

# PORT HILLS

A T H L E T I C

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PORT HILLS ATHLETIC CLUB  
NEWSLETTER April 2011

# PORT HILLS ATHLETIC CLUB

<http://www.porthills.org.nz>

Port Hills Athletic Club, PO Box 12-069, Beckenham.  
Clubrooms: Hansen Park, Hawford Road, Opawa.

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## Your Newsletter

Contributions for the next issue should be received by **15<sup>th</sup> May 2011**. Please **post** articles to PO Box 12-069, Beckenham; Or leave them in the mail box at the **clubrooms**; Or **email** (text only please) to one of the editorial team:

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## NEWSLETTER ADVERTISING RATES

1/4 page:	\$10/issue;	\$100/year (11 issues)
1/2 page:	\$20/issue;	\$180/year
Full page:	\$35/issue;	\$350/year

Call **Tom Jarman** or **John Caughley**

## Uniforms

Adult's: available from Faye Fyfe, Ph 942-3366  
Singlets \$40, Crop tops \$40, Jackets \$90.  
Children's: from Sue Leadbeater, Ph 366-2376.

**Cover photo:** Girls Under 14 athletics trophy winners, **Larissa McKewen** and **Holly Tudehope**. (See page 8)

## THE CLUB WEEK

This is intended as a guide to regular club activities for members and interested persons. **Please phone the contact numbers, as holidays or rather lack of regularly updated information may render the following misleading or inaccurate.**

### MONDAY

**4.00pm** Phil's Hill Run (Kids 2k circuit),  
Halswell Quarry: Philip Chapman (322-4266).

**5.00pm** Steady state OR speed workouts -  
Ayr St, Hagley Park: Pete Watts (332-1964).

### TUESDAY

**4.30pm** Children's Cross Country training,  
Hansen Park: Paul Johnston (332-1894)

**5.00pm** Hill reps or Circuit training -  
meet 31 Dunn St: Pete Watts (332-1964).

### WEDNESDAY

**9.30am** Hill run/walk for all levels,  
Hansen Park: Glen Watts (332-1964).

**5.00pm** Steady state training  
Ayr St, Hagley Park: Pete Watts (332-1964).

### THURSDAY

**5.00pm** Steady state OR speed workouts -  
Ayr St, Hagley Park: Pete Watts (332-1964).

### FRIDAY

**9.30am** A flat run/bike/walk for all fitness levels-  
Hansen Park: Graham White (322-7147).

### SATURDAY

**TBA** See Club Calendar (March 2011 Newsletter) and Coming Events for details for Saturdays.

### SUNDAY

**7.30am** Hill run (Long run on the Port Hills), -  
meet 31 Dunn St: Pete Watts (332-1964).

## COMING EVENTS

**NB** Check the Sports Draw in Wednesday's Press

### April

23 <sup>rd</sup>	2pm	Club run/walk,	Hansen Park
30 <sup>th</sup>	2pm	Club run/walk,	Hansen Park
		Children's Relay,	Bottle Lake Forest
		NZ Marathon Champs,	Rotorua

### May

1 <sup>st</sup> (Sun)		Tai Tapu 15k Road Race	
7 <sup>th</sup>	12.30pm	Lionel Fox Relay,	Woodend
	2pm	Club run/walk,	Hansen Park
		Hanmer Half Marathon/10k	
14 <sup>th</sup>	12.35pm	Jane Paterson XC,	
		Rawhiti Domain, Keyes Rd	
	2pm	Club run/walk,	Hansen Park
19 <sup>th</sup> (Thurs)		ChCh 2ndary Schools Road Champs,	Hagley Park
			Hansen Park
21 <sup>st</sup>	2pm	Club run/walk,	Hansen Park
22 <sup>nd</sup> (Sun)		Clearwater 8k Classic Road Race	

**Continued on page 4**

## PRESIDENT'S POSITIVES

Hello to all members, especially to those who have recently joined our great club.

In my recent monthly reports I have expressed my desire to see a number of things occur in the future.

Three of these visions have been as follows.

