

Canterbury Chatter



ATHLETICS CANTERBURY

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National Long Distance Walks Champs

The first national championship of the summer season has been completed with the long distance walks champs being held in Auckland.

Two athletes from Canterbury attended—Jonathan Lord (Junior Men) and Courtney Ruske (Senior Women).



Jonathan won the Junior Men's title—from his facebook page he said:

'Had a successful day at the long distance champs, winning

the junior men's 20km Walk with some testy winds of 90km. Managed to clock a time of 1:45.40 – about five minutes slower than what I wanted but was happy with a strong performance.'

Unfortunately Courtney Ruske was DQed. I am sure Courtney will take the feedback on board and bounce back for the National Track Champs in March.

While discussing walks it appears we will be adding to our centres walking prowess with Rosie Robinson transferring from Otago. Rosie has been competing regularly at centre inter-clubs over the past year and it will be fantastic to add her experience and expertise to our teams.

Finally congrats to the winners of the Canterbury half marathon championships—Mark Bailey (NBOL) and Johanna Buick (PRHL).

Special points of interest:

- SOUTH ISLAND TRACK AND FIELD CHAMPS TO BE HELD IN DUNEDIN ON 13-14 DECEMBER—ENTRIES CLOSE 7TH DECEMBER 10PM
- GOOD LUCK TO ALL OUR SECONDARY SCHOOL ATHLETES TRAVELLING TO WANGANUI FOR THE NZSS CHAMPS!

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CANTERBURY RECORDS



Only one month into the track and field season and we have already seen two Canterbury records broken!

Congratulations to Courtney Ruske (CHAV) and Matt McKellar (CCCA)

Courtney set a new Senior Womens 5000m Track Walk time of 23:38.27 in Timaru on the 1st November.

Matt followed this a week later with a Under 16 Mens Javelin record of 54.99m.

Congratulations to both athletes. In Matt's case we look forward to following his progress through to the New Zealand Secondary School Championships in Wanganui!

ATHLETES OF THE WEEK

18th October	Ngarama O'Keefe	PRHL	Discus 37.84 Shot 11.92 Javelin 29.24	Tom Maslin	PHOX	LJ 6.15m TJ 12.32m
25th October	Hannah Boyd	PTOC	Hammer 45.58	Alex Mander	PTOC	Multiple events but particularly Javelin 50.14 and Long Jump 6.48m
1st November	Corutney Ruske	CHAV	5000m Walk 23:38.27	James Sandilands	SCAN	110 Hurdles 14.27 60m 7.20
8th November	Lauren Bruce	SCAN	Hammer 60.87 Shot 13.40 Discus 43.30	Matt McKellar	CCCA	Javelin 54.99

South Island Track and Field Champs

Our nomination form for this meeting is available on our website and there will be copies at inter-club meetings over the next two weeks.

Please ensure if you are planning to attend this competition that you fill in the form and return it to Anita Sutherland by the 29th November. This is so any necessary travel or accommodation arrangements can be put in place.

You do need to enter yourself. Find this via Athletics New Zealand website.

Also available at inter-clubs is the nomination form for the January South Island Youth Teams Meeting. This is for athletes born in 1997, 1998, 1999 or 2000.

DECEMBER 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4 Exec Mtg	5	6 NZSS T&F Champs	7 NZSS T&F Champs
8 Childrens Com Mtg	9 CC/Road Com Mtg	10	11	12	13 SI T&F Champs	14 SI T&F Champs
15	16	17	18 T&F Com Mtg	19	20 T&F Inter- club	21
22	23	24	25 XMAS!!!	26	27	28
29	30	31	1	2	3 Lovelock Classic	4

Please note committee meeting dates could be changed depending on availability of committee members and how dates fall during the month



ATHLETICS CANTERBURY

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

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We are on Facebook: search Athletics Canterbury

We are on Twitter: search AthleticsCanter

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!



Submission reminder

The Nga Puna Wai sports hub proposal is now open for a 2 month public consultation period.

This consultation period closes on the 12th December.

Please make sure you sign a submission in support of this!

Most of the clubs have one available—it is as simple as adding your name to the list.

We need to leave City Councilors with no doubt about our sport's support for the Nga Puna Wai Sports Hub proposal and particularly for our new facility.

As I've previously said please don't leave this just up to your club to show your support for you. Ensure you have signed a submission or submit one yourself!



Good luck to athletes competing in the upcoming championships:

Canterbury Combined Events Champs
Canterbury 10km Champs
NZ Secondary School Champs—Wanganui
SI Track and Field Champs—Dunedin