



UNDER 18 WOMENS CROSS COUNTRY TEAM – NATIONAL CHAMPIONS!

# Canterbury Chatter

Athletics Canterbury

August 2016

## Cross Country Success!!

The last couple of months have seen our cross country athletes having National success.

Last weekend was the Athletics NZ Championships in Auckland. Highlight of the day was Cameron Avery winning the Under 20 Mens title (to add to his three track titles earlier this year) and leading the team to a comprehensive win with Matt Prest in second, Sean Eustace in 4<sup>th</sup> and Cam Bartlett next home in 13<sup>th</sup>. Fantastic to see Cam Bartlett pick up a National medal after a frustrating injury year and also great to see Matt in Canterbury colours while home after his first year in America at Uni.

It could be said that our Under 18 girls didn't have their strongest team available but showed the depth we have in this grade with

Liliana Braun finishing third and the team taking the title. Navajo Prentice (14<sup>th</sup>) and Aimee Elliott (16<sup>th</sup>) managed to split up the Auckland runners to secure vital placings. Akeira Worthington was the fourth member of the team finishing sixth.

Our senior mens (2<sup>nd</sup>) and womens (3<sup>rd</sup>) teams both made the podium. Rosa Flanagan was the best finisher for the senior woman in second place. A big thanks to Shannon-Leigh Litt who backed up from running the masters race earlier to give the team their fourth runner.

For the men it was always going to be difficult to replicate last years teams win on home track when on Auckland's home ground. Also a reduction in the number needed for the team

from six to four brought more teams back into the mix.

Daniel Balchin and Oska Inkster-Baynes finished second and third. Ieuan van der Peet (12<sup>th</sup>) and Nick Rennie (16<sup>th</sup>) were the other team runners. Auckland had their four runners inside the top 10 placings so we had to settle for second.

Our masters runners also had a good set of individual results across the grades and our masters women picked up the team silver – all results are listed inside this newsletter.

Also inside this newsletter is a report on the success of our secondary school athletes at their National Champs particularly in the inaugural regional relays. Hopefully the next newsletter will be highlighting our primary schools team success in the Phil Costley Inter-Regionals!

## Teenage Run

Thank you to Sumner for hosting our first winter teenage training run last month. And thanks to the athletes for supporting it.

Our next run is this Sunday and is hosted by Christchurch Avon from the Cashmere Scout Den (opposite 177 Hackthorne Road).



Older athletes are also more than welcome to join us for a run and then breakfast!

If you are looking to have a gomin run they will set off at 8.30am.

For something between 30-60mins there will be a group going at 9am. Breakfast will be available from 10am.

The third run of the season is currently scheduled for the 11<sup>th</sup> September – we may consider rescheduling this to after Takahe to Akaroa road relay to have a better end of season get together. We will update our facebook and web pages with any changes.



### Girls Under 11 2km

Samantha Laschelles 4<sup>th</sup>

### Men 40-44 8km

David Fitch 7<sup>th</sup>, Allan Staite 9<sup>th</sup>

### Men 45-59 8km

Chris Mardon 1<sup>st</sup>

### Men 50-54 8km

Richard Bennet 1<sup>st</sup>, Malcolm Cornelius 8<sup>th</sup>

### Men 55-59 8km

Anthony Rogal 4<sup>th</sup>

### Men 60-64 8km

Rodger Ward 9<sup>th</sup>

## National Cross Country results

MM Team 50-64 4<sup>th</sup>

### Men 65-69 6km

Tony McManus 1<sup>st</sup>

### Men 70-74 6km

Michael Bond 1<sup>st</sup>

### Women 35-39 6km

Johanna Buick 2<sup>nd</sup>, Shannon-Leigh Litt 4<sup>th</sup>

### Women 45-49 6km

Maggie Chorley 1<sup>st</sup>, Julieana Findlay 3<sup>rd</sup>, Leesa Edge 6<sup>th</sup>

