



RUNNING COMMENTARY



From the Editor	3	Herd on the Road	7
Margaret's Update	4	Big Shot & Street Mile	8
To Stretch or not to stretch	5	Track & Field Update	12
Burglar Bill's Trophy	6		

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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 April.

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

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the Club Management Committee.***

From the Editor:

It is that time of the year again when early morning runners such as me are heading out for our runs wearing a head lamp. A sure sign that we are heading towards winter.

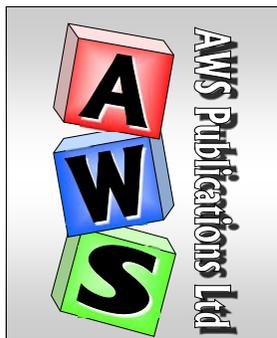
Our 15k Race Committee has done a great job of modernising our 15k run. It has been re-branded and marketed as the 'Tai Tapu Run Festival'. Oska has developed a new website for this event and you can check out the website by going to www.taitapurunfestival.co.nz.



This month we have a report on the Big Shot & Street Mile event that is organised by three of our club members (Paul Coughlan, Mark Reid and Leyton Tremain). It was a very successful meeting. Well done guys for keeping up the interest in Athletics in Christchurch, while we wait for our new track to be built.

Tony Prisk

Hot of the Press - Hayden McLaren and Oska Inkster-Baynes finished 1st and 2nd in the senior men's 5000m and Andrea Hewitt finished 2nd in the senior women's 5000m at the NZ Track & Field champs over the weekend. Well done Hayden, Oska and Andrea.



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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.

Margaret's Update:

Dear Members,

The Summer season is almost over. We have had the Canterbury T&F Champs in Timaru. Our young athletes have had the Colgate Games. By the time you read this we will have had the National T&F Champs in Dunedin.

Our Road runners have been out there, most recently in the 5 race 5k series in Hagley Park. Once again, Mark Bailey took out the top award and we had a good number of members winning and placing in the age group categories.

In this last weekend of February, I have just come back from Dunedin and the Masters T&F Championships. The biggest fields were in the 50 plus age groups.

The reality of our summer competition is that most of our athletes are under 16. This does not bode well for our sport in the long term. The number of athletes who travelled to Timaru for the Canterbury Champs was a real low. I suspect it will be the same for the Nationals in Dunedin this coming weekend. So where will we get the next Nick Willis, Angie Petty, Val Adams and Tom Walsh from?

We have a wonderful group of parents, officials and young athletes who proudly perform all summer. And then where do they go? Very few of the runners carry on to the longer distances offered over the winter season, despite what I would claim are the aerobic fitness benefits that would carry over to the next summer season. I work in a High School so I know the wide range of sporting activities available to a teenage athlete. And being a runner is a more solitary endeavor than being a volley baller, a league player or a netballer. So this is a call to all of you parents and young athletes. What can we do as a club to keep you involved?

My next call is to those 'elderly' athletes who run on the winter. Come and join those of us who race on the track in the summer. Join a number of our members who jump and throw. They win medals! You can race 5 and 10 k as well as the shorter distances. You can improve your winter times by racing track in the summer. You can try and beat me! This last summer we have been racing with the Seniors, men and women combined and the real race is with yourself and the last time you did. Join us next year.

As we look forward to the 2016 Winter season, the 15k Race Committee is busy planning our 15k race in April. This is one of the major fund-raising efforts we do as a Club. Cookie has emailed asking for volunteers to help on the day. If you are not running, please do come and help us. It is a great event and it helps pay for all the subsidies for members to go to national events.

Thanks again to all the parents who supported our Junior athletes and travelled so much over the Summer. Fingers crossed for Nga Puna Wai in 2017.

Regards,
Margaret

To stretch or not to stretch:

Whether or not to perform static stretches (the kind in which you hold a position for several seconds) prior to training is a bone of contention among scientists. Recently, it has been deemed bad practice after studies demonstrated it reduces muscular power, diminishes performance and may even raise the risk of injury.

But a new study in the journal *Applied Physiology, Nutrition and Metabolism* suggests these unwanted effects were found only if a stretch was held for 60 seconds or longer and if the athlete in question then preceded their training session with no further warm-up. Professor Malachy McHugh, a researcher at the Nicholas Institute of Sports Medicine and Athletic Trauma at the Lenox Hospital in New York and lead author of the study, suggested that a shorter, static stretch (held for 30 seconds) has a positive correlation for most athletes.