Firstly, to see more people attending club days and also to bring family and friends along as social guests. Secondly for us to develop squads and teams, in all age groups, that can be competitive in interclub events and thirdly, to see the children's sections flourish.

I set no time scales but expected this to be a gradual process.

### **Not the case!**

In this last month, we have seen an amazing attendance at the winter season opening run and also at the club relay trials. We have also seen great numbers and potential talent at the children's track and field presentation day. Thirdly, news just in is the amazing results for the Masters Women coming first and Masters Men coming second, in the prestigious Hagley Memorial Relays.

Well done to all. Let's develop this on to the next level.

In fact, part of the process on to the next level has already begun.

The committee has made a commitment to funding further training for one of our senior coaches. We have also made a financial commitment to the NZ relay champs later this year in Auckland.

But it gets better! Our club will start the process of working towards the ClubMark Athletics Bronze Accreditation.

What this means is that the club will have to meet a very structured set of guidelines that will steer all of the many aspects of club life towards greater organisation, administration, coaching and ultimately athletic excellence.

I will keep you updated on this progress over the coming months but rest assured, looking ahead, I have no doubt that much will be achieved by the Port Hills Athletic Club .

Keep training hard and good luck for the next month.

*Gary McIlroy*

President

## TRACK & FIELD CLUB CAPTAINS REPORT

The season ended in a climax in more ways than one!! The February 22<sup>nd</sup> earthquake interrupted training at a critical period of our training, and the loss of QEII for training and competition further affected preparation for the important month of March, when all the big meetings occurred. However some of the big meetings were cancelled due to the disaster that is QEII - the Canterbury Children's Championships, Christchurch Secondary Schools Championships and Canterbury track & Field Championships were all cancelled. Training was possible at Hansen Park, thank goodness, but schedules were interrupted by travel difficulties and such sidelines as silt shovelling. In March three meetings were held in Timaru, but were of limited use, what with the travelling and inclement weather. The net result was the NZ National Track and Field Championships in Dunedin, and the South Island Secondary Schools Championships in Timaru, which are reported on elsewhere. While these meets did not result in as great a success as the club athletes have experienced in the past, there were nevertheless good results recorded for most club athletes to record a good end to the season.

Our children's section had a well attended and successful prize-giving after a hasty rearrangement, and all who attended seemed to leave happy to end the season on a high note. Congratulations to our two athletes who are still in training due to their being selected for the Children's National Interprovincial Championships at Easter.

For the future, Athletics Canterbury is holding a special general meeting on the 5<sup>th</sup> of May at the Cashmere Club at 7.15pm to discuss what we can do for next season in view of the restricted facilities available. Several Committee members are attending, but anyone can attend. What is discussed there could be vital to the success or failure of the next season.

As we head into the winter season of mud & crisp atmosphere, the track and field contingent are recovering and the older ones are steeling themselves for winter training. The coaches also enjoy the break, but also take the opportunity to hone their knowledge & skills. Your Club Captain has been very fortunate to receive financial assistance from the club to attend Development Level III courses in Hamilton and Dunedin. If anyone feels they need or would like to upgrade their coaching, or embark on coaching, the club is always willing to support you and mentor your coaching, so please approach me if you would like help in this direction. It is a matter of mutual benefit – you gain greater knowledge, skill and satisfaction and the club and its athletes benefit from your help. Don't be shy – make your needs known.

To all club participants, have a good winter season, ignore the shakes and have a great, active winter sports season. Before you know it, it will be the opening of the 2011-12 season. See you there!!

Cheers, *George Edwards*

**XC&R CLUB CAPTAIN'S REPORT**

Hi Members,

Well the cross country season is underway. Opening day was a great afternoon with a good number of children and adults. The following week we were guests at the Fyfes in Hillmorton for the Hagley Trials. This was a very successful afternoon with the trials being held over over a 4k course for adults and 2k for children at Curletts Reserve.

Hagley Relays: Port Hills performed very well. We had 9 adult's and 5 children's teams with MW winning their grade and MM 2<sup>nd</sup>. Check your newsletter for results. Overall a promising start to the season.

