

REPORT
South Australian Senior Combined Events Championships
Santos Stadium, Adelaide.
November 28-29, 2009.

The following is more of an explanation of circumstances surrounding the competition rather than a Report as such, but it does give some insight into the conditions for the SA Championships in 2009. Peter Hannan

From Barbara Stephens:

I was intending to write up something about the SA Multi Champs, but it was "a wash out" in several ways.

Saturday weather was awful. Winds between 4 and 7mps and though they registered as tail they were in fact more cross. Showers? An interesting way of saying downpours at intervals throughout the day and the temperature ranged between 22 and my guess is about 18 degrees. The high jump was completed in one of the showers, with both Jarrod (Sims) and Kyle Rasti (who made a fruitless trip [from Perth], but our thanks to him) saying that they couldn't see the bar. The 400m was run in one of the gale force blasts which had the guys running about 14.5sec around the 200m bend for very slow times.

Sunday the weather was much improved but as points were so far down (about 400) it was pointless!! to try for too much. Kyle pulled a hamstring in the 400 so flagged the second day. Jarrod is going up in poles quite rapidly now, so he used the vault to test a pole that he had never jumped on, and we really used it as a training day. Second day points were OK though so gave us a fair indication as to where he is now.

He hasn't done much competition since Jan this year due to career moves and hasn't done much interclub competition also due to work commitments. But we are back on track and looking to do a couple more decaths before Selection Trials on Gold Coast.

So when you are looking at points from SA, please be aware of VERY inclement conditions on the Saturday.

After doing the blurb about the SA Multi's I realised that I hadn't mentioned the Teams Multi.

The idea was that each athlete should do 2 or more events in either the decath or hep, so that decath teams would comprise no more than 5 competitors and the hep 3. The idea was misunderstood by a number of people and team numbers were not as high as we had hoped, but in view of the weather perhaps not a bad thing. Youngsters were to use their own hurdle heights and implement weights. It meant that the program had to be more firmly put in place, but that wasn't too much of a problem in view of the numbers that we had.

The concept worked well and those who took part had a great time. Like all new things it will take time to catch on, but it does have merit, particularly in view of the fact that we have so few multi eventers in each state. It gives them someone to compete against. And then too, as one team competitor said at the finish "we don't have a club strong enough to beat Jarrod". Each club here has its own strengths, so that was always probably going to be the case. We also saw throwers doing high jump and even one do the vault as his team mate was a no show and they wanted points. All who did it agreed that the 'team concept' was a major plus.

From Andrew Hall:

When you get the results from this weekend comp you might consider that Ben Hall (u20's) did not have a good weekend. Surprisingly to those not there, he was reasonably happy. The reason being that on Friday he was the victim of some ill-considered vandalism (someone had removed the quick release pin from the front wheel of his bike, result being that he went over a bump only to find that he had no front wheel under him). As a result he was looking decidedly less pretty than he normally does, and had aches and pains prior to the start of comp. I, as his father, was of the opinion that he should give it a miss and just get better, but we parents know nothing.

Just thought it might be useful to give his results some context.

Andrew Hall.