

Official Magazine of

New Brighton Olympic

Athletic Club



May 2016

Volume 5, Issue 2

# RUNNING COMMENTARY



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## Club Website:

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The club website is [www.nbo.org.nz](http://www.nbo.org.nz) . Please send any photos, videos, results or items of interest / relevance to Tony Prisk at [tony.prisk@paradise.net.nz](mailto:tony.prisk@paradise.net.nz).

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## Articles

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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 June.

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

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the Club Management Committee.***

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## From the Editor:

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It was great to see a good turnout of club volunteers for our Tai Tapu Run festival. This is our key fund raising event for the year and it was a real success with **341** entries. Links to the results and some photos are on our website.



The Cross Country season got off to a great start at the Hagley Relays over the ANZAC weekend. Andrea Hewitt produced the fastest women's time. The Men's team of Hayden McLaren, Sam Elston, Jesse Gibbs, Nick Burrows, Oska Inkster-Baynes and Daniel Balchin won the open Men's relay.

It is sad to hear that Leeann Venis is stepping down as our Track & Field club captain. She has done a wonderful job leading the children's section. Her enthusiasm and encouragement of our children over a number of years has kept this section strong. We will miss her endless energy and Tuesday nights will never be the same.

Tony Prisk

### Letter to the Editor

Dear Sir

I was very disappointed to learn from the last issue of Running Commentary, that Tessa Holland did not win the Burglar Bill Trophy on her own merits, and was given an unfair advantage by the Handicappers without her assistance. The impression I get from the article is that Tessa did not even attempt to cheat, which is not in keeping with the spirit of this prestigious award. In view of these latest revelations, I feel Tessa should be immediately stripped of her title and that the award should go to a more deserving Burglar. Perhaps the lady who masqueraded as Tessa has taken this competition to a new level, and would be a worthy recipient. I have spoken to WADA on a possible penalty and as this is Tessa's first offence, they recommend that she is given a four year suspension from all Burglar Bill races.

Yours

A DISGRUNTLED fellow Burglar Bill contestant.

## Margaret's Update:

In the absence of an article due to her overseas trip, I have been provided with this photo to demonstrate her dedication to her training.

Our Glorious Leader Margaret Mayhem recovering from her arduous Sunday run!



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I always keep a box of them in the car, so if anyone wants one see me at one of the upcoming events or phone 021 0776604

Thanks - J Zervos

## Herd on the Road - Dear Tessa

I read with interest your article in the last "Running Commentary", where you suggested that being awarded the "Burglar Bill" trophy indicated that you were being called a fraud. This is not so. Being awarded this trophy is no different than being awarded the trophy for first home in the 'Governor's Bay to Lyttelton' road race, our Club's 'Connelly Cup' or even being first in our own, more modest, 'Tai Tapu' 8k handicap. Trophies awarded in handicap events, are awarded for exceeding the handicapper's expectations.



You are right. You are not to blame for the handicap mark you receive. That's the handicapper's decision.

The fact that your name was used to enter an unregistered runner, in the Woodend relay to make up a team, would not affect your handicap. The Centre handicapper's do not take note of every event, and most certainly would not place any relevance on this event, due to the terrain over which it is held.

The reason that you received a "generous" handicap is that you spent a year or so injured after your accident, and the handicappers can't keep up with rapid improvement, as you regain your form. Hell, even I, as Club handicapper have trouble keeping up with your rapid improvement.

Cookie



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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.

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## Herd on the Road - A Day at the Races

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Pam and I have recently returned from two weeks holiday in Australia. We flew to Melbourne, hired a rental car and drove to Torquay, just south of Geelong, where we stayed at the Bellbrae Country Club. Sounds fancy doesn't it? But it was really a comfortable motel like place, in a dusty rural setting. It had large paddocks with farm animals, horses, donkeys, goats, an emu, ducks, geese etc. There were also three aviaries with native birds, poultry and guinea pigs. The guinea pig aviary also had the largest number of mice I have ever seen, living under the guinea pig hutch. These were not pets. There were dozens, and dozens of them. It was just like watching film of the Australian mice plagues.

After a week at Bellbrae we drove the "Great Ocean Road", stopping at places of interest, and stayed the night at Warrnambool, before returning the rental car at the Melbourne airport. We arrived on a Saturday afternoon and stayed for a further five nights.