Club Hill Climb Champs: By the time you get this newsletter you will already know it has been postponed due to Mt Vernon being closed. But don't fret – we will hold this at a later date. I would hate you to miss it.

Training Runs: These have been going well with numbers not too bad. It's good to see that some of these members have set themselves goals. This is a good way to improve your performances. It is also heartening to see younger members turning up for training and seeing them improve. I am sure you will see their names to the fore in coming events.

Coming Up: Lionel Fox Relay – please make sure you have your name in the book. You can email or ring 332-1964 and leave name and contact number and we will put you in the race book. Other events are the Ashburton Bunny Hop and Hanmer Half/ 10k. These events you must enter yourself, not through the race book.

Well that's all for now. Keep up the good work.

*Pete Watts*

**Clubroom's Telephone**

The clubroom phone has had very little use now that everyone has a cell phone and new members mostly use the website to contact us – so we have discontinued the clubrooms phone.

**Children's Spiked Shoes**

If anyone has uniform or spiked running shoes which their children have outgrown, please consider passing them on to other runners who have just joined the Club.

Contact *Phil Chapman*, phone 322-4266.

**Club Hill Climb postponed**

Due to the earthquake and Summit Road/track closures, we have decided to postpone the Club Hill Climb Champs which were scheduled for this coming Saturday (23rd). We will let you know the new date later. There will be a club run/walk from Hansen Park at 2pm instead.

Don't forget - entries for the Lionel Fox relay at Woodend, 7th May, close with us on

SATURDAY 30TH APRIL

*Pete Watts*

**HOTEL ASHBURTON  
EASTER HOP  
SATURDAY 23 APRIL 2011**

This Easter, why not join Ashburton Athletic (Ashburton Harrier Club) on their Hotel Ashburton Easter Hop around the streets of Ashburton on Saturday 23 April (Easter Saturday).

There is an event for everyone in the family, from the kids, mums, dads, aunties, uncles and grandparents in the 5 mile (8km) Fun Run and Walk through to the 10 mile (16km) Run and 5 mile (8km) Competitive Walk.

The event kicks off at 10am outside the Hotel Ashburton. We'd like you to get in early with your entry (before 19<sup>th</sup> April would be great) but entries can be taken up until 9:30am on the day of the race. Entry forms are available from your school office, local gyms and sports stores or by contacting Ashburton Athletic (Noel 308 4003 or Joe Ford on 3088361).

There will be heaps of spot prizes thanks to The Frontrunner Ashburton. Prizegiving will be held at the Turf Bar at around 1pm and you need to be there to collect your spot prizes.

So dust off the running shoes and pull on the shorts for a great family event!

**COMING EVENTS**

**NB** Check the Sports Draw in Wednesday's Press

**Continued from page 2:**

**May**

28<sup>th</sup> 12.10pm Anglican Block Relay, Spencer Park  
31<sup>st</sup> (Tues) ChCh 2ndary Schools XC Champs, Halswell Quarry.

**June**

4<sup>th</sup> 2pm Club run/walk, Hansen Park  
5<sup>th</sup> (Sun) Canterbury Marathon Champs:  
SBS Mara. / Half Mara / 10k,  
Lincoln University

**Port Hills Website**

We've been working on updating the website to ensure all the content is up to date and continues to be kept up to date. Each of the pages now contains accurate information about the club, training, contacts and events. We're also looking at making new additions to the site to include honours boards, uniform photos and details and more live content similar to what has been introduced in the Children's section of the site. If you have any suggestions, please contact myself via email [paulj@solistra.com](mailto:paulj@solistra.com) and Brent Gilpin at [gilpin@actrix.co.nz](mailto:gilpin@actrix.co.nz)

*Paul Johnston*

Club Winter Opening, 2 April



Parents in the clubroom, waiting for children to finish their run

**Credits for Subscriptions**

If you paid for interclub races with last year's (2009-10) subscription, you may be eligible for a credit on this year's subscription. Check below:

