

Official Magazine of

New Brighton Olympic

Athletic Club



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RUNNING COMMENTARY



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Articles

Do you have something interesting which could be included in our magazine?

If you feel that it is interesting we would love to share it with other members.
Articles for the next issue should be sent in by the middle of December.

A big thank you to those members who have contributed to this issue.

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the Club Management Committee.***

From the Editor:

Our roving reporter Allan McLaren is back from China and is in full flight with his writing. In this issue he will be updating us on his adventures overseas and he has kindly volunteered to take over the reporting on our local races.



I am convinced that as we get older, staying injury free is more important than the volume and speed of our running. My observation is that the more successful Masters and older runners are the runners that keep injuries to a minimum. As we age we need to progressively spend more time counteracting our imbalances and weaknesses by strength training and stretching. Most of the worlds top runners such as Mo Farah and Nick Willis spend a considerable amount of time in the gym working on injury prevention.

Most experts believe that the number one cause of running injuries is training errors. The body needs time to adapt from training changes and jumps in mileage or intensity. Muscles and joints need recovery time so they can recover and handle more training demands. If you rush that process, you could break down rather than build up and as we get older our bodies need more time to recover.

Listen to Your Body is the oldest and most-widely-repeated advice for avoiding injuries, and still the best: If you don't run through pain, you can nip injuries in the bud. Most running injuries don't erupt from nowhere and blindsides you. They produce signals—aches, soreness, persistent pain—but it's up to you to not dismiss them and take appropriate (in)action.

Tony Prisk

Margaret's Update:

We celebrated the end of the winter season of Cross Country, Road Running and Relays on Sunday October 18th. It was a time for celebrating success, community and effort. Dave Bates, our Patron, and I emphasized in our opening remarks that a successful season relies on the often unseen efforts of many people. The summer season just begun has been long in the planning. Thank you Lee-Ann.

Any season requires planning and a programme. In winter, the Saturdays not taken up with interclub competition are filled with Club events that have to be decided upon well in advance. In the case of special events like the Continents challenge in July, much time was spent by Allan devising fiendish questions to trouble the runners as they arrived at each passport control, not to mention creating the documentation we had to carry.

Someone has to be in charge of Registration. Thank you, Dave. Then there are uniforms for newcomers. Thank you, Aaron and Ronald. Someone has to keep an eye on the juniors. Thank you Richard.

Someone has to make sure the Clubrooms are in great nick for our club runs and make afternoon tea a happening thing. Ann, you know you are a treasure. And then all the crumbs have to be dealt to and the dishes done. Thanks to the regular clean up crew.

Someone has to select teams for relays and decide on handicaps. Cookie, you are the maestro and I am allowed the occasional opinion. After the event, there need to be records kept and photos posted. Stephen Graham takes terrific photos and they go on facebook and on our website. I take photos and most of them are still in my phone. Guess what my New Year's resolution is?

Running Commentary doesn't just happen. Tony relies on a group of contributors who spend time at their computers creating copy. Some of it needs "decommafying" but it needs to be said that a lot of time has gone into creating something for you all to read. Tony gives his time as Editor and deserves a round of applause.

The group of people who meet monthly during the season to manage the set up of the gazebo at races do this under the guidance of John Kerrison who was Club Captain.

The other group we need to acknowledge is the 15k Race organizing committee. This event is our major fundraiser and we start planning it before Xmas. Cookie, Dave Thomas, Tony McManus, Allan McLaren and I brought you this year's event. We would welcome some new blood to our group.

I also want to acknowledge all the members who gave time and energy to our fundraisers. Thanks to those of you who volunteered to be Marshalls at the ChCh Marathon. That earned us \$500. That buys a heap of toilet paper for the Clubrooms. Thanks again to all of you who helped at the 15k. Come to the AGM next year to learn how much more we earned this time. And thanks to all of you who helped at the Lap change at the Takahe to Akaroa Relay at the beginning of October. We couldn't run if you weren't there to support us.

I love being a runner and being a part of a community that cuts across all the usual social divides. Being an athlete (despite advancing age) has given me friendships with people I may never have gotten to know other wise. Working with others to support the Club has also been rewarding. How about you join me next year?

Margaret



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To see some of my work, check out the PDF versions of
Cant-A-Long, the Canterbury Master's magazine,
on the Canterbury Masters website.

Kim Smith Medical Trauma:

Due to the poor media exposure in this country, you may be unaware that Kim Smith arguably the best women distance runner New Zealand has produced has just completed the year from hell.

After struggling through more than a year of left foot pain, an MRI scan revealed that the three times Olympian had ruptured her posterior tibial tendon, and that the tendon had retracted up her leg. You may well ask why this was not picked up before. “An earlier MRI showed it was just tendinitis, so I was still running 80 miles a week at that point, and trying to do tempo runs that were extremely painful,” said Kim, now 33. “I thought I was just being a wimp, but it turned out I was being crazy.” Kim is well known for her high pain threshold.

In September 2014, Kim underwent major surgery to repair the damage. “It involves taking a tendon from your little toes and drilling a hole in the navicular bone, threading it through, and attaching it to your tendon to replace it,” she said.

Two weeks later, Kim became pregnant. “I knew I was going to have to have an extended time off, so it ended up being good timing,” she said. But a major medical ordeal was in front of them. At some point, either when she had the tendon surgery, or else, she guesses during her pregnancy, Kim developed several large pulmonary emboli blood clots in the lungs. “Halfway through my pregnancy I started feeling bad,” said Kim, who rehabbed her foot during her four months of pregnancy and then started running again at five months. “I ran every day until three days before I gave birth, but I was really tired. I would run and then I would have to sit on the couch all day. I just thought it was harder to breathe because I was pregnant. Looking back, I had a lot of the signs that I was developing these clots in my lungs.”

Smith delivered a daughter, Violet Mary, via cesarean section on June 5. “Six pounds, two ounces of cuteness,” the proud mom tweeted. But in the weeks after bringing Violet home, Kim struggled with overwhelming fatigue. “I thought I was just tired from having a newborn baby,” she said. “I started crying all the time, and I thought, *Oh, maybe I have postnatal depression*, but then I was like, this doesn’t feel right.” The situation culminated in the first week of July, when Kim who had developed a cough went for a walk and felt breathless. The sensation reminded her of an incident from 10 years earlier, when she had developed a pulmonary embolism following Achilles surgery. Recognizing the feeling, Kim called her doctor, who sent her straight to the emergency room. Initially, the ER doctors didn’t think she had an embolism, but a CT scan showed many large clots in her lungs.

Kim was transferred to Brigham and Women's Hospital in Boston for a relatively new and voodoo-sounding surgery, throughout which she was conscious. "They actually put a catheter into your lungs through your neck and exploded the large clots with medicine," Kim said. "I Googled it before I was getting it and saw that Serena Williams had had that same procedure and was back playing at Wimbledon three months later. It actually makes recovery faster."

