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New Brighton Olympic

Athletic Club



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RUNNING COMMENTARY



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

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 August.

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

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From the Editor:

Who has niggly injuries that don't stop you running, but never seem to go away?

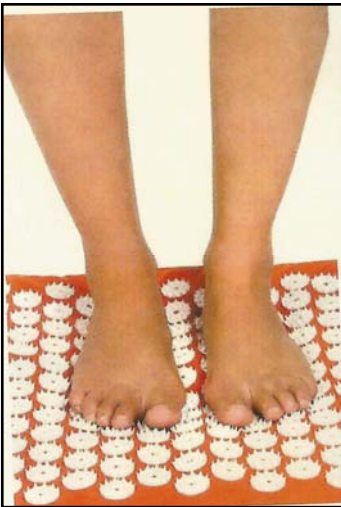
The latest injury prevention tool is the Shakti Acupressure mat, which can be used to encourage natural healing within the body. It simulates blood circulation and provides acupressure simultaneously.



You can use it to recover from heel, Achilles tendon, calf, hamstring, hip and back injuries. All that you need to do is place the injured area of your body on the mat for 20 minutes a day and you will get the acupressure effect.

Try standing on the Shakti mat for 2-5 minutes. Not only does it feel great, it can also help to:

- Rejuvenate tired and achy feet
- Boost circulation to the legs and feet
- Provide an improved sense of balance
- Provide reflexology treatment for the whole body



If you are interested, checkout their website - www.shaktimat.co.nz . It has certainly helped me.

Who can guess who the legends are on page 10 and 11 of this magazine?

Tony Prisk

Margaret's Update:

Dear Members,

It is half way through the Winter season and we still have a lot of good running ahead of us. Yesterday's Club run around McLean's Island was a good warm up for next Saturday's Kennett Cup/ South Island Cross Country Championships which will be run on a slightly different course this year around Ascot Golf Course. Then on the 23rd we will have our Club Cross Country championships as part of the Canterbury Championships at the Quarry.

I would like to acknowledge the work of the Summer Track and Field programme organisers. They are busy setting up the system for the 2016/17 season, spreading the load in the wake of Lee Ann's retirement. Big boots to fill and they are onto it.

Change is inevitable and the other one we need to deal with is the retirement of the Hendersons as Custodians at the end of this month. They have done a tremendous job. There is a small payment and mileage for this position. It involves overseeing the use of the clubrooms by outside organisations, letting them in and locking up, cleaning and noticing when things need replacement or repair. Ladders are involved. Ideally, the person or persons would live in the area. If you are interested or know anyone who would be suitable please contact me or your nearest committee member as soon as possible.

You may have come across the June-July issue of the first Trans-Tasman magazine Run4your life. Our club features as Club of the Month. Now before he accuses me of plagiarism yet again, I would like to acknowledge that the section on the history of the New Brighton club was taken from writing produced by Allan McLaren. Please visualize the words "and Allan McLaren" added to the byline. So in the same spirit, I would like to steal a chunk of Bill Bryson's latest book , "The Road to Little Dribbling-more notes from a small island."

Bill Bryson writes travel books, books about English, books about the origins of stuff and I highly recommend him. Among the many parts of this book that took my fancy was his description of going to the Scilly Isles to attend (as a kind of cheerleader) the Tresco Marathon held on behalf of the Cystic Fibrosis Trust. The owner of the hotel had a daughter with cystic fibrosis and couldn't run the London Marathon as a fundraiser so started his own. Because Tresco is so small the event was limited to 100 runners . According to BB, there are people in the world who collect marathons and Tresco was one of the hardest to bag. It was also very tough. Because of the island's size, runners had to do eight laps around it which included eight ascents of a long hill. And at the end of the day, Pete the hotel owner would go back to the hotel and spend the evening cooking for his guests. The description of the ferry ride to get to Tresco is also worth reading. You will hear details from Cookie soon about a proposed social evening at the clubrooms. It would be great to see lots of you there.

Two flu less Marathons

Last year I ran both the Christchurch and Wellington Marathons with a touch of the flu. So the first goal this year was to run both with much better times. This was 'easily' achieved, but I didn't think I'd run two of my best times.

I ran 4:11:35 in the Christchurch Airport Marathon, my fifth best of nine marathons at the time. Then three weeks later in the Gazley Volkswagen Wellington Marathon I ran my second best time of 4:06:00, 13 seconds quicker than 2013's Dunedin, but a few minutes off 2013's Southland's time of 3:56:31.