Surname	FirstName	Race Credit
Arnold	Chris	\$ 30.00
Averill	Maureen	\$ 40.00
Bayliss	Peter	\$ 25.00
Burne	David	\$ 10.00
Burns	Tony	\$ 40.00
Bycroft	Christine	\$ 10.00
Casey	Karen	\$ 45.00
Caughley	John	\$ 15.00
Chapman	Philip	\$ 5.00
Clarke	Jo	\$ 35.00
Conly	Hugh	\$ 30.00
Daly	Robyn	\$ -
Fox-Turnbull	Wendy	\$ 25.00
Gawler	Stan	\$ 50.00
Gilpin	Brent	\$ 35.00
Gilpin	Margy	\$ 20.00
Gilroy	Fiona	\$ 5.00
Glen	Michael	\$ 25.00
Greig	Maree	\$ 5.00
Haines	Sue	\$ 5.00
Hart	Mary	\$ 5.00
Hensley	Wahren	\$ 30.00
Hill	Stewart	\$ -
Hill	Tony	\$ 40.00
Jarman	Thomas	\$ 5.00
Jensen	Louis	\$ 40.00
Johnston	Paul	\$ 5.00
King	Peter	\$ 40.00
Kinrade-Emmerson	Antony	\$ 20.00
Knight	Kevin	\$ 45.00
Mahony	Brent	\$ 40.00
McFie	Michael	\$ 5.00
McIlroy	Gary	\$ 20.00
McKenzie	Heather	\$ 25.00
Mesman	Nicole	\$ 35.00
Millward	Len	\$ 15.00
Newbould	Hannah	\$ 50.00
Newitt	Kate	\$ 50.00
Newland	Mike	\$ 25.00
Nolan	Charlie	\$ 20.00
Orange	Mel	\$ 30.00
Poore	Pauline	\$ 35.00
Rolston	Shirley	\$ 50.00
Saxby	Eric	\$ 15.00
Shivas	John	\$ 10.00
Smith	Michael	\$ 15.00
Spence	Ewen	\$ 35.00
Stark	Geoff	\$ 40.00
Thompson	Carol	\$ 40.00
Waite	John	\$ 35.00
Warren	Terry	\$ 15.00

# Shoe Clinic

## CORNER

We hope this newsletter finds you all well, fighting fit and still training hard.

With the cold mornings and nights now upon us we have seen a big increase in winter apparel sales. There are some great products available to make the winter runs a lot more pleasant and safer. From Nike running gloves that have a nifty pocket for your car keys to 2XU the Skins 400 series compression tights that keep you warm and reduce fatigue, **Shoe Clinic is your one stop running shop for winter.** Remember as a **Porthills Athletic Club member you receive 10% off store wide plus you still receive our advantage club points. 1 point for every dollar spent, 500 points= \$50 voucher to use instore.**

Best of luck to those competing in the SBS full and ½ Marathon and to those kicking up the dirt on the cross country tracks.

Until next month, happy training, Shaun, Kevin and the Shoe Clinic Team

Back to School?  
Need new shoes?

- Comfort ✓
- Quality ✓
- Style ✓
- blue haven ✓

Shoe Clinic

www.shoeclinic.co.nz

bluehaven

### Going back to school?

**Save \$10 on all School shoes until the end of April and let your feet stay on holiday!**

At Shoe Clinic, we believe that it's really important to look after your children's feet.

Incorrect and ill fitting footwear can have a serious impact on your child's foot health for years to come.



### New For Cross Country



### adizero Candence

An excellent long distance spike for the high-level track or XC athlete. Offers more cushioning than other distance spikes, yet is still light and responsive. Think a lightweight road flat with spikes.

### New For Road Racing



### adizero adios

Full forefoot adiPRENE+ is responsive and cushioned. Designed for serious runners, the Adios is great for short or long road races, intervals and tempo runs.

### **NATIONAL TRACK & FIELD CHAMPIONSHIPS, DUNEDIN— 25,26,27<sup>TH</sup> MARCH**

Nine athletes from the club formed part of the eighty-one strong Canterbury team attending the championships this year. Our athletes gathered eleven medals from their efforts, not as impressive as previous years, but nevertheless representing a great effort.

