



TOM WALSH AFTER WINNING WORLD INDOORS

Canterbury Chatter

Athletics Canterbury

May 2016

Major Success!!

At the end of the last newsletter we were wishing the best of luck to Tom Walsh who was about to compete at the World Indoor Champs and our Grade 12/13 Interprovincial Team who were heading to Dunedin.

BOTH WERE WINNERS!!!!

I took great delight in sitting at the Canterbury Secondary School Finals Day at Rawhiti and being able to update everyone on Tom's progress. When he took the lead it was both hugely exciting while nervewracking waiting for each throw to come up on the IAAF live results page. Was excitement all round when it was confirmed that he was the World Indoor Track and Field Mens Shot Put Champ!

Tom has just started his Northern Hemisphere summer campaign

on the way to the Olympic Games and has begun in fantastic form with a 21.20 put for second at the Shanghai Diamond League.

It was almost as exciting being in Dunedin at Easter and watch our Grade 12 and 13 athletes compete against athletes from all over the country. It was definitely a great feeling as I helped to print off the final scoring tables and saw that Canterbury had again won the Interprovincial Grade 12/13 Teams title.

This title is won not by necessarily having the best athletes but by having a team of athletes who are all committed to giving 100% to their events and performing to the best of their ability. I understand there were a ton of PBs over the weekend and a

fantastic supportive team environment.

This is an example of what our sport can be. Although an individual sport there are opportunities for athletes to contribute to team success and I personally don't feel this is promoted enough. The camaraderie that can be found by being part of a team is a huge part to retaining people in athletics.

So it is great to see clubs already encouraging athletes to put their names forward for their road relay teams for Nationals. I also hope that our winter athletes are all seriously considering travelling to Auckland for the National Cross Country Champs so we can have teams challenging in as many grades as possible! It would be an even bigger success than last year if we can beat Auckland and Waikato on their doorstep.

Hagley Relays

The winter season opened with the traditional Hagley Relays.

It was great to see so many of our distance running stars out for the opening weekend which made for some great racing.

Canterbury University's Senior Womens Team of Rosa Flanagan, Nicki McFadzien, Flora Brocherie and Angie Petty broke the womens course record. However it was Andrea Hewitt who had the



quickest lap time to help New Brighton Olympic to second.

On the mens side the New Brighton Olympic team of Hayden McLaren, Sam Elstob, Jesse Gibbs, Nick Burrows, Oska

Inkster-Baynes and Daniel Balchin turned in a dominant performance with Hayden McLaren having the fastest lap time.

Lionel Fox Relays

A lovely day at Woodend Beach Campground saw the University Women take out their second relay win of the season – although with a much different team from the previous week!

Run of the day came from Ben Musson for Papanui Toc H who started off on the final lap around 90 seconds behind but finished only 10 seconds away from the winning Christchurch Avon team.

Fantastic running from all athletes and I'm sure everyone looks forward to being back there for the Andrew Reese Memorial when they course is usually run in the opposite direction!





Other events

Childrens Forest Relays

Unfortunately, I wasn't able to make the Childrens Forest Relays due to an important personal birthday milestone but from all accounts this was as successful and fun as always.

Christchurch Boys High took line honours in the longer relay with Christchurch Avon first across the line in the shorter relay. Looking at the times there was close racing throughout the grades.

Jane Paterson Cross Country

The first individual race of the season was the Jane Paterson held at Rawhiti Domain.

The wind and sand made for some testing racing conditions.

In the female grades our Youth women (Under 18) showed their strength. Ari Graham led early but eventual winner Liliana Braun and second placed Amelia Persson were never far away.

In the mens race two intriguing battles emerged. Cameron Avery stepped up a grade to compete in

the senior mens race and stuck with Ben Musson throughout until Ben moved away late in the race with a strong finishing sprint.

The Masters Men threw up an interesting race to watch with Carsten Joergensen laying down the challenge to David Fitch and Chris Mardon. Chris eventually proved too strong while Carsten held on for second overall in the Masters Grades.

It was good to see Sean Eustace running strongly to take out the junior men while I understand that Nick Moulai is going to be coping some banter for a while after miscounting how many laps he had to do!

Awards Dinner

Our annual awards dinner was attended by nearly 100 people who were able to share and celebrate a successful twelve months of athletics.

When you've had such a successful twelve months it can be difficult for a judging panel to select finalists and winners of categories. While many of the winners appeared reasonably clear cut, separating some of the finalists was not so easy thus many of the categories had four or five finalists.

Senior athlete of the year was predictably Tom Walsh following his World Indoor Championship win while the Junior athlete of the year went to Rosa Flanagan.

Award winners:

Sprinter: Kelsey Berryman
 Middle Distance : Angie Petty
 Distance : Rosa Flanagan
 Hurdler : Fiona Morrison
 Jumper : Alex Mander
 Combined Events : Jack Henry
 Thrower : Tom Walsh
 Para : William Stedman
 Cross Country: Oska Inkster-Baynes
 Road : Callan Moody
 Coach : Maria Hassan
 Senior T&F : Tom Walsh
 Junior T&F : Lauren Bruce
 SS T&F : William Stedman
 Canty T&F Champs : Ari Graham
 Technical Trophy (male distance) : Brad Mathas
 Technical Trophy (female throws): Lauren Bruce
 Arthur Grayburn (javelin) : Caitlin Bonne
 Senior Non stadia : Oska Inkster-Baynes
 Junior Non Stadia : Rosa Flanagan
 Secondary School non stadia : Cameron Avery
 Merit Awards: Ted Gilliver and Buzz Jones



National Title

Canterbury's first National title of the competition year came from the Mountain Running Champs courtesy of Christchurch Avon's Sarah Douglas.



Sarah won the open womens race in Queenstown. Christchurch Avon had further success with Matthew Scott picking up a bronze medal in the junior mens race.

Well done to both Sarah and Matt!

Phil Costley

Ok . . . he is no longer representing Canterbury but I think most of us take a great deal of pride in Phil Costleys running achievements over his career since much of it was in the red and black.

Phil recently won his 33rd National title at the 100km National Champs held in Christchurch's Hagley Park. This meant he has won a National title at every distance from the 3000m through to the 100km.

He sits second on the list of most National titles – behind Canterbury's own Val Young.

His National title list is as follows:

3000m – 1

5000m – 1

10000m – 1

3km Steeplechase – 5

Half Marathon – 4

Marathon – 3

4km Cross Country – 4

12 km Cross Country – 6

10km Road – 3

Mountain running – 4

100km - 1



Some interesting things for our younger runners and their parents/coaches to consider:

- Phil never won a running race at high school
- He started racing at age 18/19
- First medal (a bronze) in 1993
- First national title in 1994 (age 25)
- He still runs because he enjoys it



June 2016						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 Aoraki SS Cross Country	2 Exec Mtg	3	4	5 Chch Marathon incl NZ ½ Marathon
6	7 Cross Country Mtg	8	9 T & F Mtg	10	11	12 Phoenix Relays
13 Childrens Mtg	14	15	16	17	18 NZSS Cross Country	19
20	21	22 Canty Primary School Cross Country	23	24	25 Andrew Reese Memorial	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

May Teenage Run cancelled

Good luck to our athletes
travelling to the National
Secondary School Cross
Country Champs

