



RUNNING COMMENTARY



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Articles

Do you have something interesting which could be included in our magazine?

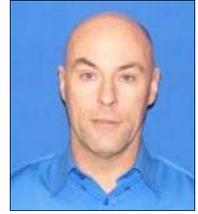
If you feel that it is interesting we would love to share it with other members. Articles for the next issue should be sent in by the middle of August.

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

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the Club Management Committee.***

From the Editor:

This month we have got a variety of interesting articles from several of our club members. Margaret has also asked me to include an article from a prominent American female runner who discusses the challenges faced by young female athletes growing up.



For most of us it is a challenge to run one marathon. However, our 'Marathon Man' - Steve (The Seal) Graham tackled two marathons in a fortnight recently! His report on these two marathons is an interesting read.

Happy Reading.

Tony Prisk



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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.

From Margaret:

The winter season covers 7 months, including a mixture of Cross Country and Road events plus the opportunity to compete in individual and Relay events. So here at the end of 3 months we are working up to the pointy end of Cross Country, with the South Island Champs the weekend of July 1st at Ascot and the Canterbury Champs on July 15th at the Quarry. We are the Duty club for that event so I will be calling for helpers closer to the time.

This leads me to acknowledge all the people who have given time and energy to provide the help that the Club needs to run as an organization. Hats off to all the parents, coaches and committee members who oversaw a really successful summer programme for our Juniors.

Hats off to the organizing Committee for our 15k Road Race out at Tai Tapu, led this year by Tony McManus (who was also a stand-out performer in his age group at the Masters' Games in Auckland.) Many thanks to the many club members who turned up to set up, marshall, hand out numbers, provide drinks and pack up.

Thanks also to the guys who joined me in marshaling for the Marathon in cold, damp conditions. Richard Hopkins, Dave Candy, John Kerrison and I had almost front row seats at the corner of Armagh and Colombo Streets and were left in tenterhooks at the end of both the 10k and Half marathon as we waited to hear if Oska Baynes and Andrea Hewitt had won the final sprint. It was great to be able to cheer our members as they neared the finish.

I would also like to acknowledge our Club Captain, John Kerrison, who turns up before everyone else each race day with the Gazebo and the noticeboard. Also Martin Cockrem who can be relied upon to help me put up the flag.

Steve Graham is a terrific photographer of races that he posts on facebook, (which prevents me from censoring his photos of me.) We have different views on what constitutes a good photo, but aside from that, I really do appreciate his commitment to recording our efforts and I don't want him to stop.

We had our AGM earlier this month. We farewelled Ann Henderson and Dave Thomas from their positions as Secretary and Treasurer. Both Ann and Dave have given tremendous service over the years. We are fortunate that Tony McManus and Lyall Johnston have stepped up to replace them.

Like all clubs and volunteer organisations we are struggling to fill the positions for administrators. Changing work hours, family commitments and the lingering earthquake issues have affected us all. And the reality is that our Club will struggle in the future if we can't find a way to share the planning and the execution of our programmes, both summer and winter.

Margaret

Athletics Section update:

Greetings all

It is with much regret that I have to inform the Club that Kara Marino has stood down for her role as Club Captain of Children's Athletics due to personal commitments.

I want to express our gratitude to Kara who took over the role 12 months ago without having a lot of knowledge on what the role involved. Kara owned the role and with the support of our leadership team we got through the year. I am very pleased that Kara has kindly volunteered to continue being on the Committee.

I want to thank Kara on behalf of the Club for all the time and effort she has given to the role and look forward to still seeing her around the club.

With Kara stepping down from this role we now need to find a new Club Captain. Can you please give this critical role some thought, because it will not be long before we are heading into the new season, hopefully with a new track in the horizon. Could you please contact me if you can help out.

Thank you

Kevin

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Spinal Injuries

Sports Injuries

Muscle balance assessment

Occupational health

Race Track:

I always consider that it is important for the club to keep a record of outstanding performances and New Zealand Championship medals. Important non-championship performances which have been missed are Daniel Balchin finishing 6th in the 5000m at the Auckland Track Challenge on the 26th February in a personal best time of **13:56.49**. Four Australians lead the field with Brett Robinson winning in 13:22.93. He was only a second behind the first New Zealander Eric Speakman. In another Auckland event on the 30th October 2016, Oska Baynes easily won the Auckland Marathon in the good time of 2:20:36. Showing good stamina he only slowed slightly in the second half of the race.