Dunedin turned on some diverse weather for the event, being overcast, windy and cold on the Friday, calm and warm on the Saturday, and heavy rain and wind on the Sunday. Obviously the conditions had quite an effect on performances.

Our best performer was Hannah Newbould, now a Dunedin student, so she should have been acclimatised. In the W19 grade she achieved a silver in the 1500m, bronze in the 800, and silver in the 4x400m relay.

Benn Loh made life difficult by motorbiking to Dunedin on the Saturday after University lectures, then competing in the senior men's high jump on the Sunday in torrential rain. He ended up fourth with a 1.87m clearance on a day where big heights were not achieved. He then further confirmed his mental state by biking back home in the storm.

Nicole Mesman had a day she would rather forget in the W19 long jump, but redeemed herself in the 400m hurdles, where she was a close fourth (by 0.28sec) in only her third competitive outing for the event. She finally medalled in the relays, being in the third placed senior women's 4x100 relay team, and second in the W19 4x400 relay team.

Hannah Keenan had a struggle in the torrential rain for her W19 triple jump, ending up seventh with a 10.85m jump, somewhat below her best. However she had a medal to show for her weekend, being in the third placed 4x100 senior women's relay team.

In the younger age group the club had five participants. Nic McGrath had a good championships, with a personal best of 15.62m in the M16 shot put to come third, only 1cm behind second and 4cm behind first- a close competition. He also came fourth in the discus with a commendable 45.17m.

Jarno Plenter had a good first Nationals with a third in the M16 pole vault and an eleventh in the high jump with a 1.74m clearance, very close to his personal best.

Connor Tyndall was the 9<sup>th</sup> fastest qualifier in the M16 400m, missing the final, and was 13<sup>th</sup> fastest in the 200m. He achieved medals however with bronzes in both the M16 4x100 and 4x400m relays.

Jess O'Halloran found the competition tough in

the sprints with a 9<sup>th</sup> fastest 100m not being enough for the final, and a 14<sup>th</sup> fastest in the 400m. However she was rewarded with a bronze medal in the 4x100 relay.

Courtney Anngow was a creditable 6<sup>th</sup> in the W16 shot put and 10<sup>th</sup> in the discus.

While none of our athletes could be said to be a highlight in a meeting where Valerie Adams achieved 20.45m in the shot, Jacko Gill broke the world 16 & 17 year age record in the shot with a put of 21.34m, and Nick Willis ran away with the 5000m, they all performed well, considering their earthquake interrupted preparation, and eleven medals from nine athletes is still a record to be proud of.

*George Edwards*

### **SOUTH ISLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIPS— 2<sup>ND</sup> & 3<sup>RD</sup> APRIL**

The last event of the Track & field season was the South Island Secondary schools Championships held in Timaru, instead of the scheduled QEII. The club had ten athletes competing for their various schools, with some very good results being achieved.

Nick McGrath had a great ending to his season with first placings in both the U19 Shot & Discus with performances close to his best.

Hannah Keenan was busy with a first place in the U19 Triple jump at 11.05m, a second in the Long Jump with a 4.95m jump, a 6<sup>th</sup> in the 100m and fourth in the 4x100m relay.

Another busy athlete was Jess O'Halloran, coming third in the U19 100m, fifth in the 400m, and second in both the 4x100m & 4x400m relays.

Courtney Anngow was fourth in both the U19 Shot & Discus by narrow margins with some of her best throws of the season.

Larissa McKewen did well in her first outing at this event with second placings in the U14 Shot & Discus and a fourth in the Javelin.

Jarno Plenter won the open Pole Vault with a vault below his best, and was eighth in the U16 High Jump.

Connor Tyndal was seventh in the final of the U19 400m, while Jack O'Halloran was fifth in the U15 discus and eleventh in both the 100 & 200m.

Ben Watts gained fourth in the Javelin, and Holly Tudehope was eighth in her U14 High Jump and her 4x100m relay was seventh.

So overall the ten club athletes gained four golds, five silvers and a bronze, not a bad way to end the season.

*George Edwards*

**JUNIOR ATHLETICS PRIZE-GIVING**

On Tuesday 29<sup>th</sup> March we celebrated our club prize-giving with a number of budding athletes in attendance.