Being my tenth marathon, I'm really happy with my Wellington time, especially given the tough northerly wind. On the last bit on Waterloo Quay, just before the ramps up to the Stadium finish, I wondered if I was actually moving!

Being northerly, the temperature was a nice 10-ish even at the 7:30am start. The only rain I suffered was heading into the strong northerly toward Point Jerningham: the rain felt like a thousand needles constantly bombarding me. But after I finished, the heavens opened up, and those behind me would have got very wet. Thankfully, the start and finish is at Westpac Stadium, so there's plenty of undercover room.

Three weeks earlier, the Christchurch marathon was on a changed route, to avoid last year's hospital access issues. I liked the course, sort of three ten kilometre loops, the first around North Hagley Park and past the Casino, the second a loop out to Dallington, and the third out to the ANZAC Bridge with a tour of Avondale. The second loop you looped twice, although you completed the first half of the second loop before the third loop and the second half of the second loop just before you looped the second loop a second time!

It was a bit disconcerting turning left at the corner of Manchester and Hereford Streets for a second time (at the 31km mark), and having to run through Dallington to the top of McBratney's Road again, but you just count down the small kilometre numbers left.

Our NBO volunteers were charged with marshalling on Manchester Street, advising runners to go left out to Dallington once (half-marathon) or twice (marathon), or right for the last 250 metres to the finish in Cathedral Square. It was about here Margaret gave me a light ticking-off for passing in the bus lane. I thank the NBO volunteers for their time and for their vocal support for all of our club members.

My next marathon is Brisbane's in August, a challenge possibly of heat and humidity, but I'll enjoy running over the Story Bridge.

Stephen Graham

Herd on the Road - The Takahe to Akaroa Relay

You will recall that I recently had athletic memorabilia, of the late Lionel Fox, to distribute. Among this memorabilia there was a collection of Takahe to Akaroa Relay programmes dating from 1936 to 1973. I found it most interesting to read, in these programmes, the lap descriptions, and to compare them with those currently run. Have a read of these:-

Lap 1, 5.4 miles (8.68km) - By road to Kiwi, down Governor's Bay road for half a mile, over gate and down a spur into Governor's Bay; up to the hotel, turn sharply to the left and down to the beach road; along beach road to the Allandale Hall.

Lap 2, 6.1 miles (9.81km) - From Allandale Hall along main road to first turn; keep on straight uphill to an old road, turn left along this road and follow through a cutting, then back onto main highway, straight along to Wheatsheaf Hotel; turn sharply to the right and follow road up Gebbie's Pass, then down one mile to Gebbie's Valley Church.

Lap 3, 6.6 miles (10.61km) - From the church turn left through a rabbit gate and along an old road following hills. Runners follow old road for about a mile until it rejoins main highway; follow highway to Kaituna railway station.

Lap 4, 6.8 miles (10.94km) - Follow main road all the way to the point at which it first meets Lake Forsyth, just past Birdling's Flat station.

Lap 5, 7.3 miles (11.74km) - Follow main road through Little River to the foot of the hill, opposite Mr Murray Smith's property.

Lap 6, 4.5 miles (7.24km) - Follow main road all the way to the Hill Top Hotel.

Lap 7, 5.9 miles 9.49km) - Follow main road down through Barry's Bay, taking uphill road over to Duvauchelle , to Crown Hotel.

Lap 8, 6.6 miles (10.61km) - Follow main road all the way to Akaroa, finishing at the new wharf, far end of town.

Individual lap distances have changed remarkably. Current lap distances being 9.6km, 10.4km, 10km, 9.4km, 10.7km, 6.8km, 9.5km and 9.9km . The obvious change in distances is not only to the different roads run, but also to the realignment of the roads undertaken over the years. The total relay distance in 1936, was 79.16km compared with 76.3km today. That's almost 3km longer. No wonder times are faster today. We thought it was due to today's runners being faster, but obviously it's due to the longer laps. Plus, remember, all (or most) of the roads back in '36 would have been metal/shingle and that's not allowing for the cross country distance included.

Cookie

Track & Field update:

Firstly, I would like to thank Leeann Venis for the hard work and commitment she has given the club and the Children's section over the last 10 years.