A championship event which goes back to the 3rd September 2016 which was held in Masterton which I overlooked was Rozie Robinson's performance in the NZ Road Champs. Competing in the 10km walk she finished second to Laura Langley of the Hawkes Bay in a time of 53:04.

NEW ZEALAND ATHLETICS CHAMPS HAMILTON - 17 to 19 March 2017

Another successful Championship for the club with two gold and silver being added to our great heritage. Rozie Robinson was responsible for two of these medals, coming away with gold in the 20km Walk in a personal best time of 1:43:23. Erin Talbot of Canada was first across the line but she does not count as she is not a New Zealand resident. However, Rozie convincingly beat her rival Laura Langley by three minutes. It appears Rozie is more suited to the longer distances as Laura took out the 3km Walk with Rozie second in 13:36.76. In a complete reversal of results, Erin was third.

For the second year in a row the club cleaned up the Men's 5000m with Daniel Balchin prevailing by two seconds over Aaron Pulford of the Waikato in 14:15.88. Oska Baynes was 4th in 14:29.07.

Allan McLaren

Dear Younger Me: Lauren Fleshman

Dear High School Lauren,

I have so many things I want to tell you, but I'm going to start with the most urgent. Because of all the ways I've seen athletic stories unfold over the years, this is the No. 1 destroyer of dreams.

You're a young woman, but the sound of the word "woman" makes you cringe. Well-meaning coaches and parents and aunts and grannies and inappropriate uncles comment on the changing bodies of girls--not yours yet but those around you. It's coming. You know it's coming.

You notice what happens sometimes to female athletes. She hits puberty; her times get slower or plateau. She is confused; she is working harder than ever. Clueless adults who are overly invested in her "performance" will grieve, as if her worth is based solely on PRs. This makes you scared of growing up.

Seeing girls go through this is confusing because there is a story once told to you about running: "You get out what you put in." You've heard there is a direct line between effort and improvement, between wanting it more and winning. This is a "truth" written by men, based on the experience of boys and men. Your male teammates are bathing in testosterone, a dramatic performance enhancer. You will not. You are about to bathe in different hormones, hormones that, more often than not, temporarily interrupt that promised straight line of improvement. What you need are knowledgeable coaches and parents who know how to support you during this time, to let you know it is normal, to celebrate you through development, who can zoom out on the big picture, because it is at this time that many girls give up.

You'll see girls react to a changing body in three ways: give up, ride it out, or fight against it. With 100 percent confidence, I can tell you the best choice is to ride it out. The best is yet to come.

You will go on to race at a NCAA Division I university and watch several girls do whatever it takes to fight their changing bodies. But before you choose a school, you will go on visits. You will have meals with the teams and notice they do things differently. There is the school that has "salad with dressing on the side," the school where everyone orders "no gluten and no dairy," the school where the girls bring their own food from home to the restaurant... Go to the school where people order a variety of things: the burger, the chicken sandwich, the salad. Go to the school where you can order french fries and do it without shame.

Go to the school where the majority of girls look athletic and healthy, with hydrated muscles, and get their periods. Listen to how they talk about

themselves--and one another. Listen to what they value.

Do they value effort or performance? What do they worry about openly? Fixations on their appearance? Or do they lift one another up to be good teammates and performers? Do they value themselves and one another by time and place and weight? Or by the whole package of who they are as people?

How do they treat the teammates who are struggling physically or mentally or psychologically? Do they isolate them? Talk behind their backs? Do they have empathy and compassion? Do they call one another up?

Like it or not Lauren, you are a woman. A strong one. Your body is at some point going to become what it is meant to be, based on a long line of strong women who have survived generations in a tough world. For most of the time, and in most cultures, what is happening to your body would be celebrated with ceremony. Women are powerful beyond your imagination. You cannot reach your power by making yourself small. And yet in competitive running, you will find yourself in a world in which you feel pressure to do just that.

Let me speak to the competitive dream chaser in you now.

