

# Otago Masters Newsletter – June 2024

## Lovelock relays



Due to sickness and family commitments, I missed the Lovelock Relays this year but sounds like it was a very exciting day. They were held this year on Saturday, 27th April 2024 at the University Oval, Main Ground, Logan Park, Dunedin.

This was the 87th Annual Lovelock Relay, where we celebrated the successes of Jack Lovelock. 91 years ago, on the 15th of July 1933, Jack Lovelock competed in the Oxford and Cambridge versus Princeton and Cornell one mile at Palmer Stadium, Princeton. Lovelock not only won in 4:07.6 (1500 3:50) but also created a new world record.

Lovelock's race of his life caused commentator, and friend, Harold Abrahams, to famously lose his BBC poise, breaking every broadcasting rule: "Lovelock leads! Lovelock! Lovelock! Cunningham second, Beccali third. Come on, Jack! A hundred yards to go! Come on, Jack!! My God, he's done it. Jack, come on! ... Lovelock wins. Five yards, six yards, he wins. He's won. Hooray!!"

The University Oval grass is suitably marked and perfect for barefoot running. Each lap is 375 metres. Race distances raced were

- Social/ mixed- 4×1500m (4×375m laps per runner).
- Under 12, Under 14- 4×375m (1×375m lap per runner).
- Under 16, Under 18, Otago University Residential College, Senior Women, Masters Women, Masters Men- 4×1500m (4×375m laps per runner).
- Senior Men- 6×1500m (4×375m laps per runner).

Evidently it was an awesome afternoon of top-class relay running. The weather played its part with virtually no wind and warm overcast conditions. Everyone said it was Awesome to see the kids give their all out there with lots of smiles involved.

**Results** were. <https://hillcity.org.nz/lovelock-relay-results-2024/>

## So true

I saw an email from Chris' Sole's (President of Leith Harrier Club) the other day and thought it is so true.

*I think people get old when they stop thinking about the future. If you want to find someone's true age, listen to them. If they talk about the past and they talk about all the things that happened that they did, they've gotten old.*

*If they think about their dreams, their aspirations, what they're still looking forward to – they're young.*

*Below is very true too*

If we accept that mind and body are a single unit, then when you believe you can do it, your body is more prepared to do it, whatever that is. so, let's say my wrist hurts and I'm 76, I just assume, what are you going to do? As you get older you fall apart.

Whereas if I were 20 years old and my wrist hurt, I'd assume it's going to get better. And then I take steps to make it better.. We stop ourselves. We're taught, when you're old, things fall apart. As soon as we start to fall apart, we say that's the end of the game.

Perhaps we need to change our way of thinking on this.

## **The weekend of the 10<sup>th</sup> May 2024 was The Leith Cross Country relays.**

It is an annual cross country teams relay event and this was held on the grounds of the Dunedin Pony Club on a course known as "The Ponydales". It also incorporates a non-relay ultra cross country event the Ponydale Challenge. Everyone had an enormously successful day out on the Ponydale Cross Country course. The weather behaved somewhat, hovering around 11 degrees Celsius for most of the afternoon with some naughty gusts of wind threatening to remove the gazebos. The sun peaked through the clouds often but there was no rain.

Thanks to the race organisers, volunteers, Dunedin Pony Club, The Lion Foundation, the Otago Athletics clubs, Athletics Otago, the athletes and their supporters and the very patient horses in the closed paddock for putting up with us runners.

A special thank you to the volunteers who put up the course on the Friday and took it down on the Saturday. Volunteers are instrumental in all sports; we would be stuck without them.

Whenever you are in an event, always say thank you to the people standing marshalling in the cold.

### **Results and ODT Article**

Leith have galloped their way to the top.

The Dunedin running club won both the premier men's and women's open titles at their own cross-country relays and Ponydale Challenge on Saturday.

Leith claimed first and second in the open women's 4km event at the Dunedin Pony Club grounds.

Kristy Eyles, Katie Smith, Margie Campbell and Mel Aitken charged home in 1hr 11min 43sec to take the title over clubmates Claudia Sole, Laura Bungard, Stephanie Wilson and Alice Cuthbert, who finished in 1hr 12min 3sec.

Leith's open men's team of Janus Stauffenberg, Dan Hayman, Grayson Westgate and Liam Chesney won the 4km event in 56min 36sec.

Hill City-University's team of Jake Owen, Matthew Bolter, Luke Geddes and Leon Miyahara finished second in 59min 40sec.

## Ponydale Challenge

Well, I did it- I completed the Ponydale challenge.

With no training. It certainly showed my unfitness, but I was rapt to run and walk 11 laps. I did it barefoot – would I do it again- yes but I would be more prepared and train, as it knocked me around a bit.

So many people cheered me on even though I looked and felt terrible so thank you to all those who gave support to all Ponydale challenges entrants. It makes you smile hearing encouragement, trust me.

The course this year was a few metres longer than a perfect 2km and a few turns made it look a little back-to-front from what we were used to but it was a great spectator course I would imagine.