Indeed, athletes who included such stretching as part of their warmup were significantly less likely to strain or tear a muscle. McHugh says that endurance athletes heading out for a steady run, who are at less risk of acute muscle tears, can save static stretching for later. For everyone else, stretching in advance is the latest advice.

Tony Prisk



Governor's Bay 10k Handicap race 2015 - Burglar Bill's Trophy

I wish to vindicate myself for being called a 'fraud' for coming first overall in the handicap race and therefore receiving the Burglar Bill's Trophy.

I just wish to spell out what I hope most people realise, that ***I DID NOT PICK MY OWN HANDICAP!!!!*** I do not know who decides the handicaps each year, but I have absolutely nothing to do with it, and NO influence whatsoever over whatever handicap I am given. So if my handicap was incorrect to match my ability on the day, ***blame the handicapper NOT me!!!***

There, said! Thank you!

Tessa (Disgruntled) Holland!!!!!!

Update:

I have since found out that my name was FRAUDULENTLY used, without my knowledge or permission, for another runner to run in the Woodend relays. This runner's time will have been considered along with my own other actual true times when deciding my handicap. This therefore clearly explains WHY I was given such a 'generous' or incorrect handicap and most definitely absolves me!

Thank you again! Tessa Holland.

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Spinal Injuries

Sports Injuries

Muscle balance assessment

Occupational health

Herd on the Road:

When I struggle to find suitable material for an article for the Club newsletter I usually resort to a book review. So here's another.



While on holiday in the UK a number of years ago, I came across a book, in a book store, that I just had to buy. "RUNNING HIGH" by Hugh Symmonds is the book. Hugh was a class cross country and international fell runner. (For those who don't know, fell running is similar to what we call mountain running). In Scotland the mountains (hills?) over 3000 feet (915 metres) are known as "Munros" after Sir High Munro who, in 1891, compiled a list of all the Scottish mountains over 3000 feet in height. In the UK it became a challenge to trampers, climbers and mountaineers to "bag" these peaks. Inevitably it also became a runner's challenge.

Hugh decided to do what no one else had done – to not only run all the "Munros", 277 of them, but to do them all in one big run. That is up and over them, and to run all the way between them, on a continuous run. Once he had run the Scottish mountains he decided to carry on and ran the 3000 foot peaks of England, Wales and Ireland for good measure. A total of 303 peaks. In 97 days he covered, on foot, 2048 miles (3295 kilometres) and climbed a total of 500,000 feet (152,400 metres). That's 17 times the height of Mt Everest. He was accompanied by his wife and two children in a campervan, which was used as accommodation on most nights. The van covered a distance of 3176 miles (5111 kilometres).

What's difficult with that? I hear you ask. That's only the height of Mt Herbert, on Bank's Peninsula, and we've done that on a Saturday afternoon club run.

What you need to realize is just how dangerous the Scottish mountains are. Possibly more dangerous than our Southern Alps, with many fatalities .

Fatalities, in the Scottish mountains, appear to have peaked in the early 1990's with 43 deaths in 1992 and 54 in 1993. Even as recently as 2012, the last year when figures are available, there were 25. The trend continues this year, with 12 in the first six weeks.

I trust this gives you a better appreciation of Hugh's achievement.

A thoroughly readable book. I would recommend it to anyone interested in cross country/mountain running.

Cookie

Big crowds and record performances at Big Shot & Street Mile:

A large and vocal Christchurch crowd were treated to record-breaking performances and thrilling sprint finishes at The Big Shot & Street Mile event in the central city today.

Former World Junior Shot Put champion Jacko Gill took another huge step in his development as an international class senior athlete in The Big Shot, with the big Aucklander throwing a personal best of 20.83m, a New Zealand Resident record (the furthest ever thrown by a New Zealander in New Zealand), and comfortably a qualifying mark for both the World Indoor Championships next month, as well as the Olympic Games in Rio in August.

Right there with him was the Australian champion Damien Birkinhead, who also threw a personal best and an Olympic qualifier to be just 3cm adrift, living up to pre-event predictions that the event would be both close and exciting despite the absence of hometown favourite Tom Walsh due to injury. Rounding out third and fourth positions were Australia's Matt Cowie and young Waikato thrower Ryan Ballantyne, who took advantage of the perfect conditions and the roaring crowd to both also post personal bests, of 17.50m and 16.04m respectively. 17-year-old Ballantyne looks like an exciting prospect to follow in the footsteps of Walsh & Gill – by comparison, at the International Track Meet here in 2010, a then 17-year-old Walsh won the shot put with 15.76m.