You can be fast *and* a developed woman. In fact, you can only reach your ultimate potential if you let your body go through its changes. If you get to the dips and valleys and fight your body, starve your body, attempt to outsmart it, you will suffer. You will lose your period. You will get faster at first. And then you will get injured. And injured. And injured.

Depending on the methods you used to fight your body, you may end up destroying your relationship with food and sport for years to come. You won't go this far, but you'll see so many of your friends and teammates do this. In your age group, the mortality rate from anorexia is 12 times higher than any other cause of death. You will see some come close.

You will see this so much, fed by reckless coaches, fed by unhealthy team culture, fed by the desire for short-term success, that it will break your heart. It will break your heart so much that it will be difficult for you to watch many of the top high school and college races after you graduate. So many young athletes will reach out to you for help. You will learn how destructive and reckless so many coaches are, *and you will want to find a way to change things.*

I need you to know, I PROMISE you, that the ultimate star you are chasing is further ahead than any shiny thing you see now. The way you get there is to protect your health and protect your love of the sport above all, even as you reach for the shiny goals right in front of you. You simply do not know and cannot predict your personal path, but you'll get there. It will look different and brighter and richer and more multi-faceted the closer you get.

I need you to know, you have *always* been more than a runner, more than your times, more than your state championships, more than your school records. But you will get confused. You will forget. Luckily you will have teammates and family and friends who remind you. You will go on to do almost every single thing you could have dreamed of, not in the way you imagined, not on the timeline you imagined.

And when you retire from being a pro runner after 12 years, you will be surprised at what ends up being most valuable to you. Your medals will be in a box somewhere, and you'll never look at them. Your proudest accomplishment will be a race in which you finished last because in that race you were tested more than ever and you were brave.

Finishing seventh in the entire world in the 5K and having a bronze medal in cross country brings you a smile, the same smile as winning league with your team as a freshman in high school, the same smile as breaking 5:00 in the mile for the first time. The real life-changers, the memories that make the peach fuzz on your cheeks and the hairs on your forearms stand up, those will be braiding your teammates hair in the 15-passenger van on the way to a race; a random tempo run along a sidewalk past a gas station where you felt like you were flying while home on Christmas break; descending a forest trail at camp behind your best friend with your arms outstretched in flight; running at night with someone you are falling in love with; pushing your baby in a running stroller for the first time; passing under a canopy of trees temporarily blocking the rain on a cross country course you can't remember the name of, the sound of your feet squelching in the mud while chasing your rival.

Protect the opportunity to make memories like those for a lifetime. You're going to be OK being all of yourself. Make sure your teammates know it too.

Love,

Lauren

Unfinished Business:

With the winter season now well underway, it's about time we turned our attention to the key focus of the competitive season – in particular the National Road Relay Champs, which will again be in Rotorua, on the 30th of September.

Without revisiting the “nearly-but-not-quite” frustration of 2016, suffice to say that 2017 is the chance for a bit of revenge. We know that both the Masters team in particular were good enough to win it last year, but we had also flown a bit under the radar – now the others know what we've got, so we'll have a bit more of a target on our backs, but we've also got a few more cards up the sleeve this year.

Some key absentees with other commitments at that time makes it look as though there isn't going to be a SM team, unless some real bolters come out of the woodwork soon. Hence, an emphatic performance in the Takahe-Akaroa on the 16th of September, and development of more depth for next year, would be probably our key goals for the Seniors this year.

Masters Men – last year's team that all but won the title are mostly still on the radar, and with extra depth added by the likes of Nick Burrow, Kerry Faass, Paul Angland, and a rejuvenated Mark Reid (now half the man he used to be), there will be real competition for places. There are at least 10 genuine contenders for the top team, and with plans to send two MM teams to Rotorua if we can, there are plenty of opportunities. Below are the current ranking positions, but with over three months to go, there is plenty of scope for change – some have shown little or no form so far, and will have plenty of cause to dispute their estimated ranking/time. That's the point of publishing this now – get out there and show me I'm wrong..... The top 10 are all capable of being sub-36 by Sept, which make for an unstoppable A team.

