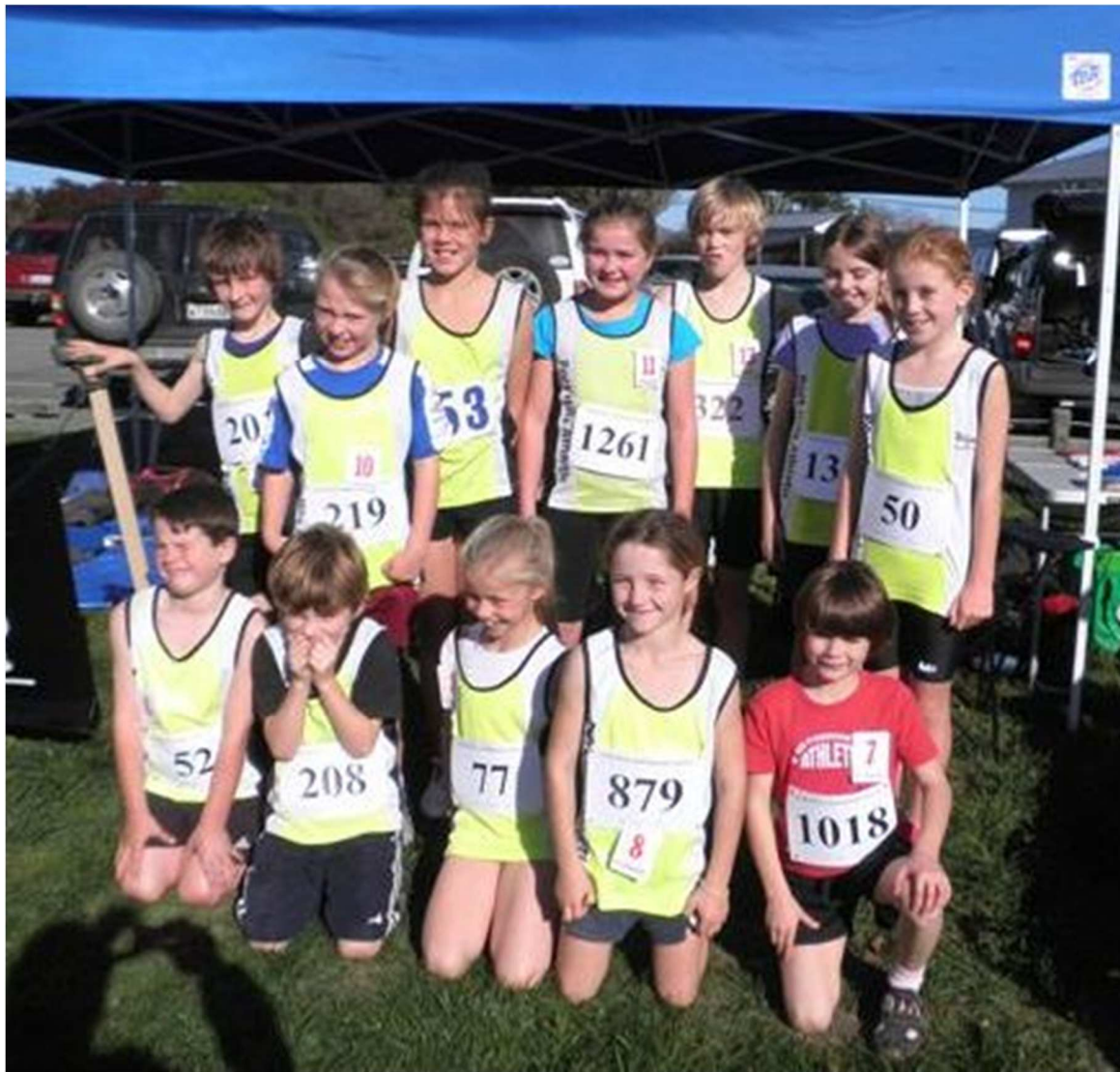


PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER June 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.