A relatively speedy recovery was little consolation for a new mother whose weeklong hospital stay forced her to be separated from her newborn child. And despite suffering from excruciating post-procedure back pain, Kim woke up in the hospital every three hours to pump breast milk. Her husband Patrick Tarpy, a Brown University graduate and former 13:38 5,000-meter runner, transported the milk in a cooler back to Violet in Providence, sometimes making the Providence-to-Boston trip twice a day, in what turned out to be an Olympian effort by the whole family.

Smith tested negative for the genes that indicate a predisposition to blood-clotting disorders; the cause of her repeated pulmonary emboli remains a medical mystery. What is clear is that she will be on Warfarin, a blood-thinning medication, for the rest of her life. She says she opted for Warfarin over some newer anti-coagulant drugs, which require less-frequent monitoring, because she knows from her previous experience with it that the drug doesn't adversely affect her running. "The years that I was on Warfarin, those were my best years of running," she said. So might there be a performance benefit? Will a therapeutic-use exemption be required? "Oh god, no. It's basically rat poison. So it's definitely not a good thing [to be on], but it doesn't seem to devastate me too much."

Kim has resumed training with an eye to competing in the 10,000m at next year's Rio Olympics. She hopes to intensify her training in a few weeks, when she'll have a part-time babysitter to look after Violet. I would not bet against her making her fourth Olympics.

Allan McLaren

Warming the Bird's Nest for 9 days:

In 2013 I was lucky enough to attend the World Athletic Champs in Moscow, mainly because I paid for it. I was asked to relate my experiences to Running Commentary which I did. I finished off with "The next World Champs is in Beijing in 2015, so if there are any real athletic enthusiasts in the club, please feel free to join me." Alas I had no takers.

I blame the media in this country, but find it sad that most members of our club but not all, know more about the World Rugby Cup but virtually nothing about their own sport. Most club members will know who Richie McCaw is or even overseas players from the past such as George Gregan or Brian O'Driscoll, but mention Ashton Eaton who is the world's greatest athlete, they will look at you blankly. The next question after finding out you are going to the World Athletic Champs is "Are you competing?" A 59 year old balding seven minute miler competing against the world's best, 'Yeah right'. No one would assume I was competing in the Rugby World Cup if I was attending. Again I blame the media for reporting sport so disproportionately, but please let me explain. The athletics at the World Champs is actually stronger than the Olympics as some of the stronger nations such as USA, Jamaica, Kenya and Ethiopia can enter up to five people if they have the title holder and the Diamond League winner. And contrary to popular belief in this country, if you exclude the Games such as the Olympics and Commonwealths which have multiple sports and confine it to single sport World Championships, athletics is the second largest event after football. I don't know where rugby is ranked, but it is hardly a universal sport.

On boarding an aeroplane on my return to New Zealand I had the choice of four newspapers. The three overseas ones all devoted at least an entire page to the Athletic Champs and then there was the Christchurch Press who achieved one paragraph the size of a large postage stamp to Usain Bolt who is arguably the most known sports person. Ironically there was more coverage in a Letter to the Editor from a past club member complaining that the walkers were actually running. Even if I can accept that rugby is our national sport and entitled to large media exposure, why can't other sports get a fair deal? Even rugby enthusiasts tell me they are interested to read about other sports.

Now I have got that off my chest; going from 30°C plus for three weeks to 5°C and raining at Christchurch airport can do that to a person.

Compared to my ordeal in getting a visa for Russia in 2013, China was a piece of cake taking only two days with no further queries. In saying that the Chinese Government and Organising Committee did cause us anguish at times. Ten months before the champs it was our understanding the tickets went on sale, but this turned out to be a ballot where you would find out at a later date if you were successful in acquiring tickets. You can't book airline tickets and hotels on the

hope you might get tickets to the stadium.

My friend from Geneva Ian Lauder who I was going to meet in Beijing had been a member of the British Track& Field Supporters Club for many years and they were guaranteed tickets by the organizers. Ian enquired if they would accept a washed out athlete from the antipodes. This came back in the affirmative and for £350 we had well located seats only 20 meters from the finish line and close to the medal ceremonies. Our accommodation was to be the three stars Minzhuyan Hotel which was within 2km to the stadium. Unbelievably, with only six weeks to go, the Local Organising Committee (LOC) took over all of the rooms for security and other event staff and hence the 25 rooms allotted to the Supporters Club were no longer available. As these rooms were booked in May 2014, it seems incredible that they could do this. Let me quote the e-mail I received from the club. "This change does not affect your visa application as the change has been effected by the Beijing 2015 LOC which is effectively the Chinese government. This is just the latest of numerous instances that we have experienced on the project of authoritarian decisions made with no regard to any contracts or previously agreed arrangements."

The Beijing LOC was going to move us to another 3 Star Hotel in a very inconvenient location that was not walking distance to the track or close to a metro line. The LOC was told this was not acceptable and as a result I can't really complain, as we were upgraded to the 4 Star Oriental Bay International Hotel. Although further from the stadium it was only 200 meters to the metro station with a direct line to the stadium with four stops taking about 15 minutes. On top of that we were given free metro passes to cover our journeys.

So it was with great excitement as I flew to Singapore on the 16th August escaping the Christchurch winter. I have always had a hankering to visit Singapore and spent a wonderful five nights there which broke up the travel nicely. My only concern was that I had heard so much about the intense heat, but to my surprise I didn't find it too bad and at times you even had a gentle mildly cooling breeze.

The Hotel I was staying out housed a lot of teams who were to compete in the World U23 Swimming Champs that were to kick off that weekend. The most noticeable was the strong teams from Australia and the Netherlands. The Australian team had the 20 meter hotel pool for training at certain times and it was breathtaking what they achieved in the pool. With the number of people in the pool doing somersault turns etc it was amazing there were no collisions. I decided against strutting my stuff.

On the 21st I flew to Beijing which takes 6 hours and 20 minutes. You are always a bit apprehensive disembarking in a strange land, and even though you have no idea what you are supposed to be doing, you simply go with the flow. Passport Control was the first checkpoint and was not a drama. However, I was

wondering where is your luggage as the next scene on the horizon was a metro? Continuing with my theme of going with the flow I hopped on and five minutes later it become obvious this was the end of the line. A few escalators later and the luggage carousel came into view. It is one of life's sweet moments when you are reunited with your luggage.

I was very weary of the taxi ride to the hotel as I had read of scams on Trip Advisor. I followed the signs labeled taxis and a lady directed me to an official looking taxi counter. It was weird as the gentleman was obviously doing a quote and came up with 252 Yuan which is approximately NZ\$63. That appeared rather steep considering the advice I had read and I enquired why I could not be simply charged on the meter. At this point he immediately washed his hands of me and pointed to the taxi stands. Why I was not directed there in the first place?

Not having the address in Mandarin is a complication but I was able to show him a map. The taxi driver was not convincing that he knew where the hotel was, but as neither of us spoke the same language, I really had no choice, but was pleasantly surprised how slowly the meter went up. He was very aggressive and would change lanes at will and toot at anyone who dared to replicate him. Every so often he would wind down the window and in what appeared to be a local custom spit thankfully out the window. It was good to see Beijing taking the Championship seriously with banners of famous athletes lining the route. To my relief with only 75 Yuan (NZ\$19) he pointed to the destination. As I am such a generous chap all prices from now will be in New Zealand Dollars.