I'd like to see a few key races targeted in Aug-Sep. Canterbury Road Champs (19-Aug) and National Road Champs (2-Sep) will both be on a fast flat course round the A&P Showgrounds roads by the Southern Motorway, and they would both be good indicators. But the one I think will have the most relevance to Rotorua (in which 6 of the 7 laps are hilly) is the Governors Bay to Lyttelton on 9 -Sep. I've always regarded this as a pretty fast 10k course, with only a couple of short sharp uphill and plenty of long sweeping downhill, so a good performance in that will be a telling clue as to the ability to perform in Rotorua, as well as the handicap format being more similar to road relays than a scratch race. If the picture isn't clear by then, we might engage in some head-to-head run-offs on key laps in the Takahe-Akaroa – however, with the National 10k, Governors Bay-Lyttelton, and Akaroa in three successive weeks, I do understand if people don't want to overdo the racing.

In the meantime, I'd be keen to get the groups running together as much as possible. My plan is to get as many as possible out Tuesday evenings in Hagley

Park, or Sunday mornings on the hills, but will cast around and see what suits others. Can all those on the list, and any who aren't, please contact me and let me know what races you're planning to front up in, and whether you're available for Akaroa or Rotorua or both.

Keep up the winter miles, roll on spring.

Coggy.



John Walker presents Tony with his Gold Medal

Two Marathons in a Fortnight:

Running two marathons in a fortnight was a first for me.

Although I thought I had achieved that once before! At least that's what I told my wife when she questioned the wisdom of doing so. My second line of defence was that it wasn't actually a fortnight, as the second Sunday was the fifteenth day. I won't be using that one again!

Twice I've run the Christchurch and Wellington Marathons three weeks apart, in fact. But the thought that I'd done it a fortnight apart before was encouraging.

The ASB Christchurch Marathon was run on a grotty day, and I feel for and thank the marshals out on the course, especially the lone ones stationed at isolated corners in the old residential red zone, and of course our NBO club volunteers steering runners into lanes at the corner of Colombo and Armagh Streets.

I had been accused of trying to injure my fellow club members when I hosted a home-based run from my place in Halswell a week out from Christchurch Marathon day. It was very wet over the Halswell Quarry and very slippery on the grassy downhill section. These runners would be surely be thanking me now for preparing them for the wet marathon day.

I didn't think it was that bad, certainly not in the first three hours, but then in the last hour it was very thick persistent rain, and every step splashed, even where there were no puddles. I prepared with three layers of black tops, the middle one designed to deal with rain to some extent, and a black thermal hat. I looked like a seal at the end.

It has been nearly four years since I had run under four hours, in 2013's Southland Marathon. I have been wanting to run a second Sub4 (if I may borrow that term from childhood heroes like John Walker) ever since. Before that last hour of rain, which meant cold and subsequent cramp, I was in a good position to run under four.

Running into a cold wind and rain west down McBratneys Road and along the Avon River, I had actually given up on a Sub4. I got into a good rhythm, just to finish.

But then in Avonside Drive just east of Kilmore Street I saw a sign that said '2 km's to go.' I looked at my watch and thought, 'I can do that' (under four hours)! So I took off. Then in the last kilometre I was stoking along, and sneaked in under four hours by just over a minute (3:58:55). I was rapt! Those last two kilometres just shows you the power of the mind over body in such situations.

The Gazley Volkswagen Wellington Marathon by contrast was run on a lovely winter's day, although the northerly was a little mean in the last ten kilometres. I ran a good marathon, although after just ten kilometres my legs were still feeling the effects of Christchurch. According to my TomTom watch I ran a consistent 5:30 minutes per kilometre for 26 kilometres (11 kmh), then 6:00 (10.5) from the 27th km to the 41st km, then back to 11 kmh for the last kilometre.

But it didn't cost me much time though. I was happy with my third fastest time (4:02:21), and it was nice to see my sister and brother-in-law, who were also visiting Wellington, at the finish cheering me on.

My TomTom showed that I ran Christchurch's at 11 kmh for 34 km's, before slowing to 10.5 to the 41st km, speeding up to 11 kmh again for the 42nd km, and 13 kmh for the last 200 metres!

My next marathon, my fifteenth, is Sydney's in September.

Stephen Graham



Hanmer Half Marathon - Sunday 6th May 2017:

Hi Everyone

I (regretfully) turned 50 in April, which also meant I moved up to the next running age group.