### Women 50-54 6km

Robyn Perkins 4<sup>th</sup>

Masters Women Team 2<sup>nd</sup>

### Women Under 18 4km

Liliana Braun 3<sup>rd</sup>, Akerira Worthington 6<sup>th</sup>, Navajo Prentice 14<sup>th</sup>, Aimee Elliott 16<sup>th</sup> – Team 1<sup>st</sup>

### Men Under 18 6km

Nick Moulai 10<sup>th</sup>, Chris Dryden 15<sup>th</sup>, Matt Clough 26<sup>th</sup>, Shaun Souness 32<sup>nd</sup> – Team 5<sup>th</sup>

### Women Under 20 6km

Natalie Dryden 12<sup>th</sup>

### Men Under 20 8km

Cam Avery 1<sup>st</sup>, Matt Prest 2<sup>nd</sup>, Sean Eustace 4<sup>th</sup>, Cam Bartlett 12<sup>th</sup>, Tom Moulai 18<sup>th</sup>, Matthew Scott 23<sup>rd</sup> – Team 1<sup>st</sup>

### Senior Women 10km (NZ placings)

Rosa Flanagan 2<sup>nd</sup>, Gabby Gray 10<sup>th</sup>, Grace Fursdon 17<sup>th</sup>, Shannon-Leigh Litt 18<sup>th</sup> – Team 3<sup>rd</sup>

### Senior Men 10km (NZ placings)

Daniel Balchin 2<sup>nd</sup>, Oska Inkster-Baynes 3<sup>rd</sup>, Ieuan van der Peet 10<sup>th</sup>, Nic Rennie 14<sup>th</sup>, Ben Musson 15<sup>th</sup>, Cameron Swales 21<sup>st</sup>, Matt Dryden 23<sup>rd</sup> – Team 2<sup>nd</sup>

## NZSS Cross Country

Individual medals were won by the following athletes:

Laurence Pithie – Year 9 Boys 1<sup>st</sup>

Liliana Braun – Junior Girls 2<sup>nd</sup>

Hugh Finlay – Senior Boys Para 2<sup>nd</sup>

Amelia Persson – Senior Girls 2<sup>nd</sup>

Ari Graham – Senior Girls 3<sup>rd</sup>

Goiteom Gebremedihin – Senior Boys 3<sup>rd</sup>

The only teams medals for Canterbury Schools went to Christchurch Girls High with their Junior 3 person team winning and their Year 9 3 person team picking up silver. Looks good for their teams over the next few years!



So a number of good results on Day 1 of the Secondary Schools Champs weekend – however the exciting thing was looking at how many of our athletes were featuring in the top 10 of their events which gave hope of good results for the region in the

inaugural provincial relays the next day.

For the relays teams of five were selected in each grade with each member running one lap of the 2km course. Each region probably went about their selection differently – in our region primarily the teams were selected from our regional event with room to change dependent on form at the championship.

Out of six races Canterbury won four and medalled in the other two – the only region to do so!

Our senior boys (Mitchell Small, Tom Moulai, Saxon Morgan, Goiteom Gebremedihin and Nick Moulai) and senior girls teams (Ari Graham, Amelia Persson, Lily Trotter, Akeira Worthington, Harriet Bush) both posted dominant wins.

Our junior girls (Liliana Braun, Eva Pringle, Bailey Peterson, Brynlea Pain, Jemima Porter) were competitive with many of the senior girls teams in winning their grade.

The Year 9 team of Lucy Kokich, Lydia Robinson, Emile Brunton, Lili Owendale and Olivia Kikstra) finished third.



Laurence Pithie continued his gold medal form leading the Year 9 team to the win. Will Taylor, Thomas Anderson, Max Flanigan and Luke Mitchell were the rest of the team.

The Junior Boys team finished second – Dion Houston, Ayrton Shadbolt, Gregor Mackay, Logan Fann and Andres Hernandez.

Thanks to John Gamblin for taking the lead on ensuring athletes were available for teams, selecting and managing the teams. And congratulations to all the athletes on doing Canterbury proud.



## Nga Puna Wai update

Hopefully many of you were able to attend the AGM to directly receive the latest update on Nga Puna Wai and our new track.