Incredibly the first person I saw when entering the foyer was my friend who showed me to our comfortable room on the fifth floor. Normal tap water is not safe to drink in China, so it was pleasing to have a small tap with endless filtered water. In China you often see up to three people on pushbikes and motorcycles with no helmets, so obviously health and safety is not a priority. Yet on the wall in the shower there is a sign "Caution Wet Floor." Really!

As we were tired from travelling we decided to have dinner in the hotel. This turned out to be a mistake being the worst and most expensive meal of the trip. With a choice of four restaurants, we found three were closed with the forth accommodating only two other patrons which should have been a warning.

Before I could sit down I was handed a menu the size of a large and very heavy book, with no room to place it on the table. The two waitresses basically then stood in my face with pens poised. I tried to point out that I needed time to decipher the menu and that my friend would also like to see it. Needless to say my first choice was not available, so I went for what looked in the picture chicken breast meat cut into small portions. But pictures can be deceiving as every mouthful was full of grit and bones. The small dish was NZ\$50. From then on every meal we encountered was very cheap and tasty.

It was this night that I learnt of a competition the British Supporters Club was running where you had to pick the winner of every event over the Championship. The person with the most correct answers was to receive £100, not an amount to be sneezed at. This meant a late night focusing on events which I would not normally be interested in. Finally, I went to sleep excited about my first visit to the Bird's Nest in the morning to see the finish of the men's marathon. I did not seriously contemplate having a chance in the competition, so was not particularly worried about it. However, that all changed on Day two when I hit the lead and from then on my whole equilibrium changed, getting worked up about every event and willing my picks on. Also my ego was at an all time high being mentioned each morning in the excellent British Supporter's Club Newsletter. Did this end in ecstasy or did my questionable stamina run out? To find out you will have to wait for the next exciting copy of Running Commentary.

Allan McLaren

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Spinal Injuries

Sports Injuries

Muscle balance assessment

Occupational health

Rundown:

In a previous article I enlightened you on what it takes to become an Olympic Champion with the training of Yvette Williams. Her brother Roy although not as talented and living in the shadow of his sister, decided to toughen himself up and set himself some tough goals. Roy chose one of the toughest events the Decathlon and should have been chosen for four Olympics, but ridiculous selectors ruined his career. With every good reason to give up in disgust he was rewarded with a gold medal in the 1966 Commonwealth Games.



Being a Decathlete he only had two chances to qualify the Auckland and New Zealand Championships. In 1956 not only did the Auckland 100m track rise a meter from start to the finish, on the first day of the Decathlon he found the groundsman had forgotten to mow the grass which was 5cm high. So he picked up his Father's hand lawnmower and spent an hour mowing four lanes of the track. What a way to prepare for the 1956 Olympics in Melbourne.

In the 1950s many sports including athletics, weren't held on Sundays for religious reasons. This meant the first event for the Decathlon the 100m started at 6:00pm on Friday night. By the time the fourth event the high jump began, it was 8:30pm. Although the floodlights were on, it was barely possible to see the cross-bar, so cars were driven onto the park to provide more light. Despite all these problems Roy broke the New Zealand Record by 520 points and in the New Zealand Champs he broke the record again.

The New Zealand Athletic Association nominated him as number ten out of twelve athletes. The ridiculous New Zealand Olympic twelve man selection panel rejected him and even picked someone behind him on the list. The Australians picked three Decathletes all with inferior performances to Roy. They finished 9th, 10th and 11th. Sadly six members of the Association had an all-expenses paid trip to the Olympics, purportedly to attend a meeting. Two members represented sports which were not even on the programme.

Also in 1956 Roy was a member of the New Zealand Basketball team which was invited to the Games by the Australian Federation, but again this was turned down.

In 1960 with the Rome Olympics on the horizon, he won his 5th New Zealand Decathlon, breaking the New Zealand record by 700 points. Unbelievably, because the 100m was wind assisted the New Zealand Selectors didn't count it

and did not nominate him. That performance on an inferior track would have got him 12th in Rome.

So determined to make an Olympics, in 1964 he paid his own way to train at the University of Southern California. In his first Decathlon in the States he beat the qualifying standard of 7000 points by 211 points, which was a New Zealand and Commonwealth record. He was nominated by the Athletic Selectors but not selected by the cronies at the Olympic Association. In August he improved another 101 points bettering the standard by 311 points and ranked in the top ten in the world. Two months before the Tokyo Games a new scoring table shot him up to 8th.

They would have no option but to add him to the team, but no! Harold Austad head of the New Zealand Olympic Association said entries closed on the 15th August. His Coach at USC immediately phoned the Secretary General of Japanese Athletics who said the date was only approximately and that they would extend entries to the 19th September due to exceptional circumstances and they considered this to be a case in point. Austad who had no intention of doing the right thing, held his ground. The other fly in the ointment Lance Cross was not known as 'Lance Double Cross' for nothing. When the team arrived in Tokyo the Manager of the team Bill Stevenson told Austad that the Japanese were prepared to hold open an entry for Roy to compete. The response from Austad, "My Associations decision not to include Williams has been made. He will not compete and that is final. The matter is closed." Three women gymnasts were sent to the Games finishing 73rd, 76th and 79th and that was their best discipline. The Auckland Star even offered to pay Roy's fare.

After winning Commonwealth Gold in 1966 and bettering his Commonwealth Record by another 168 points in 1967, surely he would be picked for the 1968 Olympic Games in Mexico City. Alas, in the Nationals competing in the hurdles he tore an abductor muscle in his left leg. This meant he was unable to defend his Decathlon title. Although he was totally recovered, when the nominations were announced he was not one of them. Of the others picked for the team, one failed to finish Nationals, one was injured since the Nationals and six did not hold New Zealand titles, and several were not ranked as highly internationally.

He soldiered on competing in the 1970 Commonwealth Games in 1970 but at 36 it was getting too much. He retired with this gem, "When your mind makes appointments your body can't fulfil, you're over the hill, brother over the hill!"

Allan McLaren

Herd On The Road - What is the future for the Akaroa Relay?

I've been thinking about the future of the "Takahe to Akaroa Relay" for some time and believe it's now time to retire this event from the programme, and replace it with another relay. It's no longer logical to organize an eighty kilometre long, point to point relay, which has nine change points and several road crossings on major highways.



Few, if any, open highway relays still survive.

We need to find and develop an alternative relay. A relay consisting of two, or three, different distance laps, starting and finishing, at the same point. Multiple laps would be run to give a suitable distance relay for all grades. This would reduce the cost of organizing the relay and the also reduce the manpower required to marshal the course.

Starting, and finishing, the different laps at the same point, would also eliminate the need for cars, team members and spectators, to travel round the course. This would improve safety for all participants. Relays in this format are currently used in many areas, as a replacement for their open highway events which became unmanageable.