It seems a lot of people plan something big – a ginormous party, trip overseas, or something quite different / challenging – go for a bungy jump, jump out of an aeroplane etc. to 'mark' or celebrate the occasion. I personally didn't think it was anything to celebrate – felt commiserations were more in order! However, I am grateful to have got there, and not pegged out any earlier.

Anyway, I didn't want to swim with sharks, or canoe around NZ in 28 days on my own. I would've liked to have gone on an overseas boat cruise for a few weeks, but would've had to go on my own, and didn't fancy that.

So I thought of running the Hanmer Half Marathon for the first time. Something 'small and simple'. It would be my first running event / race in my new age group. I had considered running it previously, but had been put off by what I had heard about the first 2K being 'straight up', then the next 2K being 'straight down' – both on shingle roads. As I did not do any hill running, and therefore struggled with serious uphill or incline runs, and did not enjoy them, that was valid enough reason not to run it. Also, I have been injured at the same time of the run for the previous 3 years so that ruled it out automatically.

Thanks to Bruce and Nigel who answered all my questions about the course and getting there. They very clearly explained what to expect on the run – the first 2K uphill, the terrain over the entire course, that there were 2 creeks / streams to cross near the end etc. This last bit didn't impress me – I hate getting wet, especially my running shoes and then having to run in wet shoes. However Nigel very accurately described the creeks as being about 4K from the finish, so it was very little of the course to run in wet shoes and it was literally at the end, followed by running to the finish through the forest. All this information helped me to make an informed decision whether to run it or not.

I decided it held exactly the right amount of personal challenge, and forged ahead with a training plan.

I ran 19.6 – 21.3K from Lyttelton to Governor's Bay and back, 3 times and one hill run with Margaret & co one Sunday, over 3 weeks leading up to it. (Fingers crossed I wouldn't become re-injured with the more serious concentrated training – I started to get a niggle right at the end, but fortunately come race day, all was OK).

Race day: We had a lovely fine sunny day. Perfect running conditions; cool at first (but not cold – there had been a frost) and comfortable temperatures (not hot) for the whole run.

I ran the first 2K undulating uphill (shingle road) waiting for it to get 'more

difficult' and it never did!!! My training worked! I did not find it a struggle, and the biggest testament to that is that I did not hurt (leg muscles, thighs etc) after the run or over the next few days, when sometimes muscles start hurting a day or so later. (Delayed Onset Muscle Soreness (DOMS).

The next 2K of undulating downhill (shingle road) was probably more challenging for me than the uphill. Some of it was quite steep, and I slowed down quite a lot at those times – it was clearly evident as many runners overtook me then, after I had probably run ahead of or overtaken them on the 2K uphill.

The rest of the course was undulating on mainly shingle roads. The scenery, (when I remembered to look), was lovely. With about 7K to go, I got my second wind and was feeling very positive and keeping my speed up. I got to the 2 streams and crossed them –first one OK, not very deep, second one (only a couple of metres away), got wet up to my calves or higher – splashing all over my legs – not impressed! From then on, I suddenly felt absolutely zapped for no real reason. The next (last) 4K were through the forest on soft dirt tracks – a welcome respite from the shingle roads. I was now running 'just to finish', no longer racing. I was worn out!

My only complaint would be that after running on mainly shingle roads for so long, the bottoms of my feet, despite running in off road shoes, were very, very sore for probably the second half. I could feel the hard, lumpy ground and sharp stones through the soles of my shoes. Not very pleasant at all.

I got first in my new age group *by over 5 minutes!* I was suddenly feeling very pleased with my new age group! I was also 11th woman overall out of 207!!! Not bad for this newly 'middle aged' old bird! I was feeling very pleased with myself indeed.

The prizes were very simple, but adequate. I got a free entry for next year's half marathon (worth \$60) and a \$50 Four Square grocery voucher – although the nearest Four Square to Christchurch is in Amberley! But, could've been worse – could've been a year's free gym membership in Hanmer!!!! Or free entry to the hot pools for a year!

I thoroughly recommend the Hanmer Half Marathon. It was very well organised and there are also 5 & 10K running races as well as walking in all categories.

Tessa Holland.



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