 800m 1:56.82, 1500m 3:58 .81, Iowa, USA.

Greer Alsop, TJ 12.11, Los Angeles, USA.

Andrea McDowell, LJ 5.30, 200m 26.64, 100m hds 17.67, San Francisco, USA.

Andrea is on a tour of California athletic meets – she will be joined this week by Andrew Allan.

*We'll be hearing more from Andrea and Andrew on their American athletic trip later issue.,*

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