I have been looking at the layout of courses of this nature and believe we can source courses, and venues, which meet the criteria.

A newly proposed relay, such as this, could become our "Canterbury Road Relay Champs" or even the "South Island Relay Champs" open to all clubs throughout the South Island.

Let me know what you think.

Cookie

Akaroa Memories

Stewart Taylor was saying on Saturday that that was his 30th Akaroa, which got the rest of us in the old farts' team counting. Clive thought he was about the same, and Kevin Papps and I both thought we were probably up to about 20.

Turns out that since my first one in 1987 (slightly against the rules at age 14), I've run the main relay 22 times, and the social relay once. I was out injured twice, living in England for three more, and it was cancelled in 2010. I'm a bit surprised that I only missed two with injury, in 1989 and 1990, but there have been several others since then where I ran a particular lap because of an injury - all three times that I ran lap 6 and at least a couple of the lap 4's, plus my social lap last year and the rather slow shuffle on lap 3 this year.

I've run every lap at least twice, and lap 4 four times. I reckon I was probably one of the youngest to run all 8, achieving that in 1997 just before I turned 25. My best time to Akaroa is 4:27:43, a long way behind Goodie – my laps 4, 6, and 8 are particularly weak, but none are in his class. To be honest though, I struggle to think of a year when I really ran well in it, and to my everlasting regret I was never in a winning A team (we got a lot of silver medals, often behind New Brighton in my early years!). However, being in the 1993 B team which won the national B grade title was pretty special, as was winning the Masters grade with the newly formed NBO team in 2011. Another favourite memory is our junior men's team in 1988, the only one Olympic ever had during my time - it included two Reids & two Coughlans, and at least two of the other four were also coached by Neville Reid.

Some happy memories, and the odd regret – but as they say, there's always next year.....

Laps Completed

Paul Coughlan

Lap	# times	Fastest	
1	3	1997	31:18
2	3	1995	35:08
3	2	1996	32:30
4	4	2002	32:20
5	2	1994	35:51
6	3	1991	32:22
7	3	1993	29:49
8	2	2005	38:25
Total	22		4:27:43

A short history of nearly everything this season:

I have just completed the Bill Bryson Classic 'A Short History of Nearly Everything,' which would have to be one of the most amazing books ever. It got me thinking that we have a club magazine 'Running Commentary' but there has been no commenting on the races this season. As there have been some outstanding performances it is a bit poor. To rectify matters, here is my version of 'A Short History of Nearly Everything This Season.'

New Balance 15k Road Race Tai Tapu 11 April 2015

A great result for the club filling the first 4 places with Callan breaking away from Daniel in the last 2km. Kerry Faass continued to amaze winning the Veterans. Dianne Davis cleaned up the 10k with Rozie Robinson winning the walk in a fast 49:03. Red Maddock one of our founding members overcame a lack of opposition.

Men 15k			Women 15km		
1	Callan Moody	47.46	12	Shannon-Leigh Litt	1-03.43
2	Daniel Balchin	48.01	Women 40		
3	Oska Inkster-Baynes	48.26	5	Tessa Holland	1-06.07
4	Mark Bailey	48.40	9	Stephanie Rumble	1-09.25
6	Nick Burrow	50.57	10	Ronalda Reid	1-11.45
84	Hayden Zervos	1-15.15	Women 50		
Men 40			6	Carolyn Forsey	1-11.49
1	Kerry Faas	51.20	Women 10km		
2	Paul Angland	54.34	1	Dianne Davis	44.40
Men 50			7	Jude Seeto	50.53
5	Ian Faulkner	1-01.00	Women 10km Social Walk		
11	Tony Good	1-06.49	1	Rozie Robinson	49.03
16	Richard Young	1-08.54	4	Ann Henderson	1-23.02
18	Bruce Woods	1-09.31	Male 10km Social Walk		
23	Stephen Graham	1-16.17	1	Red Maddock	1-22.52

NZ Mountain Running Champs Nelson 11 April 2015

Dallas Wichman was our only competitor finishing 6th in the tough run up The Grampians.

Hagley Memorial Relay Hagley Park 25 April 2015

The season got off to a fine start with our Senior Men winning by nearly two minutes with Daniel, Callan and Oska the fastest individual times. Our other teams were 9th and 15th. Our Masters team was second one minute behind Papanui Toc H. Our other two teams were 12th and 13th. We had two teams in the Masters Women in 2nd and 4th. The A team missed winning by only 10 seconds to the Canterbury Tri Club. You could argue they are not a true running club.

Senior Men		Masters Men	
1 Daniel Balchin	12.17	2 Kerry Faass	13.41
2 Callan Moody	12.25	3 Tom Mayo	13.59
3 Oska Inkster-Baynes	12.49	11 Simon Ralph	14.47
11 Nick Burrow	13.23	13 Nathan Peterson	14.50
15 Dallas Wichman	13.32	19 Mark Reid	15.06
19 Walliam Sams	14.22	27 Mark Yplelaar	15.29
25 Davis Macdonald	15.37	47 Rod Hibbard	16.28
34 Clive Kitchingham	16.37	69 Greg Harney	17.28
36 Ian Faulkner	17.08	76 Kevin Papps	18.16
Junior Men		77 Richard Young	18.21
31 Evan Young	16.31	88 John Clancy	19.09
33 Reece Chalken	16.46	88 Bruce Woods	19.09
35 Hayden Zervos	16.48	93 Laurie O'Neill	19.18
Junior Women		94 John Sheddan	19.20
19 Kathryn Ford	19.04	98 Tony Good	19.44
Senior Women		100 Stephen Graham	20.00
12 Kate Mayo	17.22	104 Richard Hopkins	20.41
Masters Women		107 Bill Stevens	20.53
5 Ruth Love-Smith	17.36	111 Allan McLaren	21.25
12 Carolyn Forsey	18.43	113 John Mulvaney	21.47
13 RONALDA REID	18.53	127 John Kerrison	26.33
17 Dianne Davis	19.23	Walkers	
20 Margaret Flanagan	19.30	1 Rozie Robinson	21.43
21 Belinda Lancaster	19.43		
28 Jude Seeto	21.11		
31 Toni Taylor	21.32		

Lionel Fox Relay Woodend 2 May 2015

Named after a club icon, this relay was not well supported. Team placing were 4th Masters Men, 12th & 13th Senior Men and 5th Senior Women. The three Junior Men all running as Senior Men were very close together on time.

Senior Men		Masters Men	
43	Reece Chalken	20.27	
45	Hayden Zervos	20.46	
46	Evan Young	20.49	
Masters Women			
3	Ruth Love-Smith	22.12	
11	Carolyn Forsey	24.13	
14	Margaret Flanagan	24.48	
Senior Women			
15	Kathryn Ford	23.42	
6	Simon Ralph	18.28	
29	Rob Hibbard	20.27	
34	Clive Kitchingham	20.43	
41	Alec Hobbs	21.07	
45	Richard Young	22.19	
54	Kevin Papps	23.26	
57	Stephen Graham	24.13	
61	Laurie O'Neill	24.56	
63	Richard Hopkins	25.19	

Children's Forest Relay 9 May 2015

New Brighton Olympic had one team competing which won the Mixed 14 Grade. The team led off with Natasha Senior who is only 11, followed by Corban Straker and Evan Young.