## Chat with Alison Newall

Cavy Chat Chatted with Alison Newall. Alison is a great role model for all athletes. This Copy was taken and clipped from Caversham Harrier website.

*Cavy Chat:*

A very, very busy summer season, the highlight being your very first Australian Masters Champs (29 Mar – 1 April), held in Hobart Tasmanian.

*How was it?*

*Alison :* “ It was a truly well run event with nearly 700 competitors, the Aussie's do things well, it was the 50th Anniversary of the champs & all competitors received a commentative medal.

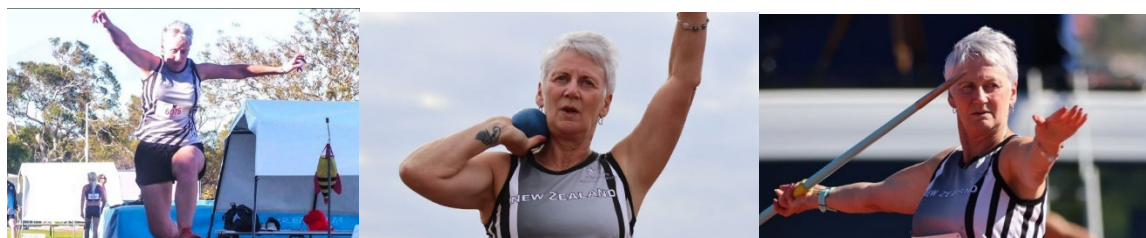
*Cavy Chat*

What was there that the “Aussie’s” made the event that little bit more special

*Alison :* “ there were many special features that added to the event Brag Tags - event tokens that had your event & performance to attach to your medals (free) Massages. QR codes for live results & live streaming, free Shuttle Bus from town to the track, 6 event photographers - all photos FREE, PB Bell - if you recorded a PB (personal Best) you got to ring the bell, Canteen, coffee / food vans, “

A tally of 4 medals 1 Gold. 1 Silver , 2 Bronze.

Fantastic effort by Alison see below photo's. She like many Otago Masters athletes trains and



## **The TK Cowan Handicap races was held Saturday 18<sup>th</sup> May 2024**

The race started at Ocean Grove, Tomahawk Domain Hall and is Organised by the Hill City-University Athletic Club.

The TK Cowan had various race options to cater for all. All events were handicapped, with the aim that all runners finish at the same time. The event is free to all participants. 8km event (run)- 2 × Long loops, 5.5km event (run)- 1 × Long loop followed by 1 × short loop, 1.5km event (run or walk)- 1 × Short loop

### **Below is a note from Hill City University and Athletic Club**

A big thank you to everyone for today's TK Cowan Race!

We are particularly grateful for the support of members from other Dunedin clubs in engaging with this race.

A big thank you to the volunteers and officials who helped make it possible: Mark Geddes, Timothy Dawbin, Bruce Cowan, Dave Richmond, Richard Fogarty, Zara Geddes, Rebecca Allnutt, Anita Dunbier, John McMecking, Gene Sanderson, Anouk Herrington, Morris Hall, Bill Richardson, Steve Pinker, Keith Weatherston, Aly Craigie and Chris Sole.

Not sure of the results but I am sure it was a great day of racing.

### **Joe-Cowie-Memorial-2024**

was held 25<sup>th</sup> May 2024 at Bayfield Park, Dunedin. This 5km handicapped race was organised by Leith Harriers and Arika Harriers Clubs.

This was a Free Community All Ages Open Event, 1 km "almost flat" Grassed Laps.

Boy was it windy, blew a few cobwebs I can tell you.

Thank you again to the volunteers for standing in the cold and cheering the runners on.

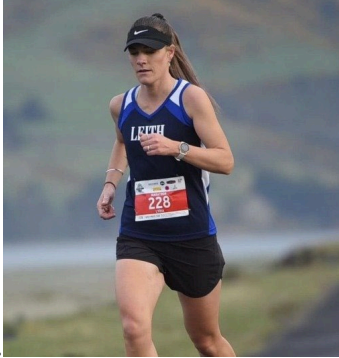
There was afternoon tea put on for all runners which was very well appreciated.

<https://www.webscorer.com/race?raceid=353178>

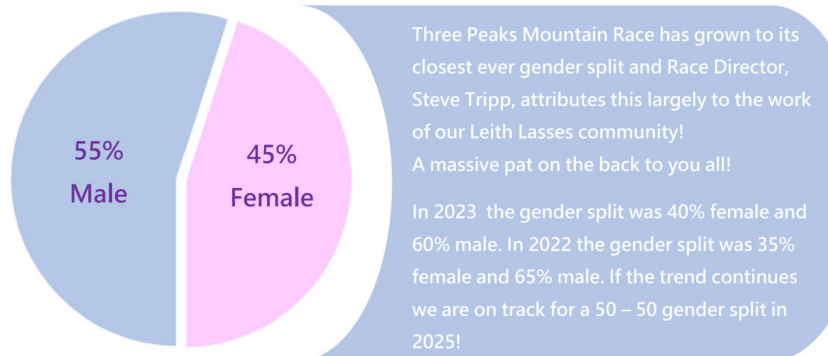
## Women's running in Dunedin

In case we women did not know already but Women's running is huge in Dunedin thanks to Lydia Pattilo and her team encouraging more women along to training groups and entering more races in the Otago region.