I would like to congratulate Kara Marino, who has taken over from Leeann as the Club Captain. Many of you will know Kara from her time cooking on the BBQ on Club nights. She is also Cameron, Zoe and Brooke's Mum.

There was an informal gathering of a number of parents of club members on a cold winter Sunday afternoon to choose the new Club Captain. We also started putting in place processes for coaching, fundraising, club nights, club training sessions, Colgate planning and many more things to be ready for the new inter club season ahead.

It looks very promising with many more parents wanting to participate in the growth and success of not only their off-spring but all club members. Other parents are assisting with coaching and support the club as a whole. Parents are a major contributor to the success of our club and many hands make light work.

It is going to be a another very exciting season and it will be great to watch our children excel and grow in Canterbury children's athletics.

The parents group are getting together again on the 3rd of July at 3pm at the club rooms. If you are available, please come along - you are more than welcome.

Thank you

Kevin

NBOL Children's Co-ordinator

Cross Country Results:

RAWHITI 5k HANDICAP

16th April 2016

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Handicap</u>	<u>Nett Time</u>
1	Tessa Holland	30.23	9	21.23
2	Nigel Whalley	30.43	6	24.43
3	Clive Kitchingman	30.48	10.5	20.18
4	Richard Young	31.01	8	23.01
5	Carolyn Forsey	31.08	8	23.08
6	Luke Johnston	31.11	11	20.11
7	Ronalda Reid	31.21	8	23.21
8	Kevin Papps	31.44	8	23.44
9	Stephen Graham	31.17	6.5	25.17
10	Russell O'Malley	31.49	6	25.49
11	Toni Taylor	31.51	6	25.51
12	Peter Coughlan	32.34	1	31.34
13	Graeme Pendrigh	33.18	go	33.18
14	Allan McLaren	34.07	6	28.07

The first of our season's handicap races was held on the 16th April from the Club rooms, in Rawhiti Domain. For many years the Club's traditional course has been a three lap course through the Domain. This year we changed to a two lap course. Starting on the track, running two laps through the Domain with a circuit of the track at the end of each lap. This proved most popular with spectators and competitors alike. It enabled both to see much more of the event and competitors could see where they were in relation to other runners.

Being the first handicap for the year, it was a "self handicap" event, with competitors selecting their own starting position. At the end of the first lap, early starters Peter and Graeme had a huge lead. "They'll never be caught" was the cry. What a different story a lap later. Peter and Graeme were nowhere to be seen and it was Tessa and Nigel who led the field in. Tessa, who held on for a twenty second win, also recorded fastest women's time with 10 year old Luke taking fastest time overall.

WINTER DOWN FARM 4k CROSS COUNTRY

7th May 2016

<u>Place</u>	<u>Name</u>	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>	<u>Lap 4</u>
1	Evan Young	4.07	8.34	12.55	17.11
2	Luke Johnston	4.19	8.45	13.07	17.31
3	Tony McManus	4.27	8.49	13.11	17.43
4	Paul Coughlan	4.32	9.21	14.16	19.18
5	John Clancy	4.46	9.56	15.12	20.25
6	Nigel Whalley	4.57	10.07	15.51	21.15
7	Richard Young	5.19	10.41	15.59	21.19
8	Stephen Graham	5.25	11.07	16.55	22.44
9	Allan McLaren	6.24	12.57	19.24	26.04
10	John Mulvaney	6.02	12.45	20.01	27.07
11	Graham Pendrigh	7.24	14.41	22.41	30.35
12	Peter Coughlan	7.06	14.41	22.35	
13	John Kerrison	7.41	21.31	32.38	
14	Kevin Papps	5.11	10.57		
15	Margaret Flanagan	5.23	11.04		
16	Sam Coughlan	5.18	11.57		
17	Hamish Coughlan	7.12			

On 7th May we celebrated the return of the “hosted” run, with a cross country race, from the home of Peter and Janette Coughlan, in Lansdowne Valley. Peter had marked out a 1km circuit, best described as rugged, on his and his neighbor's property. Four laps were considered plenty, although competitors were given the option of running less, if they thought it prudent.

Evan, Luke and Tony cleared out from the field, from the start, with Evan maintaining a lead of twelve seconds for most of the distance. The Coughlan family team, consisting of three generations of Coughlan's, were awarded first place in the teams race held in conjunction with the event.

The Legends:



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Sports Injuries

Muscle balance assessment

Occupational health

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