A welcome was given by Gary McIlroy our club president, and then the presentations began.

Personal best certificates for the season were given out to each athlete in attendance. Next we presented the remaining five star and Saturday competition PB certificates.

Then it was time for the results of the club championships held on Sunday February 13<sup>th</sup>.

Trophies were presented to the winners of each group and medals were given to each 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getter along with a certificate.

**Club Champs results**

Girls U8

1 <sup>st</sup>	Alan Topping	14 Points
2 <sup>nd</sup> =	Sophie Roberts	13 points
	Jacqueline Keenan	13 points

Girls U10

1 <sup>st</sup>	Penny Burrige	24 points
2 <sup>nd</sup>	Francesca Williamson	14 points
3 <sup>rd</sup>	Juliana Gleaves	11 points

Girls U12

1 <sup>st</sup>	Summer Rutherford	30 Points
2 <sup>nd</sup>	Brenna Carson	15 points
3 <sup>rd</sup>	Saskia O'Connell-Thoen	12 points

Girls U14

1 <sup>st</sup>	Holly Tudehope	22 points
2 <sup>nd</sup>	Kate Steele	21 points
3 <sup>rd</sup>	Larissa McKewen	15 points

Girls U16

1 <sup>st</sup> =	Anna Wardman	24 points
	Laura Brown	24 points

Boys U8

1 <sup>st</sup>	Clayton Shadbolt	30 points
2 <sup>nd</sup>	Bradley Robins	12 points
3 <sup>rd</sup>	Mitchell Williamson	5 points

Boys U10

1 <sup>st</sup>	Gregor Mackay	24 points
2 <sup>nd</sup>	Ayrton Shadbolt	22 points
3 <sup>rd</sup>	Drew Mackay	6 points

Boys U12

1 <sup>st</sup>	Sam Mackay	23 points
2 <sup>nd</sup>	James Friel	19 points
3 <sup>rd</sup>	Benjamin Roberts	16 points

Boys U14

1 <sup>st</sup>	James Topping	35 points
2 <sup>nd</sup>	Max Von Huben	25 points
3 <sup>rd</sup>	Isaac Johnston	20 points

Following the presentations and photo sessions we then presented some very special club awards.

**McCann Trophy** Boys U10 Most improved—  
Mathew Clarke

**Wingham Trophy** Girls U10 Most improved—  
Francesca Williamson

**Harewood Trophy** Best Club Member:  
Someone who is bright and cheerful,  
helpful, courteous and well presented—  
Farran Landers

**Brislane Trophy** Someone who gives 110%:  
Best Trier, doesn't necessarily achieve  
results— Tayla Clarke

This brought an end to our presentations and supper was served. A great night was had by all. Bring on next season.

*Sue Leadbeater*



Girls Under 8 trophy winners



Under 10 winners



Girls Under 12 winners.  
(Under 14 winners on front cover)



Boys Under 10 winners



Girls Under 16 winners



Boys Under 12 winners



Boys Under 14 winners



Boys Under 8 winners

*Photos from Sue L*



Special Award winners

**Hagley Trials Photos on page 11:**  
Top: Barry Finch, Tony Burns, Charlie Nolan (behind)  
Middle: Jamie Houston, Brent Gilpin—  
taking the whole thing far to seriously.  
Bottom: The sausage roll gang, after the run.

**Kids Cross Country Results**

For our first event, the Link Relay, we managed to put together 11 teams including a couple of teams formed on the day. Some of my guesses for the kids times were pretty close and some not so close!! The closest team from Port Hills was only 3 seconds away from the guessed time and as a result, they made 2nd place. Amazingly, we were beaten by a team who were 2 seconds out so it was a close call. Apologies, I don't have the details for the 2 teams made up on the day...