<p>Contact Names and Phone Numbers</p> <p>PRESIDENT, Gary McIlroy 354-1005 VICE-PRESIDENT, Dave Riddell 337-0200 SECRETARY, Peter King 341-1154 TREASURER, Dave Kennedy 942-2222 XC & ROAD CLUB CAPTAIN, Peter Watts 332-1964 XC & ROAD JNR CAPTAIN, Paul Johnston 332-1894 T&F CLUB CAPTAIN, George Edwards 960-3993 T&F JNR CAPTAIN, Sue Leadbeater 366-2376</p> <p>Selectors</p> <p>Kevin Knight 358-7220 Peter Watts 332-1964</p> <p>Committee</p> <p>Peter Bayliss 980-8395 Wahren Hensley 389-8944 Elizabeth Keenan 322-1006 Kerry Rutherford 981-0941 Glen Watts 332-1964 Les Woods 981-3581</p>	<h2>THE CLUB WEEK</h2>
<p>Your Newsletter</p> <p>Contributions for the next issue should be received by 19th July 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:</p> <p>George Edwards 960-3993 george.marg@paradise.net.nz Tom Jarman 332-9877 tom_jarman@christchurchstar.co.nz John Caughley 980-4435 john.caughley@paradise.net.nz</p>	<p>This is intended as a guide to regular club activities for members and interested persons. Please phone the contact numbers as holidays or lack of regularly updated information may render the following inaccurate.</p> <p style="text-align: center;">MONDAY</p> <p>4:10PM Phil's Hill Run (Kids 2k circuit) Halswell Quarry, Phil Chapman (322-4266) 5:00PM Steady state OR speed workouts Ayr St, Hagley Park, Pete Watts (332-1964)</p> <p style="text-align: center;">TUESDAY</p> <p>4:30PM Childrens Cross Country Training Hansen Park, Paul Johnston (332-1894) 5:00PM Hill Reps or Circuit Training 31 Dunn St, Pete Watts (332-1964)</p> <p style="text-align: center;">WEDNESDAY</p> <p>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)</p> <p style="text-align: center;">THURSDAY</p> <p>5:00PM Steady state OR speed workouts Ayr St, Hagley Park, Pete Watts (332-1964)</p> <p style="text-align: center;">FRIDAY</p> <p>9:30AM A flat run/bike/walk for all fitness levels Hansen Park, Graham White (322-7147)</p> <p style="text-align: center;">SATURDAY</p> <p>TBA See Club Calendar (March 2011 Newsletter) and Coming events for details for Saturdays.</p> <p style="text-align: center;">SUNDAY</p> <p>7:30AM Hill run (long run on the Port Hills) 31 Dunn St, Pete Watts (332-1964)</p>
<p>NEWSLETTER ADVERTISING RATES</p> <p>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</p>	<p>COMING EVENTS</p> <p>June</p> <p>25th TBA 2pm South Island Cross Country Champs Club run/walk, Hansen Park</p> <p>July</p> <p>2nd 2pm Port Hills Cross Country Champs & Club Run, Hansen Park</p> <p>9th TBA 2pm Cant. Cross Country Champs Club run/walk, Halswell Quarry</p> <p>16th 2pm Port Hills Club Hill Climb Champs Halswell Quarry</p> <p>23rd TBA 2pm NZ Cross Country Champs Club run/walk, Halswell Quarry</p> <p>30th TBA 2pm Riverside Relays + U16 Relays Club run/walk, Cashmere Club</p>
<p>Uniforms</p> <p>Adults available from Faye Fyfe, Ph 942-3366 Singlets \$40, Crop Tops \$40, Jackets \$90 Childrens available from Sue Leadbeater, Ph 366-2376</p>	
<p>Cover Photo:</p> <p>Some of the kids at the Jane Pattersons Cross Country races.</p>	

President's Points

Hi Everyone

Firstly, I must wish John, our Newsletter Editor, all the best and say Get Well Soon. Hopefully we will see you bouncing around at the club house in the very near future.

Many will be aware, that Kerry Fass and his wife were involved in a very nasty car accident recently. Kerry is a great guy, competitor and one of the best Master Athletes in NZ.

On behalf of the Port Hills Athletic Club, I would like to wish them both a very speedy recovery. Our thoughts are with them.

Apart from the continuing aftershocks, I hope everyone has had a good month.

As you will see, no doubt, from the Club Captain's reports, the cross country season has brought some great races and results from both the youngsters and adults. Well done!

Work on our ClubMark Bronze Award Accreditation is well under way and we are regularly meeting and working with Sports Canterbury to get the initial requirements dealt with.

I will give you a full summary of our progress next month.

In these difficult times, I hope everyone can keep their chins up and keep smiling.

All the very best for July.

Gary McIlroy

President

CLUB CAPTAINS REPORT

Hi Members,

Well, not many XC races to go before you are on the tarseal. Race results as follows:

Jane Paterson was held at Rawhiti Domain on a nice warm afternoon on a fast course. Port Hills members were well performed and featured well in the results.

Secondary School Road Champs were conducted in North Hagley Park, with several club members competing. Frances, Ayako, Braeden and Isaac all placed very well in their age groups.

Secondary Schools XC Champs - results much the same as the road champs.

Anglican Block Relay was held at Spencer Park on a lovely sunny afternoon over a testing course. The Port Hills children performed well and it shows we are developing some talent. Masters men and women figured high in the results.

SBS Marathon, ½ M and 10k. The club was well represented and filled several first three placing's in various age groups. Well done to you all.

Holloway Races Cust. This was a very cold afternoon but produced some very good placing's from children and masters once again over a tough course.

CLUB XC CHAMPS This will be held at Hansen Park combined with Olympic, New Brighton, North Canterbury and possibly PapTH clubs. Watch for starting times.

Well folks, that's about it for now – keep the training up.