Eg in 3 peaks this year 45% participants were women.



Well done, Lydia



## RICHIE MCCAWE'S SECRET MENTAL TECHNIQUE

Richie McCaw is widely regarded as one of the greatest rugby players of all time. He led the New Zealand All Blacks to two Rugby World Cup titles in 2011 and 2015. Want to know one of the secrets to his success?

### Visualization Techniques

So, what are visualization techniques?

They involve creating vivid mental images of successful performance scenarios. This helps improve focus, reduce anxiety, and build confidence by mentally rehearsing and preparing for athletic events. This helps improve focus, reduce anxiety, and build confidence by mentally rehearsing and preparing for athletic events. In his documentary "Chasing Great," Richie McCaw talks about how crucial this technique has been for him as a rugby player.

Want to try visualization for yourself? Here's how:

1. Find a Quiet Space: Pick a spot where you won't be distracted.
2. Relax and Breathe: Get comfortable, close your eyes, and take deep breaths.
3. Engage All Senses: Picture the sights, sounds, smells, and physical sensations of your performance.
4. Focus on Positive Outcomes: Imagine yourself executing successfully and achieving your goals.

5. Repeat Regularly: Make this a daily habit or part of your pre-competition routine. Spend 10-15 minutes on it every day.

## **Barnes Cross Country 9<sup>th</sup> June 2024**

The Barnes Cross Country was held on Sunday 9<sup>th</sup> June 2024. The Races are handicap races for both Community & Club Members. The race honours the memory of Sir James Barnes, who was the Mayor of Dunedin for three terms from 1968 to 1977. Barnes, who won the New Zealand senior men's cross-country title in 1932 and the mile in 1933, did not think there were enough races in the cross-country season and donated a cup for the race in the early 1950s. Participants aged 16 and up can choose either a 3.75km run, a 3.75km Walk or a 5km Run. It was a fun day out by all concerned. Well done everyone and a HUGE mention to Calan McDermott taking out the overall win in the 5km.

### [Results](#)

Thanks to Leith for running the electronic timing for this event and to local Dunedin clubs for helping and supporting; Ariki, Hill City, Athletics Taieri and Caversham.

Thanks to all the volunteers who make our sport great and to the Cross County committee for organising.

## **Becoming more confident as an Athlete**

If you want to Improve in your sport, you MUST build confidence (trust and belief in yourself) during your games because it facilitates your concentration and will power. When your confidence slips out of your control, it becomes fragile.

Here's the sport psychologist, Eli Straw's 3-step method to help build your sports confidence:

1. List Confidence Boosters: Jot down 5-10 things that boost your confidence. These could be actions, thoughts, routines, or anything else that makes you feel more self-assured.
2. Find a Reliable Confidence Booster: From your list, pick one thing that you can do without fail 100% of the time before every game. If none of the items fit, go back to Step 1 and refine your list.
3. Create a Confidence Formula: Take what you identified and turn it into action. For example, if positive thinking boosts your confidence, create a positive self-talk list and recite it regularly.

By bringing this foundation of actions into your games, you will build a foundation of confidence, helping...which leads to You performing at your Absolute Best.

## Edmond Cup 2024

Edmond Cup This was held on Saturday at Otakou Golf Club, Harington Point Road, Otakou,

The Edmond Cup is a Club Teams Race which has been run for over a century. The cup was donated in 1907 by Mr. Edmond who was a member of the now obsolete Otago Harrier Club. The event has been run from several locations including Tahuna Park and Wingatui Racecourse. The event is now held at the Otakou Golf Club. It's also great this year as it had more walkers entered. This was open to both Community & Club Registered Runners & Walkers, Organised by Athletics Otago, Hill City -University Harriers and Taieri Athletics. Competitors ran over distances ranging from 4km, 6km and 8km. The four member teams' section was keenly contested.

Well done to all who competed

<https://leithharriers.com/cross-country-results-2024/>



What a great run by Oliver O'Sullivan at the Edmond Cup on Saturday. The 37-year-old father of two, ran brilliantly, O'Sullivan completed the Hill City-University clean sweep with third in 27min 44sec and together with Luke Geddes win the prestigious Edmond Cup, possibly the oldest trophy on the Athletics Otago calendar.

The most thrilling event of the day evidently was the open women's 8km race. Hill City-University's fast-finishing Taryn McLean (MW35) held off Kristy Eyles (Leith) (MW35) to claim victory by less than 1sec. Within touching distance of each other for the entire race, the pair navigated the undulating fairways of the Peninsula-based course with relative ease.

Given the Edmond Cup's Otakou course is seen as good preparation on similar terrain, Saturday's performances by Otago athletes will be fascinating indicators as to what may unfold at Chisholm in three weeks' time for the Otago Cross Country Champs.

Excerpt from ODT Article <https://www.odt.co.nz/sport/other-sport/chignell-convincing-claiming-6th-win>

**Christine Montgomery.**