2nd Place - Team #8 – Farran Landers, Matthew Clarke, Daniel Bell (3 seconds out)  
 4th Place – Team #6 – Jared Boyle, Jemesa Landers, Benjamin Carlile-Smith (5 seconds out)  
 7th Place – Team #3 – Louise Daly, Holly Johnston, Juliana Gleaves (35 seconds out)  
 9th Place – Team #1 – Jamie Batchelor, Nik Bull, Tom Burt (36 seconds out)  
 10th Place – Team #4 – Georgia Hendry, Eloni Landers, MacKenzie Pringle (38 seconds out)  
 12th Place – Team #7 – Gerry Whearty, Robyn Van der Voort, Joshua Clarke (57 seconds out)  
 13th = Place – Team #5 – Corey Johnston, Micah Landers, Tayla Clarke (58 seconds out)  
 13th = Place – Team #2 – Isaac Johnston, Jaime Van der Voort, Maria Hendry (58 seconds out)

Our next event was the Hagley Trials. This isn't actually a trial as much as it's a practice race for the kids. Some great runs again and some of the more keen among the kids ran in the adults race.

For those who ran the 2K race (2.2K it turns out), results as follows:

9:42 Louise Daly  
 9:57 Benjamin Carlile-Smith  
 10:52 Brendan Lewis  
 10:56 Penny Burrige  
 10:57 Jonelle Arthur  
 10:59 Bradley Robins  
 11:01 Holly Johnston  
 11:20 Mia Harrison  
 11:21 Isaac Gilpin  
 12:55 Zoe Gilpin  
 13:29 Robyn Van der Voort  
 13:30 Jaime Van der Voort  
 14:48 Matthew Clarke  
 14:52 Samantha Robins  
 14:57 Taylor Lewis

*Paul Johnston*

**HAGLEY TRIALS**

9 April 2011

Again we were lucky enough to have wonderful weather at the Curletts Reserve grounds where Bob and Pete W set out the course with the trusty wheelbarrow, stakes, markers and hammer. Thank you once again to Faye and Bob who hosted the afternoon tea at their home in such a lovely setting.

Starters in the 4k numbered 48 and with 45 finishers, it was a good result – the best we've had for a few years. Youngsters who stepped up to the plate over the 4k distance were Tayla, Frances, Corey, Isaac and Braeden, the latter coming 2nd to winner Gary with a great run. Well done youngies. Warhorse, Charlie was a close 3rd, with the two Tonys having a bit of a battle for 4th. Maree and daughter Whitney had good runs in the women's race with Robyn and Raewyn 5 and 10 seconds back. Welcome also to the other new runners who took part – Matt, Chris, Dave, (pleased to see you recovered from your good effort Dave), Julie and Kris.

1 <sup>st</sup>	15.26	Gary McIlroy
2 <sup>nd</sup>	16.26	Braeden Botica
3 <sup>rd</sup>	16.30	Charlie Nolan
4 <sup>th</sup>	16.41	Tony Burns
5 <sup>th</sup>	16.44	Tony Kinrade-Emmerson
6 <sup>th</sup>	16.54	Paul Johnston
7 <sup>th</sup>	17.29	Barry Finch
8 <sup>th</sup>	17.45	Isaac Johnston
9 <sup>th</sup>	18.39	Phil Chapman
10 <sup>th</sup>	18.58	Whitney Greig (guest)
11 <sup>th</sup>	18.58	Maree Greig
12 <sup>th</sup>	19.03	Robyn Daly
13 <sup>th</sup>	19.06	John Shivas
14 <sup>th</sup>	19.08	Raewyn Blair (guest)
15 <sup>th</sup>	19.14	Bernie Jago
16 <sup>th</sup>	19.30	Matt Watts
17 <sup>th</sup>	19.48	Corey Johnston
18 <sup>th</sup>	19.56	Geoff Stark
19 <sup>th</sup>	20.03	Brent Mahony
20 <sup>th</sup>	20.05	Frances Daly
21 <sup>st</sup>	20.09	Pauline Poore
22 <sup>nd</sup>	20.10	Chris Arnold
23 <sup>rd</sup>	20.13	Mike McFie
24 <sup>th</sup>	20.09	Rick Harlow
25 <sup>th</sup>	20.40	Chris Mills
26 <sup>th</sup>	20.55	Peter Bayliss
27 <sup>th</sup>	20.57	Tayla Clarke
28 <sup>th</sup>	21.19	Margy Gilpin
29 <sup>th</sup>	21.44	Greg Watts
30 <sup>th</sup>	21.57	Jamie Houston