Jane Paterson XC Races Rawhiti Domain 16 May 2015

Our Senior Men were conspicuous by their absence after dominating for many years. At different ends of the spectrum, Natasha Senior was 3rd in the Girls 12 and it was pleasing to see John Hellemans returning with a 2nd in the Masters 60. Greg Harney won his age group.

Senior Women 6km

8 Kathryn Ford 28.40

Women 35 6km

2 Ruth Love-Smith 27.13

Women 40 6km

3 Ronalda Reid 28.47

Women 50 6km

2 Dianne Davis 29.21

Girls 12 3km

3 Natasha Senior 13.33

Men 40 9km

5 Simon Ralph 36.04

Men 50 9km

10 Stephen Graham 48.36

Men 55 9km

3 Clive Kitchingham 39.26

5 Rod Hibbard 40.34

8 Richard Young 43.10

Men 60 9km

2 John Hellemans 39.28

Boys 13 3km

9 Corban Straker	12.37
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Senior Men 9km

3 Dallas Wichman	32.38
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19 Hayden Zervos	39.06
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Youth Men 6km

25 Evan Young	25.50
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Male 65 7.5km

1 Greg Harney	34.40
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4 Laurie O'Neill	37.57
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6 John Mulvaney	49.44
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Christchurch Airport Marathon: 31 May 2015

This is one of the few times where the helpers may have found it less painful to run the marathon. Earning money for the club we were positioned in the shade of Hereford Street on a cold morning. Very bad course choices by the Organisers made Hereford Street an absolute nightmare with it becoming impossible to decipher who was on what lap. The problem was that in the marathon they came down Hereford Street four times with 50% of the time they had to be directed straight and the other 50% of the time left into the square. On top of that the half marathoners and 10k runners were also on the same course. The top athletes in the half marathon were impeded by the slower 10k athletes, with the lead car appearing to solve the problem by driving straight through them. How no one was injured is beyond me? Unfortunately, a lot of athletes through no fault of their own did not complete the full course. There was a halfway split in the marathon which recognised the chip on their shoe and there are a number of athletes including some from our club that did not feature here which begs the question. Although I am not convinced all the results are correct, here are the results as listed.

Marathon		Marathon	
Senior Women		Men 50	
5 Shannon Leigh Litt	3-03.56	13 Richard Young	3-37.04
Women 40		33 Stephen Graham	4-19.45
27 Stephanie Rumble	4-00.19	Men 60	
Men 20		2 Bruce Woods	3:44.46
2 Hayden Zervos	3-07.57		

New Zealand Half Marathon Championships: Christchurch, 31 May 2015

Held in conjunction with the Christchurch Marathon the club was in with a good chance of another New Zealand title in Callan and Daniel. Australian Jonathan Peters broke away at the start building up what looked like an insurmountable lead over a large group of New Zealanders more focused on the New Zealand title. The group consisted of Callan and Daniel, Malcolm Hicks and Jonathan Jackson from Auckland, Aaron Pulford from the Waikato and Caden Shields from Otago. This group remained together for a long time, before Callan broke it up with a surge with approximately 5km to go. He then started making inroads on the Australian who was paying for his fast start. Nearing the finish he took the lead and after threading his way through the slower 10k runners added yet another title to his portfolio. Malcolm Hicks was 2nd New Zealander 27 seconds behind with Daniel following another 14 seconds later. Another two medals at national level that can be added to the club's rich heritage.

Half marathon		Half marathon	
Senior Men		Women 20	
1 Callan Moody	1-05.12	5 Kathryn Ford	1-39.54
4 Daniel Balchin (3 NZ)	1-05.53	Women 40	
Men 50		52 Belinda Lancaster	1-54.11
22 Clive Kitchingham	1-31.44	Women 50	
		7 Carolyn Forsey	1-43.13

Christchurch Airport Marathon 10km Race: 31 May 2015

This race was won very convincingly by Oska Inkster-Baynes, but with a New Zealand title at stake in the half marathon, you would have thought it would have been a better option?

Senior Men 10k		Women 40 10k		
1	Oska Inkster-Baynes	30.21	7 Dianne Davis	46.15
4	Dave Ridley	32.15	Women Walk 10k	
7	Nick Burrow	32.29	Rozie Robinson	52.00

Holloway Memorial Cross Country Races: Ascot Golf Course 6 June 2015

Wins to Kerry Faass, David Macdonald and John Sheddan in their respective age groups but the real interest was in the titanic battle between Mulvaney, Kerrison and Pendrigh. For most of the race they were a closely knit bunch with Kerrison applying the earlier pressure. He was to pay for this dearly in the later stages. Pendrigh emerged from the golf course with a hard earned 30 meter gap, but Mulvaney showing his superior track speed took him just before the line.

Senior Men		Men 60	
3 Dallas Wichman	28.24	5 John Hellemans	37.24
Men 40		Men 65	
2 Paul Angland	29.57	1 John Sheddan	38.02
Men 45		4 Laurie O'Neill	41.19
1 Kerry Faass	28.19	6 John Mulvaney	50.12
Men 50		7 John Kerrison	51.40
10 Stephen Graham	43.22	Men 70	
11 Dave Candy	45.24	3 Graeme Pendrigh	50.17
Men 55		Women 35	
1 David Macdonald	32.14	3 Shannon-Leigh Litt	37.23
5 Clive Kitchingham	33.07	Women 40	
9 Rob Hibbard	34.34	5 RONALDA REID	39.17
Boys 13/14		Women 45	
16 Corban Straker	16.41	7 Chris Stowell-Collett	39.52
		Women 50	
		3 Dianne Davis	39.36

Andrew Reece Memorial Relays: Woodend Beach Domain 13 June 2015

In this fun Handicap Relay the teams were mixed with members of all ages. This meant three teams in the Senior Men's division. Unfortunately, the handicappers were not kind to New Brighton Olympic finishing 4th, 9th and 12th on handicaps. In respect of fastest times the same teams were 12th, 19th and 11th. The same pattern followed for the Women with a Senior team that was 4th on handicap and 6th fastest overall. The Master's team was 3rd out of three on handicap but improved a place to 2nd on fastest times.

Junior Men		Masters Men	
27 Reece Chalklen	19.29	6 Paul Angland	17.43
32 Hayden Zervos	20.24	29 Rob Hibberd	19.39
34 Evan Young	20.52	38 Clive Kitchingham	20.12
Junior Women		44 Paul Senior	20.51
21 Kathryn Ford	22.17	55 John Sheddan	22.15
Masters Women		58 Kevin Papps	22.22
4 Ruth Love-Smith	20.44	59 Richard Young	22.34
14 Chris Stowell-Collett	22.42	68 Laurie O'Neill	24.09
15 Carolyn Forsey	22.43	70 Stephen Graham	24.17
17 Dianne Davis	23.07	72 Richard Hopkins	24.56
21 RONALDA REID	24.01	77 Russell O'Malley	26.33
24 Margaret Flanagan	24.28	88 John Kerrison	30.59
28 Tessa Holland	25.35	Girls 12	
		3 Natasha Senior	10.07

Oceania 10km Road Champs: Launceston, Tasmania, 14 June 2015

Oska Inkster- Baynes crossed the Tasman to finish 12th in 31:09. The winner was Duer Yoa an Australian who was born in the Sudan in 29:29.

