

Canterbury Chatter!



ATHLETICS CANTERBURY

July 2014

Volume 1, Issue 1

Cross Country Champs

The Centre Cross Country Champs (19th July) were held on a cold and sometimes drizzly day at Halswell Quarry and conditions under foot were rather soft.

In a test run for both athletes and officials prior to the National Champs at the same venue the day was successful for many.

It was great to see some athletes from Ashburton and Timaru competing among the usual city based clubs.

Congratulations to Rachel Kingsford (CANU) and Callan Moody (NBOL) who took out the senior titles in convincing style. Both looked strong for good performances at Nationals.

Grade winners are listed inside

Newsletter

In an effort to ensure communication to all areas and members of our sport we are going to trial this monthly newsletter.

While all efforts will be taken to give a balanced view of the sport this is unlikely to happen with only one person putting together the newsletter.

Contributions from members of the sport would be hugely appreciated—particularly photos.

A better idea for a newsletter title would also be warmly received!

The next edition will be following the national cross country champs—plan is to

this newsletter and full results are available on our website



Rachel Kingsford (CANU) on her way to a convincing Senior Womens Canterbury Cross Country title

Special points of interest:

- WORLD JUNIOR CHAMPS— ROSA COMPETES 25TH AND 27TH JULY. HIGHLIGHTS PACKAGES ON SKY AT 4PM EACH DAY
- COMMONWEALTH GAMES— ANGIE—30TH, 31ST JULY AND 1ST AUGUST, TOM—27TH AND 28TH JULY
- MAKE SURE YOU HAVE YOUR ENTRY IN FOR NATIONAL CROSS COUNTRY CHAMPS!!!!!! THEY CLOSE SUNDAY.

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be profiling our success at this competition on our home track!

Any contributions can be emailed to:

coachforce
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Masters Men
35-49

Cross Country Champs

Senior Women

- 1st: Rachel Kingsford (CANU)
- 2nd: Flora Brocherie (CANU)
- 3rd: Angela Whyte (NCAN)

Junior Women

- 1st: Gabby Gray (CANU)
- 2nd: Kiri Atkin(NCAN)

Youth Women

- 1st: Ari Graham (PTOC)
- 2nd: Harriet Bush (CHAV)
- 3rd: Jess Fahey (SUMN)

Senior Men

- 1st: Callan Moody (NBOL)
- 2nd: Daniel Balchin (NBOL)
- 3rd: Brett Smith (PTOC)

Junior Men

- 1st: Ieuan Van Der Peet (CHAV)
- 2nd: Matt Dryden (CHAV)
- 3rd: Daniel Coats (CHAV)

Youth Men

- 1st: Cameron Avery
- 2nd: Sean Eustace
- 3rd: Matt Prest

Childrens and Masters Winners

Female

- 8 and Under: Bridie Restieaux (CANU)
- 9: Rosaria Gibson (ASHB)
- 10: Ngaio Shaw (CHAV)
- 11: Leila Dunlop (PRHL)
- 12: Lucy Kokich (CHAV)
- 13: Liliana Braun (PRHL)
- 14: Akeira Worthington (CANU)
- W35: Ruth Love-Smith (NBOL)
- W40: Lee McCulloch (NCAN)
- W45: Karen Muller (SUMN)
- W50: Robyn Perkins (CHAV)
- W55: Maree Greig (PRHL)
- W60: Lyndsay Gough (CTRI)
- W65: Shirley Rolston (PRHL)

Male

- 8 and Under: Hamish Gillett (CHAV)
- 9: Oakley Hawes (CHAV)
- 10: Blake Theobald (SUMN)
- 11: Will Taylor (PHOX)
- 12: Chanel Muir (CHAV)
- 13: Max Heywood (PTOC)
- 14: Nick Moulai (PTOC)
- M35: David Fitch (SUMN)
- M40: Chris Mardon (CANU)
- M45: Kerry Faass (NBOL)
- M50: Richard Seigne (CHAV)
- M55: Don Greig (PTOC)
- M60: Tony McManus (NBOL)
- M65: Graham Batchelor (SUMN)
- M70: John Gordon (PRHL)
- M75: Walter Hume (TIMH)
- M80: Mike Mee (METH)



Masters Men 50+

Coaching Courses

With us heading into the business end of the cross country season and starting to think about the upcoming track season we have coach development opportunities in August!

Two one day Run Jump Throw courses will be run—one in Christchurch and one in Timaru. These will give coaches the knowledge and confidence to run their junior

sections Run Jump Throw programme as well as have the opportunity to pick up paid coaching work in primary schools.

A Development Level 3 Cross country course has its second day during August. Even if you didn't attend the first day you can attend the second. The content is at a similar level to the old Level 2.

I will be working towards Track and Field Development Level 2 (old Level 1) modules for late September and we will again run Development Level 1 modules during childrens Saturday athletics probably starting in November.

Anita



AUGUST 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 RJT Course
4	5	6	7	8 ANZ Confer- ence	9 NZ Cross Country	10 ANZ Confer- ence
11	12	13	14	15	16 Timaru Stampede	17 RJT Course (Timaru)
18	19	20	21	22	23 Canty Road Champs	24 Level 3 Cross Country
25	26	27	28	29	30 PRHL U18 Cross Coun-	31



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You can keep up to date with what we are up via a number of different avenues!

Our website is: www.athleticscanterbury.org.nz

We are on Facebook: [search Athletics Canterbury](#)

We are on Twitter: [search AthleticsCenter](#)

We want to get this newsletter to every person with an interest in our sport so please feel free to forward it on to your networks!



TV Coverage

Of our three athletes (Rosa, Angie and Tom) currently competing overseas at major events we hope to see their performances on TV at the following times.

Rosa's Steeplechase Heat is on the 25th July, 5am our time. There is a highlights package for that day of World Juniors at 4pm on Sky 1.

The Steeplechase final is two days later and again a highlights package will be screened at 4pm.

At the Commonwealth Games Tom is first up on the 27th July with qualifying in the Shot Put timed for 2.40am (28th) our time. His final is the following day (29th) at 6.20am.

Angie has three rounds of the 800m with the first one on the 30th July around 11pm our time. The semi final is the following day with the final on the 1st August.

Please check your own guides to confirm these times as with the time differences I've possibly got the times

they screen here incorrect but at least this gives you a guide as to when to expect news from these athletes.

We wish them all the best of luck and look forward to seeing them competing proudly in the black singlet! We will update you on our Facebook page as soon as we hear any news!