31 <sup>st</sup>	21.58	Terry Warren
32 <sup>nd</sup>	22.28	Wahren Hensley
33 <sup>rd</sup>	22.35	Dave Clarke
34 <sup>th</sup>	22.43	Eric Saxby
35 <sup>th</sup>	22.51	Christine Bycroft
36 <sup>th</sup>	23.44	Stew Hill
37 <sup>th</sup>	24.45	Brent Gilpin
38 <sup>th</sup>	25.04	Julie Edwards
39 <sup>th</sup>	25.32	Rachael Hill
40 <sup>th</sup>	25.53	Warren Elliott
41 <sup>st</sup>	26.02	Kris Burridge
42 <sup>nd</sup>	26.08	Stan Gawler
43 <sup>rd</sup>	26.18	John Eastmond
44 <sup>th</sup>	27.13	Mark Russell
45 <sup>th</sup>	29.07	John Waite

(Photos below - see captions on page 9)



**HAGLEY RELAY**

16 April 2011

Well a wet day as predicted eventuated for the Hagley Relay, but luckily no wind. For those that did not have spikes it was a bit slippery underfoot. The youngies came pink cheeked and smiling after their laps. Great to see you had a good time. The MW1 team were 1<sup>st</sup> across the line and MM1 2<sup>nd</sup> in their grade, while Fiona was 2<sup>nd</sup> fastest MW and Gary 5<sup>th</sup> fastest MM. The newcomers all ran well too and there was lots of consistency in performances of the old hands.

(Photos may be seen on the club website.)

<u>SW</u>	<u>7<sup>th</sup></u>	<u>1.13.20:</u>	18.23	Loris Reed
			19.12	Sarah Eady
			17.09	Frances Daly
			18.36	Ayako Gould
<u>MW1</u>	<u>1<sup>st</sup></u>	<u>1.09.51:</u>	15.59	Fiona Gilroy
			17.36	Mary Hart
			18.01	Robyn Daly
			18.15	Bernie Jago
<u>MW2</u>	<u>7<sup>th</sup></u>	<u>1.17.15:</u>	18.19	Sarla Donovan
			19.19	Sue Haines
			18.26	Pauline Poore
<u>MW3</u>	<u>11<sup>th</sup></u>	<u>1.32.21:</u>	23.04	Wendy Fox-Turnbull
			23.27	Amanda Landers
			23.40	Kris Burridge
			22.10	Julie Edwards
<u>SM</u>	<u>11<sup>th</sup></u>	<u>1.41.45:</u>	14.58	Braeden Botica
			15.46	Glenn Boyle
			17.14	Isaac Johnston
			16.50	Phil Chapman
			20.17	Jared Boyle
			16.40	Mel Orange
<u>MM1</u>	<u>2<sup>nd</sup></u>	<u>1.31.58:</u>	14.03	Gary McLroy
			15.14	Charlie Nolan
			15.07	Tony Kinrade-Emmerson
			15.22	Tony Burns
			15.41	Paul Johnston
			16.31	Michael Smith
<u>MM2</u>	<u>12<sup>th</sup></u>	<u>1.58.13:</u>	18.38	Mike McFie
			18.12	Chris Arnold
			18.23	Geoff Stark
			23.27	John Shivas
			19.36	Rick Harlow
			19.57	Jamie Houston
<u>MM3</u>	<u>14<sup>th</sup></u>	<u>2.05.05:</u>	17.16	Len Millward
			17.24	Dave Brostow
			25.26	John Caughley
			21.39	Eric Saxby
			22.40	Stew Hill
			20.40	Terry Warren
<u>MM4</u>	<u>16<sup>th</sup></u>	<u>2.14.34:</u>	19.33	Tom Reihana
			16.27	Nick Rutter
			23.21	Warren Elliott
			26.30	John Waite
			24.54	Stan Gawler
			23.49	MarkRussell