South Island Cross Country Championships

Incorporating the Kennett Cup Steeples: QEII Park, 27 June 2015

Hailed as the South Island Championships, there were not many athletes from outside Canterbury which is disappointing. Daniel Balchin continued our tradition in the Kennett Cup with a convincing win over his club mate Oska Inkster-Baynes. With two Masters team mates Kerry Faass and Paul Angland they convincingly wrapped up the teams race over University of Canterbury. Clive Kitchingham won the 55 grade and special mention to Kathryn Ford who was injured in the race, which sadly curtailed her season.

Senior Men		Male 40	
1 Daniel Balchin	28.48	2 Paul Angland	33.37
2 Oska Inkster-Baynes	29.11	Male 45	
Junior Men		1 Kerry Faass	32.10
8 Hayden Zervos	28.53	Male 50	
Youth Men		9 Stephen Graham	46.55
22 Reece Chalklen	21.10	Male 55	
23 Evan Young	21.32	1 Clive Kitchingham	37.34
Boys 13		2 Rod Hibberd	39.12
10 Corban Straker	12.20	6 Richard Young	42.19
Youth Women		Male 65	
23 Kathryn Ford	25.03	2 Greg Harney	31.28
Women 35		3 John Sheddan	32.19
2 Ruth Love-Smith	21.38	6 Laurie O'Neill	35.47
Women 45		7 John Mulvaney	41.18
7 Chris Stowell-Collett	24.20	Male 70	
Women 50		4 Peter Coughlan	46.53
3 Carolyn Forsey	23.51		

Gold Coast Marathon 5 July 2015

After his great win in the New Zealand half marathon, Callan Moody crossed the Tasman for another crack at a distance which has brought him some good results in recent times. The convincing winner of the race was Takehiro Deki of Japan in a fast 1:02:09 with Callan running a good race in 5th in a time of 1:05:54. In the marathon Dave Ridley went through halfway in 1:14:02 but ran into difficulties and retired from the race at 25km.

Shoe Clinic Wellington Half Marathon: 5 July 2015

Oska Inkster-Baynes easily won this race by two minutes over Nick Horspool in a time of 1-08:26.

World University Games: Gwangju, South Korea, 10 July 2015

The World University Games are one of the largest sporting events on the planet incorporating many sports. Daniel Balchin was selected for the New Zealand team in the 5000m. He competed in Heat 2 and lead for the first 2km but faded to 9th in a time of 14:32.59. This was not enough to advance to the final.

Canterbury Cross Country Champs: Halswell Quarry, 11 July 2015

Sadly, a sign of the times due to dwindling numbers competing in our Club Champs; it was decided to incorporate this into the Canterbury Champs race. This was not that successful as athletes are not really supporting the Canterbury champs either. To an old timer I find this rather sad.

With Callan and Daniel competing overseas it was left to Oska to keep the flag flying. In a sneak preview of the Nationals, he absolutely decimated the field winning by 1½ minutes over Ben Musson of Toc H. Ruth and Margaret won their age groups with the latter beating Loris Reed for the first time in a long while. We were also placed in a lot of Masters age groups with Greg Harney missing by only 2 seconds over Ian Chinnery of Christchurch Avon. It was good to see John Sheddan improving with every outing.

Senior Men		Men 40	
1 Oska Inkster-Baynes	37.57	3 Paul Angland	28.30
Junior Men		Men 55	
10 Hayden Zervos	30.54	2 Clive Kitchingham	31.49
Boys 13		3 Rod Hibberd	32.18
6 Corban Straker	15.59	11 John Clancy	38.10
Women 35		Male 65	
1 Ruth Love-Smith	24.30	2 Greg Harney	25.21
Women 45		3 John Sheddan	25.47
6 Chris Stowell-Collett	28.06	6 Laurie O'Neill	28.49
Women 50		9 John Mulvaney	33.45
3 Carolyn Forsey	26.50	Male 70	
Women 65		2 Graeme Pendrigh	36.14
1 Margaret Flanagan	27.10	3 Peter Coughlan	37.52

Papanui Toc H and Shoe Clinic Lakeside Relay Lake Roto Kohatu, 11 July 2015

After saying our club was hard done by in the relay at Woodend, the Handicappers over compensated with wins to the Masters Men who had two women in the team, and the Master Women. Our other teams were 5th in the Masters Men and 7th in the Senior Men. Our fastest team was not surprisingly disqualified because Oska ran two legs coming out with the two fastest times overall. A good tune up for Nationals. Kerry Faass missed fastest time by one second to his rival Chris Mardon. It was good to see Corban Straker running well

Senior Men		Masters Men	
1 Oska Inkster-Baynes	15.53	2 Kerry Faass	16.46
2 Oska Inkster Baynes	16.05	10 Mark Reid	18.43
16 Ryan Kiesanowski	17.49	16 David Macdonald	19.17
28 Hayden Zervos	19.08	25 Rod Hibberd	20.04
40 Reece Chalklen	21.22	36 Clive Kitchingham	21.58
41 Corban Straker	21.28	48 Richard Young	24.03
45 Evan Young	22.23	53 Stephen Graham	24.13
Masters Women		57 Laurie O'Neill	24.45
3 Ruth Love-Smith	20.51	60 Russell O'Malley	25.25
5 Shannon-Leigh Litt	22.11	63 Dave Candy	26.01
9 Carolyn Forsey	23.24	70 John Kerrison	30.54
10 Margaret Flanagan	23.38		
19 Tessa Holland	25.28		
22 Toni Taylor	26.22		

New Zealand Cross Country Championships: Halswell Quarry, 1 August 2015

Spoilt by the Championships being in Christchurch for the second year running, there was anticipation on whether stablemate's Callan and Daniel could replicate their 1st and third from last year or maybe even improve it by one place. The first blow to this was when Daniel had to withdraw due to an Achilles ailment. To the race itself, a large group which included Oska and Callan stuck together until just over a lap to go. Malcolm Hicks of Auckland broke this up with a sustained burst which completely split the group. Matthew Baxter from Auckland was then clearly in second with Oska just as clear in third. Callan who was not having a good run fell off the pace. The positions remained the same with Malcolm Hicks winning by 6 seconds over Matthew Baxter with Oska another 26 seconds back gaining yet another medal at National level for the club. Callan followed in 6th. So who is our latest medalist? By plagiarizing his website which is a bit risky because you can get something wrong, I can tell you he is 24 years of age, married and was a pupil at St Andrew's College where he came under the tutelage of one Phil Costley. It appears he trained as a Chef and has just returned to Christchurch after four years in Wanaka. He is now the Marketing and Business Development Manager at Fronrunner.