After we arrived in Australia, I discovered that the Australian F1 Grand Prix was being held, in Melbourne, on the weekend we arrived. Not only that. I knew that our apartment was only a kilometre from the Albert Park track. I emailed the kids back in NZ, and advised them of this. Son, Aaron, emailed back "You have to go. You may never get the chance to go to a F1 GP again". I thought about it, for about three seconds. Even Pam was keen to go. Claimed she was more interested in motor racing than I was. News to me.

There was more. On arrival in our 13th story apartment we looked out the window and could see the F1 cars on their qualifying laps. We also had a grandstand view of the pre race entertainment, with the Australian F/A-18 "Hornet" fighter aircraft flying past again and again.

We quickly sorted out obtaining tickets. For \$A100.00, reduced to \$A68.00 for pensioners, we could purchase a ticket which would allow us access to anywhere round the track. Except the home straight.

On race day we walked to the track at 1.00pm. Actually, it was only 500 metres away. The race started at 4.00pm. We found a suitable viewing spot on a mound, adjacent to a large TV screen, and settled in for the afternoon. Support races, the Australian air force F/A-18 again, the "Roulettes" a precision air display team, a C17A "Globemaster 111" transport aircraft and finally the big race. What a day. What an unexpected stroke of luck.

I think Pam, and I were the only ones not wearing "Ferarri" or "Red Bull" gear or cheering for Daniel Ricciardo.

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## Club Captains report - Track & Field Section:

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Well what a season NBOL has had and we need celebrate our children's outstanding successes. Firstly, this is my last report as Club Captain so.....I would like to thank all the committee for their help and continual support over the summer. Special mention to Kevin who also officiates for "Canterbury Athletics" and no longer has children doing the sport, but his darling Melissa runs our "littles" on a Tuesday night along with Jack Tannabe.

I would also like to thank the following:

- Kara, Les and Gayle for running our very successful sausage sizzles on Tuesday Nights, Club Champs and the interclub cake sale we had. These are a great fundraiser for NBOL and an easy tea for parents on a Tuesday night.
- Brent, Stefan and Paula for running/coaching events on Tuesdays and Thursdays.
- Sheridan for her computer skills and shotput roster and Peter for helping setup Tuesdays and Thursdays.
- Keela for her awesome and continued support on Tuesday nights (especially with the hooter!!).
- Bronwyn has had a huge role in running Thursday nights and coaching our successful relays teams through out the season.
- Paul Wadsworth for his awesome coffee on Tuesday and his expertise in coaching our children in discus and shotput where he got the "Coach of the Year" Trophy. As a result we have had a huge improvement in our children's throw results.
- Robert Bull for his help every week at discus and setting up along with Elizabeth, also with Brent for running the "shotput 2" circle every Saturday at interclub.
- All parents/caregivers who put their hands up to help every Saturday. This includes relay change duties, finish line duties and control room duty (computer input) and shouting loud duties....(the biggest job!!).
- Wayne Hill (Paula's Dad) for helping on a Tuesday nights at the long jump, club champs and on event nights.
- Bruce, Puddles (Jason) and Tere for stepping up to coach the kids on the track, with outstanding improvements.
- Racheal Keepa for her LJ 2 expertise Tuesday and Thursday nights.
- Ann and John Henderson for keeping the clubrooms tidy and operational. Most importantly never running out of loo paper or tissues! It's the behind the scenes stuff that count.
- Dave Thomas our treasurer for putting up with my very late receipts and sometimes shoddy book work!



- Margaret Flanagan for her great leadership. Without her the club would not be running (excuse the pun!) at all.
- Bill Watt for his continual coaching and support of our athletes, especially our older athletes. His knowledge and enthusiasm is commendable.

Tuesdays nights started with a hiss and a roar with over 100 kids coming along for the first few months. It did fall off a little, which often happens after Christmas. However, these nights were run very well and I would like to thank all the parents/caregivers that stood up and helped us out. Without you it would not have been as successful. Bring on next season.

We should celebrate our interclub season, where without a proper all-weather track our athletes were outstanding. We had a record number of children (13) in the 7-11 (995) Canterbury Team. Another 5 children in the "Interprovincial" Canterbury Team where Canterbury won both titles. For a club with 50 interclub athletes that's extremely positive and we would like to thank the executive committee, for helping our families with travel subsidies.