On the surrounding streets, the route was lined by screaming fans, and they were treated to two very different but equally exciting contests. The Men's Street Mile was expected to be largely a duel between the two fastest Oceania 1500m runners in history – local favourite Nick Willis, and his Australian rival Ryan Gregson. The field played cat and mouse for the first half, with a slow tactical pace set alight just before halfway by the promise of a \$250 bonus for the leader at that point. Local junior Fergus Eglesfield was first to flash by that point, but before long the big guns stepped up, with Australian 5000m specialist Brett Robinson taking the lead by the time they turned into Victoria Square in an attempt to run the sting out of big two. Swinging into the long final straight down Kilmore Street though, it was Willis to the fore, and he held off Gregson in the dash to the line, winning by just over a second in 4min15.9. Robinson held on for third, from the four-time NZ 800m champion Brad Mathas.

By contrast, the women's race was a torrid affair, with a gutsy run from the front by local steeplechase specialist and double New Zealand 3000m champion Rosa Flanagan. She led the field out hard, and took the halfway bonus, leading all the way to the final corner before the effort told and she was forced to submit to the speedsters down the final straight. First to the line was Australia's Genevieve Lacaze, in an excellent time on the tight circuit of 4min35.8, closely followed by compatriot Melissa Duncan, local hero Angie Petty, and Auckland's Lucy Oliver, with Flanagan finishing a courageous fifth. So it was one win apiece

in the Trans-Tasman battle, before the enthusiastic and vociferous crowd headed across to the Big Shot arena to watch the big guns in the tie-breaker.

The New Brighton Olympic contingent were robbed of a club presence to cheer on in the Street Mile when both Hayden McLaren and Oska Inkster-Baynes withdrew due to injury, but the club was well represented in the children's "Future Stars" events. Performance of the day came from Tapanisa Havea, picking up third place in the Girls 12-14 Shot Put, throwing the 3kg shot 10.02m. Folau Havea was fifth in the Boys 11-12 Shot Put with 8.02m

The club was well represented as always on the organizational side, with the events being staged by the International Track & Field Trust group including Paul Coughlan, Mark Reid, and Leyton Tremain. Special mention should also go this year to Margaret Flanagan, who did a fantastic job co-ordinating the volunteers and lining up billet for some of the athletes.

Full results and photos are now on the event website www.thebigshot.co.nz, with video footage to be posted in the next few days.

Paul Coughlan



Jacko Gill
in action!



FULL RESULTS

Women's Street Mile

<i>Place</i>	<i>Name</i>	<i>Time</i>
1	Genevieve Lacaze (AUS)	4:35.8
2	Melissa Duncan (AUS)	4:36.3
3	Angie Petty (NZ)	4:37.7
4	Lucy Oliver (NZ)	4:40.0
5	Rosa Flanagan (NZ)	4:41.9
6	Tina Harris (Well)	4:53.5
7	Lily Trotter (Cant)	4:58.7
8	Flora Brocherie (Cant)	4:58.8
9	Charlotte Blair (Cant)	5:07.7
10	Jessie Fahey (Cant)	5:28.8

Men's Street Mile

<i>Place</i>	<i>Name</i>	<i>Time</i>
1	Nick Willis (NZ)	4:15.9
2	Ryan Gregson (AUS)	4:17.1
3	Brett Robinson (AUS)	4:19.1
4	Brad Mathas (NZ)	4:24.7
5	Tom Moulai (Cant)	4:26.5
6	Mitchell Small (Cant)	4:29.7
7	Cameron Avery (Cant)	4:31.5
8	Fergus Eglesfield (Cant)	4:32.1
9	Sean Eustace (Cant)	4:36.2

Men's Shot Put – "The Big Shot"

<i>Place</i>	<i>Name</i>	<i>Result</i>
1	Jacko Gill (NZ)	20.83m (20.83, x, x, 19.87, 19.94, 20.22)
2	Damien Birkinhead (AUS)	20.80m (20.80, 20.21, 20.60, x, x, 19.55)
3	Matt Cowie (AUS)	17.50m (x, x, 17.32, 17.15, x, 17.50)
4	Ryan Ballantyne (Waik)	16.04m (15.43, x, 15.85, x, x, 16.04)
5	Ben Chong Wong (Auck)	15.12m (15.09, 14.66, 14.30, 15.12, x, 15.11)
6	Jerram Huston (Otago)	14.15m (14.13, x, 14.01, x, 14.15, x)

NEW BRIGHTON OLYMPIC



TRACK & FIELD PRIZEGIVING



Sunday 17th April 2016

At our clubrooms Rawhiti Domain

1pm-3pm

Please bring a plate of yummy food for all to share and byo chairs, rugs, beer or wine for the adults, if wet will be held inside.