Two years ago he became an instant hero for the club in a very exciting National Road Relay, when he came from behind to pass an Olympian in Michael Aish running for Scottish to snare victory. It appears that last year he was hampered by injury.

Open Men		
3 Oska Inkster-Baynes		6 Callan Moody

New Brighton Olympic also had a lot of success in the Masters Divisions. In the males Kerry Faass won the Male 45 but it was not a good run by his standards being slower than the Male 50 winner. Greg Harney who was just beaten by Ian Chinnery in the Canterbury Champs, improved significantly beating Ian by a large margin to finish 3rd in the Male 65 Division. Other competitors were Peter Coughlan who finished 4th in the Male 75 cursing one Alex Cook who had told him his age group ran a shorter distance. Finally both Paul Angland and Clive Kitchingham were 6th in their Divisions.

Male 40		Male 45	
6 Paul Angland	28.56	1 Kerry Faass	27.55
Male 55		Male 65	
6 Clive Kitchingham	33.23	3 Greg Harney	34.53
Male 75			
4 Peter Coughlan	54.25		

We had two female entrants in the Masters with both running well to take medals. Ruth Love-Smith was third in the Women 35, and Margaret who had reservations about running cross-country easily won the Women 65. It was disappointing that she only had two in her grade but the quality of her run can be judged by the fact she beat the 60 grade and would have finished second in the 55 grade.

Women 35		Women 65	
3 Ruth Love-Smith	25.15	1 Margaret Flanagan	28.23

Canterbury Road Championships: Landfill Rd, Burwood, Forest Park, 22 August 2015

Again this doubled as the Club Champs. Hayden McLaren running his first race for some time had a huge lead after 4km but tweaked a calf-muscle and withdrew from the race. Mark Bailey took over and though he will show in the results as the Male 35 winner he actually won the race outright. Dave Ridley was 2nd in the Open grade. Melanie Angland made a rare appearance for the club being the best of the women in 4th place in the Open section. Her husband Paul was 2nd in his grade. As it has been all season our Masters athletes featured in the placings.

Senior Men 10k			Male 35 10k		
2	Dave Ridley	32.48	1	Mark Bailey	32.27
9	Ryan Kiesanowski	35.33	Male 40 10k		
Junior Men 8k			2	Paul Angland	36.34
7	Hayden Zervos	31.03	Male 45 10k		
Youth Men 6k			1	Kerry Faass	33.29
21	Reece Chalklen	25.24	Male 50 10k		
Boys 13 3k			10	Stephen Graham	50.08
7	Corban Straker	16.06	Male 55 10k		
Senior Women 10k			3	David Macdonald	38.29
4	Melanie Angland	38.29	4	Clive Kitchingham	41.14
11	Rozie Robinson	44.50	12	Richard Young	46.09
Women 35 5k			Male 60 10k		
2	Shannon-Leigh Litt	20.42	5	Greg Clark	45.52
Women 45 5k			Male 65 8k		
6	Tessa Holland	22.09	1	Greg Harney	33.45
7	Chris Stowell-Collett	22.16	5	Laurie O'Neill	38.27
Women 50 5k			8	John Kerrison	47.44
3	Carolyn Forsey	22.16	9	John Mulvaney	50.19
Women 65 5k					
1	Margaret Flanagan	23.19			

New Zealand Road Championships: Tauranga Domain, 5 September 2015

We had two entrants her performed well. The times appear slow but there is pretty good evidence that the race may have been 200m too long. David Ridley was 11th in 32:51 two minutes behind the winner Malcolm Hicks who added the Road to his Cross Country title. Margaret Flanagan had been aiming for this race all season. It was disappointing that she was the only person in her age group, but as in the Cross Country she beat the age division below her.

Senior Men 10k			Women 65 5k		
11	Dave Ridley	32.51	1	Margaret Flanagan	23.10

Governors Bay to Lyttelton Road Race: 12 September 2015

In what will go down in history as one of New Zealand's greatest ever 'Frauds,' Tessa Holland cleared out from the field to win this popular handicap race by a whopping one minute and 41 seconds. So far in front she was able to make a discreet exit before the Authorities arrived. In her Masters Section she won by nearly three minutes with Christine Stowell- Collett and Shannon-Leigh Litt completing a New Brighton Olympic Trifecta. Please forgive me Christine for referring to you as the shortened Chris as your new hyphenated name does not fit the template I have been given. Not surprisingly, Oska Inkster-Baynes had the fastest run of the day.

Masters Women	Gun Time	Masters Men	Gun Time
1 Tessa Holland	57.19	12 Dave Candy	1-01.42
2 Chris Stowell-Collett	1-00.10	21 Stephen Graham	1-02.29
3 Shannon-Leigh Litt	1-01.09	23 David Macdonald	1-02.36
8 Carolyn Forsey	1-01.45	29 Richard Young	1-02.44
14 RONALDA REID	1-02.54	37 Graeme Pendrigh	1-03.10
18 Toni Taylor	1-04.57	38 John Kerrison	1-03.11
Senior Men	Gun Time	49 Clive Kitchingham	1-03.35
9 Hayden Zervos	1-02.10	52 John Sheddan	1-03.40
10 Evan Young	1-02.19	53 Mark Bailey	1-03.41
13 Oska Inkster-Baynes	1-02.43	54 Greg Clark	1-03.41
22 Ryan Kiesanowski	1-03.44	73 Simon Ralph	1-05.06
		79 Kevin Papps	1-07.45
		82 Peter Coughlan	1-09.50
Masters Women	Tag Time	Masters Men	Tag Time
5 Shannon-Leigh Litt	43.29	1 Mark Bailey	32.02
8 Carolyn Forsey	45.06	13 David Macdonald	37.58
9 Tessa Holland	45.40	17 Simon Ralph	38.27
12 Chris Stowell-Collett	46.31	31 Clive Kitchingham	40.56
13 RONALDA REID	47.14	46 Greg Clark	44.02
18 Toni Taylor	55.18	48 Richard Young	45.07
Senior Men	Tag Time	52 John Sheddan	45.59
1 Oska Inkster-Baynes	31.04	57 Stephen Graham	48.49
14 Ryan Kiesanowski	35.04	67 Dave Candy	51.03
25 Hayden Zervos	39.41	68 Kevin Papps	51.19
28 Evan Young	41.54	80 Graeme Pendrigh	1-00.30
		83 John Kerrison	1-03.11
		84 Peter Coughlan	1-07.12

75th Takahe to Akaroa Relay; 3 October 2015
39th New Zealand Road Relay Championships