The Canterbury Champs in Timaru was very successful with our club ending up 3rd overall in the scoring. Here is the individual highlights:

- Tapenisa Havea got 1st overall in 12yrs girls
- Cameron Marino got 3rd overall in 14yrs boys
- Folau Havea got 2= in 11yrs boys
- Perez Lene got 2= in 7yrs girls

The results were awesome and there is a link to the full list of results for on our website.

The Colgate Games were held in Nelson and we had some outstanding results (which will also be available on the website). This was another weekend of fun for new families and old families. The "Colgate Games" is a must for next season if you didn't get to go. It is in Invercargill in January 2017.

The club has also had a number of records broken and the full list will be available also on the website shortly.

As this is my last report I would like to say how much Max, Shane and I have enjoyed our experience at NBOL over 10 seasons. Max had his first sprint on the QEII track back at the 2004 Canterbury Championships, winning the "under 5" race and he started the next season. I also competed for the club when I was in the 11-14yrs section and my name is on the "most points senior girls interclub" trophy, so it has been a long association with the club and "The East".

I personally have loved the responses from the children when competing,



whether they have been first or last. I have loved encouraging each and every athlete (and families) that I have been involved with. This has also helped me outside the club in different roles I have had at Windsor Primary, Chisnallwood, Shirley Boys High and now Papanui High School. I especially loved being camp mother and I know sometimes that bossy may be a word some people have used to describe me. But hey if it gets it done!!

I have also enjoyed my time on the Canterbury Children's committee and will miss my monthly athletic and gossip catch up with an awesome bunch of parents and officials at these meetings. The Canterbury Champs and Colgate's Games have huge memories for us as outstanding weekends of fun and of course athletics.

This last season has been incredibly tough with the loss of our darling boy Matthew. Shane, Max and I really appreciated all your support during our grieving and now as we move forward as a family.

I hope that the work I have achieved over the years will be continued as the club moves towards a new era when "Nga Puna Wai" sports hub is complete.

One last time from me "Whoop Whoop".

Leeann Venis



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## **Athletes selected for Canterbury Children's Track & Field Teams:**

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The following children were selected for The Canterbury Children's 7-11yr old 995 Team to compete in Timaru March 2016:

Zoe Marino	Perez Lene
Kavanah Lene	Metua Cranwell
Manea-Faith Waaka	Te Kaio Cranwell
Luke Johnson	Rueben Ngariki
Mathias Tupara	Folau Havea
Amaleila Tiatia	Amasio Tiatia
Piper Le-Beau	

The following athletes were selected for The Canterbury Children's Interprovincial 12&13yr Team to compete Easter weekend 2016 Dunedin:

Joshua Bull	Jay Hill-Cattermole
Quinn Andis	Maia Keepa
Tapenisa Havea	

### **PHYSIOTHERAPY ASSOCIATES**

86a Wainoni Rd  
ph. 3897-196

Richard Hopkins MHSoc. BSc. Ad Dip Phys (OMT). Dip MT.

Spinal Injuries  
Sports Injuries  
Muscle balance assessment  
Occupational health

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## Track & Field Club Champ results:

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### 7 YEAR BOYS

- 1<sup>st</sup> Nikau Kingi-McCarthy
- 2<sup>nd</sup> Callum Wadsworth
- 3<sup>rd</sup> Charlie Gavigan

### 8 YEAR BOYS

- 1<sup>st</sup> Rueben Ngariki
- 2<sup>nd</sup> Jacob Woodrow
- 3<sup>rd</sup> Jordan Anngow

### 9 YEAR BOYS

- 1<sup>st</sup> Mathias Tupara
- 2<sup>nd</sup> Nathan Bull
- 3<sup>rd</sup> Jakson Wills

### 10 YEAR BOYS

- 1<sup>st</sup> Te-Kaio Cranwell
- 2<sup>nd</sup> Joshua Coetzee
- 3<sup>rd</sup> Luke Johnston

### 11 YEAR BOYS

- 1<sup>st</sup> Folau Havea
- 2<sup>nd</sup> Angus Marquet
- 3<sup>rd</sup> Tim Seeto

### 12 YEAR BOYS

- 1<sup>st</sup> Quinn Andis
- 2<sup>nd</sup> Max Hill-Cattermole
- 3<sup>rd</sup> Josh Kenworthy