Athletics Canterbury does understand our members frustration regarding the length of time without a full all weather surface in Christchurch. This is why our team have been working many volunteer hours behind the scenes to keep progressing this as fast as possible while ensuring we end up with a facility we can be proud of and host high quality meetings.

We need to remember we are working with council and other sports to create not just an athletics facility but a sporting facility for many sports and these need to be able to work together. We also need to be conscious that in working towards having an international facility there are many aspects to getting the best operational facility possible.

Our website will continue to have updates put on it (when available) for you all to keep up to date with how things are progressing.

Here are a couple of the key messages from the last update in late July:

- Work is being directed towards having a track ready by 17 December 2017. This deadline takes into account weather, working with other construction in Nga Puna Wai and financial considerations. Financial considerations are particularly important into how quickly we can move into further stages such as grandstand and a second track.
- Optimal layout proposed by the Design Working group will be reviewed by the sports groups involved and feedback given utilizing the expertise within their sport.



## Relays

September really is road relays month. We start with the Greta Valley relay hosted by North Canterbury and then follow with the iconic Takahe to Akaroa. All finishing up at the start of October with the National Champs.

Both Greta Valley and Takahe to Akaroa are open to unregistered athletes making up teams so how about encouraging your work mates to put in a team! These are a great way to introduce your colleagues and friends to the camaraderie of the sport.

Particularly for the Takahe to Akaroa we are trying to pick up a range of spot prizes – some will be directed towards registered runners while others will be to encourage unregistered runners.



If we pick up a suitable spot prize we would like to offer that to a

registered member who encourages their school, work or friends team to enter and then

mentors them through the race. Hopefully I can put more details of this on our facebook page in the next fortnight.

If you work for someone who might offer any sort of spot prize please get in touch with Anita on [coachforce@athleticscanterbury.org.nz](mailto:coachforce@athleticscanterbury.org.nz) It would be nice to be able to support our members work places by giving them promotion at the event in return for a spot prize – perhaps a restaurant voucher, shop voucher etc.

## Camp

Our first school holiday camp was overall pretty successful going on the reports received back from those who attended.

I am currently looking into available accommodation and subsequently possible dates to hold another one in the upcoming school holidays.

This will all be advertised as soon as possible through emailing clubs and posting on our facebook page and website.

## Rio Olympics

Hope you are all managing to watch some of the Olympics – I always love watching our NZ competitors in all Olympic sports giving it their all even if the roller coaster they take us on while supporting them can be exhausting.

However the Olympics only really start for me once track and field gets underway and with two Canterbury athletes competing it will be even better.

The schedule for Angie and Tom is as follows (our time):

Angie	800m Heat	18 <sup>th</sup> August 1.55am	800m Semi	19 <sup>th</sup> August 12.15pm
	800m Final	21 <sup>st</sup> August 12.15pm		
Tom	Shot Put Qualifying	19 <sup>th</sup> August 12.55am	Shot Put Final	19 <sup>th</sup> August 11.30am

And once this is over don't forget about our Paralympian William Stedman when the Paralympics get underway!

Good luck to all three athletes! Rest assured Athletics Canterbury members will be yelling at their TVs in trying to help you find that extra needed centimeter.

## September 2016

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1 Exec Mtg	2	3 Greta Valley Relay	4
5	6 Cross Country Mtg	7	8 T & F Mtg	9	10 Governors Bay to Lyttelton Road Race	11 Teenage run (date TBC)
12 Childrens Mtg	13	14	15	16	17 Takahe to Akaroa relay	18
19	20	21	22 Inter-regional Primary Schools	23	24	25
26	27	28	29	30		

Please note: committee meeting dates may differ depending on availability of committee members and when days fall in the month. The above is a guide only - I am not always up to date with any changes

# Canterbury Chatter

Athletics Canterbury

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### STOP PRESS

IF SOMEONE TELLS  
YOU THAT YOU HAVE  
ENOUGH RUNNING  
SHOES AND THAT YOU  
DON'T NEED ANYMORE,  
STOP TALKING TO  
THEM. YOU DON'T  
NEED THAT KIND OF  
NEGATIVITY IN  
YOUR LIFE.

STOP  
PRESS