Everyone is welcome to attend our annual prize giving. This is when Tuesday and Saturday athletes will receive trophies, medals and certificates, along with celebrating our children's and club successes. It would be awesome to see you and your family there.



RSVP By 3rd April to Lee-Ann via Txt, email or FB.



Track & Field Update February 2016:

Well what a few months it has been to start the season. Club nights and interclub started at the end of January. With the final "Club Night Fun Night" being held Tuesday 16th. This was a great night with a huge turnout, kids and families taking part in 4 teams and 3 events, and enjoying a free sausage sizzle, ice block and lollipop, and adults v kids relay with the 14 Boys coming out the winners....



Track & Field Club Champs - 14 February 2016

The “Club Champs” are held every year on a Sunday so that all athletes and their families can come along. This year was a huge success with close to 100 people at the track. We were very well organised with the “Sausage Sizzle and Hamburgers” once again being a huge hit. The programme was running to schedule and with only 3 events to go.....”Mother Nature” decided to move the ground for us.

After a quick calming of the situation, cuddling of kids (and adults), tidy up, pack up and we were out of there. The champs were completed on the following Tuesday, with a re-worked programme.



Track & Field Interclub update and Quadrathon results:

Early in February the 2nd Quadrathon of the season was held and this is when our 10-14yr old athletes compete in 4 events over the morning with each placing in an event gaining points. At the end of the day all points are added up and placing announced. Our athletes performed with distinction and the results follow. We are all very proud of these results:

12G	Tapenisa Havea	1 st
10B	Te Kaio Cranwell	3 rd
11B	Folau Havea	1 st
12B	Quinn Andis	1 st
13B	Joshua Bull	3 rd
14B	Cameron Marino	2 nd

Interclub has been going extremely well with great turn outs from NBO families and all clubs across Christchurch. We are all well aware that the sport is losing athletes because of a lack of a "QEII" type facilities, which means that once again this March we will all travel to Timaru (4 years in a row) to compete at the Canterbury Championships. NBO have 39 children entered, which is an awesome number. The children are all training very hard. We wish them all the best and look forward to the results and names of any NBO athletes in Canterbury Teams in the next Running Commentary.



Coalgate Games in Nelson - Jan 2016:

7-9 Boys & Girls

Gold Pennants (1st place): Piper Le Beau 7G 60m, Zoe Marino 9G Shotput, Brooke Marino 8G Discus.

Silver Pennants (2nd place): Mathias Tupara 9B 100m , LJ, 200m & 60m. Jacob Woodrow 8B 60m & 100m. Meg Thyne 8G Shotput, 100m & Discus. Brooke Marino 8G 60m. Piper Le Beau 7G 100m. Paige Woodrow 7G 100m. Nicholas Coetzee 8B 200m

Bronze Pennants (3rd place): Piper Le Beau 7G LJ, Discus. Ruben Ngariki 8B 60m, LJ & 100m. Paige Woodrow 7G 200m. Jacob Woodrow 8B 200m. Nicholas Coetzee 8B 60m. Zoe Marino 9G Discus. NBOL 4x100m 9B Relay.

10-14 Boys & Girls

Gold Medals

Tapenisa Havea	12Girls	Shotput
Folau Havea	11Boys	Shotput
Max Hill-Cattermole	12Boys	1200m Walk

Silver Medals

Cameron Marino	14Boys	Long Jump
Maia Keepa	12Girls	80M Hurdles
Josh Kenworthy	12Boys	1200m Walk

Bronze Medals

Meredith Seeto	13Girls	400m
Josh Coetzee	10Boys	1200m Walk
Johanna Gudjonsdottr	14Girls	2000m Walk
13G 4x100m Relay Team (Tapenisa, Meredith, Maia and Anna)		



Along with the above medals the club athletes also received 25 “Top 8” ribbons. Outstanding effort by all. The team managers Paula and Kara did a stellar job, along with Bronwyn for her relay teams. Bring on Invercargill 2017.



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