### 13 YEAR BOYS

- 1<sup>st</sup> Jay Hill-Cattermole
- 2<sup>nd</sup> Joshua Bull

### 14 YEAR BOYS

- 1<sup>st</sup> Cameron Marino

### 7 YEAR GIRLS

- 1<sup>st</sup> Perez Lene
- 2<sup>nd</sup> Piper Le Beau
- 3<sup>rd</sup> Metua Cranwell

### 8 YEAR GIRLS

- 1<sup>st</sup> Brooke Marino
- 2<sup>nd</sup> Meg Thyne

### 9 YEAR GIRLS

- 1<sup>st</sup> Zoe Marino
- 2<sup>nd</sup> Kavanah Lene
- 3<sup>rd</sup> Payton Kimber-Reynolds

### 10 YEAR GIRLS

- 1<sup>st</sup> Lottie Whitehouse
- 2<sup>nd</sup> Caitlyn Norriss
- 3<sup>rd</sup> Ashleigh Linkhorn

### 11 YEAR GIRLS

- 1<sup>st</sup> Manea-Faith Waak
- 2<sup>nd</sup> Jessica Bull
- 3<sup>rd</sup> Caitlin Nicholas

### 12 YEAR GIRLS

- 1<sup>st</sup> Tapenisa Havea
- 2<sup>nd</sup> Courtney Linkhorn
- 3<sup>rd</sup> Maia Keepa

### 13 YEAR GIRLS

- 1<sup>st</sup> Meredith Seeto
- 2<sup>nd</sup> Leila Lene

### 14 YEAR GIRLS

- 1<sup>st</sup> Johanna Gudjonsdottir

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## Track & Field trophy prize winners:

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**MOST IMPROVED JUNIOR GIRL:** Zoe Marino & Payton Kimber-Reynolds

**MOST IMPROVED JUNIOR BOY:** Charlie Gavigan & Seth Vincent

**MOST IMPROVED SENIOR GIRL:** Manea-Faith Waaka

**MOST IMPROVED SENIOR BOY:** Quinn Andis & Jay Hill-Cattermole

**MOST INTERCLUB POINTS-JUNIOR GIRL:** Piper Le Beau

**MOST INTERCLUB POINTS-JUNIOR BOY:** Mathias Tupara

**MOST INTERCLUB POINTS-SENIOR GIRL:** Tapensia Havea

**MOST INTERCLUB POINTS-SENIOR BOY:** Folau Havea

**PHILIPS CUP-MOST POINTS CLUB CHAMPS SENIOR:** Cameron Marino & Quinn Andis

**MOST POINTS CLUB CHAMPS JUNIOR:** Zoe Marino

**FAIRLESS TROPHY-MOST POINTS CANTY CHAMPS-BOYS:** Cameron Marino

**MOST POINTS CANTY CHAMPS – GIRLS:** Tapanesia Havea

**POMARE TROPHY – BEST PERFORMANCE INDIVIDUAL:** Tapanesia Havea

**HENDERSON WALKING TROPHY:** Joshua Coetzee

**MATOE TROPHY – BEST DISCUS PERFORMANCE:** Joshua Bull

**GARRY WILLIAMS TROPHY (AWARDED FOR CONTINUAL ENTHUSIASM AND EFFORT IN ALL AREAS):** Meg Thyne

**COACH OF THE YEAR:** Paul Wadsworth

**BEST PERFORMANCE MIDDLE DISTANCE:** Luke Johnston

**MOST POTENTIAL UNDER 5:** Stella Le Beau & Emily Coetzee

## Tai Tapu Run Festival:

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Saturday 9<sup>th</sup> April dawned a lovely day, a welcome sight for the 341 starters and especially for race director Alex Cook. There was our usual band of club helpers busy setting up to ensure the race ran without a hitch. We are most fortunate to have club members and supporters making themselves available for this fundraising venture. Alex spends countless hours organizing the event supported by a small subcommittee.

We unfortunately lost our generous sponsor New Balance during the year. However, Oska Inkster-Baynes, our 'A' team runner came to the rescue arranging sponsorship from Asics and Front Runner. He was also responsible for developing a new race website.

Total entries for the day for the four events; 15km race; 10km run; 10km walk and the kids dash were 341 and females once again outnumbered males 190 to 151 respectively.

Our own Mark Bailey continues his great results in the 15k run by winning in the time of 48m:40s. Sarah Alexander won the women's section of the 15k run with the time of 59m:42s.

Tony McMannus







**Hagley Relays - Women's Relay team :**





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