The Club has a rich history with the New Zealand Road Relay with New Brighton winning it seven times and two years ago with the combined club. With Daniel injured and Callan overseas it was never going to be an easy task. Kerry Faass nearing 50 years of age lead off and did as well as could be expected with fastest Masters time, but this left us three minutes in the deficit of Scottish in 8th place. Nick Rennie on the tough second lap had probably the strongest competition and ran well for 5th but still lost time to the top clubs. This improved our placing to 7th. As usual Veteran Mark Bailey ran a brilliant leg on Lap 3 for 2nd fastest time. He even passed Tim Cornish of Wellington who was 3rd in the New Zealand 1500m. This great run moved the team into 4th. Dave Ridley was up next and got a good gap on Wellington Harriers who had been breathing down our necks. Although he also got 2nd fastest time at the end of the lap we were still three minutes behind Auckland City Athletic who were in 3rd. By now barring accidents Wellington Scottish had the race sewn up with Wesley just as clear in 2nd. Oska Inkster-Baynes took over and on the long flat lap to Cooptown continued the fine form he has shown all season. He only lost 15 seconds to Malcolm Hicks of Wesley who is the National Cross Country and Road Champion. Second fastest he moved the team into 3rd just ahead of Auckland City. Poor Dallas Wichman did his best for the team on the tough uphill section to Hilltop but was still recovering from surgery. He showed a lot of guts in the circumstances but lost a lot of ground to our rivals. Now in 4th it was just a matter of holding this with the top three out of the question. Ryan Kiesanowski ran up to expectations and held 4th place. This left Hayden McLaren to retain 4th which he did with 2nd fastest time. Considering the team was without Callan and Daniel this was a very good effort. In all this I nearly forgot to mention that they won the local title.

Mens A Grade		
1	Wellington Scottish	4:09:10
2	Wesley	4:13:22
3	Auckland City Athletic	4:15:13
4	New Brighton Olympic	4:22:21
Laps		
1	Kerry Faass	33.39 1 MM
2	Nick Rennie	34.14 5 SM
3	Mark Bailey	31.38 2 SM
4	Dave Ridley	30.41 2 SM
5	Oska Inkster-Baynes	34.12 2 SM
6	Dallas Wichman	32.53 14 SM
7	Ryan Kiesanowski	31.52 10 SM
8	Hayden McLaren	33.32 2 SM

Our Masters Men team was 9th and the 3rd local team home in a time of 5:50.56.

Laps		
1	Simon Ralph	37.34 7 MM
2	Paul Angland	40.12 2 MM
3	Paul Coughlan	45.27 10 MM
4	Stewart Tayler	49.44 11 MM
5	Clive Kitchingham	46.36 5 M50
6	John Clancy	47.03 16 M50
7	Kevin Papps	43.07 12 MM
8	David Macdonald	41.13 5 M50

Our Senior Women's team was 10th and 2nd local team. This was an outstanding effort as seven of the team is Masters. Mel Angland was outstanding gaining 3rd fastest time on the competitive 5th lap. Looking at the results all members ran up to their best. Their combined time was 6:07.25.

Laps		
1	Shannon-Leigh Litt	43.14 3 MW
2	Chris Stowell-Collett	50.19 6 MW
3	Tessa Holland	47.45 5 MW
4	Racheal Reid	45.59 6 MW
5	Melanie Angland	43.54 3 SW
6	Dianne Davis	42.17 5 W50
7	Renalda Reid	41.07 3 MW
8	Margaret Flanagan	52.50 2 W50

There was also a six man team's race from Allandale to Cooptown which catered for the Open Masters Over 60 and Corporate / Social teams. Despite many defections the club managed a team in each. The Over 60 team was 5th overall and won the local grade, with the Social team 11th. After three years in Canterbury next year the race will be over a scenic course in Rotorua.

Open Masters Over 60

3:06.32

Laps

1	Tony Good	20.26 2 M60
2	Gary Whiting	27.36 4 M60
3	Greg Clark	44.36 7 M60
4	Greg Harney	42.36 7 M60
5	John Sheddan	30.48 5 M60
6	Laurie O'Neill	20.20 4 M60

Social

Laps

1	Peter Coughlan	28.52	13 M60
2	Hayden Zervos	23.20	9 JM
3	Maria Cairns	49.46	9 SW
4	Graeme Pendrigh	58.21	13 M60
5	John Kerrison	42.09	12 M60
6	Helene Faass	30.54	1 MWS

Sri Chinmoy 6/12/24 Hour Races: AUT Millennium Stadium, Auckland, 3 October 2015

Last but not least is the amazing feat of Richard Young in a 24 hour race. Going through something of a midlife crisis, the way the story goes is that at the funeral for Kevin Brown, Robyn Duncan who was very ill and had amazingly just completed the Kepler Track Challenge, announced she was going to run the 24 hour race. For some obscure reason Richard said "I'll do it with you." Sadly Robyn passed away, but Richard decided to continue with the race in memory of her. Training had not gone well with his longest run leading up to the race only 85 minutes.

Interestingly the race started at the same time as the Takahe to Akaroa Relay, which he would have completed on his own plus a lot more. My brain can't comprehend this but the race is on a 400m track. To overcome boredom and getting too one sided, every four hours they would turn around and run in the other direction. To add to his woes the first two hours encountered heavy rain with the next 13 very windy.

A bit green in the murky world of ultras, Richard ran for the first 5 hours completing 50km. He went through the marathon in 4hrs 12minutes. He then basically walked nonstop for the next 19 hours. His only respite was that after walking for 5km which was taking him approximately one hour, he would sit down for two minutes. At halfway which is 12 hours he had completed 91km. To keep himself going he lived on half a kilo of jet planes, 1 kilo of bananas, 3 moro bars and 3 energy bars. He said the Organizers supplied macaroni cheese, lasagna and a never ending supply of jellybeans. Sounds like a banquet to me.

He said he was very motivated and determined and was only down once, which was at 2-00AM in the morning when his helper had enough and went for a sleep and there were only six on the track. He learnt the hard way that walking with your hands down and not up like a race-walker, stops the blood flowing to the hands which causes them to swell up. They got so bad he could not pick up the jellybeans.

Unfortunately, he was not being given update information on his distance and did not realize until four laps to go that he had a chance to break 150km. How he managed to up his pace is beyond me? But he did, coming agonizingly close to the mark. For the record Richard completed 374 laps for a total distance of 149.967km. Just the walk to the toilet is more than those 33 meters, so in my eyes he did it. This performance was 6th male and 8th overall. Congratulations mate on an amazing journey. He tells me the 45 minute drive back to Howick was hell, and the journey up the stairs to the bedroom was even worse.

The club also had another competitor in Dave Candy whose 68.263km seems pale in comparison to Richard, but it is still a long way. Apparently, he ran in two hour block and then went to bed for the night, returning in the morning for a bit more. He now thinks with all the time off the track he would have done better if he had entered the six hour race. Here endith my writing marathon.

After saying last but not least was the 24 hour race two more important races popped up.

Incheon Songdo International Half Marathon: Korea, 5 October 2015

Callan Moody ventured to Korea where he was 16th in a slow time for him of 1:09.48, but he and fellow New Zealander Caden Shields had been suffering from gastric issues during their stay. The race was won by Kimutai of Kenya in 1:01.58.

Melbourne Half Marathon: 18 October 2015

Oska Inkster-Baynes was 4th in the good time of 1:05.57, just 35 seconds behind the winner Reuben Seroney of Kenya.

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