Pete Watts

The John's before the Jane Patterson



Photos from Anglican Block:

The Brits!!



CLUB CROSS COUNTRY CHAMPS

Hansen Park

2nd July

Please note that this event is open to **ALL** winter registered club members, not just Saturday Interclub racers.

2:00	2k	G/B 8&under, 9, 10, G11, 12
2:15	4k	B11, 12, G/B 13, 14, 15, 16
2:30	6k	W17, 18, 19, SW, MW
2:30	8k	M17, 18, 19, SM, MM

CLUB HILL CLIMB CHAMPS

Halswell Quarry

16th July 2PM

This event was postponed at the beginning of the XC season and will now take the place of the run scheduled for Dunn Street. Again, this event is open to **ALL** winter registered club members, not just Saturday Interclub racers.

Hannah Newbould

Good luck to Hannah, she's off competing around Europe for a month with a New Zealand team. Good luck and we look forward to hearing about the experience!

Canterbury Road Champs

Pegasus

August 6th

NOTE: This event has also changed venue due to earthquake damage at Spencer Park

Timaru Around the Gorge Relay

NOTE: Change of date from 27th August to 13th August



CORNER

Congratulations to those who took part in this year's SBS marathon event. We have had some mixed feedback from customers about the course but it was fantastic to see close to 4000 runners and walkers taking part. I guess this shows that despite what happens with the ground people are still motivated to exercise. We certainly try to motivate our customers to taking on events and challenges but more importantly we're trying to give them less reasons or excuses to stop, by making sure they get the right footwear and gear to reduce their chances of injury. That's what Shoe Clinic is really about "Injury Prevention" that's why we take our time to get things right. This along with our 30 day guarantee and great customer service is why people love shopping with us. So if your looking for good advise with friendly staff and a PortHills discount, come on in – we'd love a chance to help you out.

Happy (and injury free)running from
Shaun, Kevin and The Shoe Clinic Team

**30 DAY MONEY BACK GUARANTEE
ON ALL PRESCRIBED FOOTWEAR**

ALL WALKING AND OUTDOOR FOOTWEAR REDUCED UNTILL SUNDAY 26th JUNE



SALVATION 3

NEW AND IMPROVED

An overpronator 's savior, the women's adidas® adiSTAR® Salvation 3 is a luxury performance trainer that offers plenty of stability without losing flexibility for optimal responsiveness



BROOKS Nightlife Magnetic Light



Flashing LED light that attaches to any apparel garment for safer low light runs, walks or cycles.

SHOE CLINIC PORTHILLS ATHLETIC CLUB DISCOUNT

Get 10% off items not already reduced and still get your advantage club points – 1 point for every dollar spent, 500 points = \$50 voucher to use instore.

Race Results

01/05/11 NEW BALANCE 15K
GREENPARK

OW

14th 1.10.30 Sarla Donovan
47th 1.28.58 Amanda Landers

W50

1st 1.09.45 Pauline Poore
14th 1.31.11 Shirley Rolston
15th 1.31.41 Carol Thompson

M40

13th 1.01.25 Michael Smith
24th 1.10.50 Mike McFie

M50+

5th 1.00.40 Barry Finch
15th 1.09.44 Chris Arnold
21st 1.14.50 Wahren Hensley
30th 1.27.57 Warren Elliott

APRIL BUNNY HOP 16k

ASHBURTON

27th 1.15.23 Pauline Poore

14/05/11 JANE PATERSON XC

RAWHITI DOMAIN

W40 6k

1st 23.53 Fiona Gilroy
7th 29.06 Sarah Eady

W45

3rd 26.27 Robyn Daly
6th 27.57 Sue Haines

W50

5th 32.47 Wendy Fox-Turnbull

W55

1st 31.56 Christine Bycroft

SM 9k

13th 43.07 Mike Newland

M40

11th 37.13 Paul Johnston

13th 41.28 Mike Glen

14th 41.52 Kevin Slattery

M45

4th 34.21 Roger Lamb

12th 45.59 Mike McFie

M50

4th 37.43 Tom Jarman
5th 39.16 Nick Rutter
6th 41.03 Phil Chapman

M55

2nd 40.21 Barry Finch
11th 45.01 Len Millward
13th 68.30 Kevin Knight

M60

4th 45.34 Brent Mahony
6th 48.39 Rick Harlow

M65

2nd 43.54 John Shivas
4th 49.01 Jos Galavazi

5th 49.40 Terry Warren

6th 56.06 Stew Hill

M70

1st 49.53 Eric Saxby
3rd 62.29 John Waite

M80

2nd 59.17 Stan Gawler

3rd 61.33 Brian Keown

M50+ 2nd Teams Race

MW 2nd Teams Race

05.11 ANGLICAN BLOCK RELAY HCP

WOODEND

MM1 3rd 1.32.04

17.46 Gary Mcilroy

17.04 Roger Lamb

18.49 Tom Jarman

18.48 Paul Johnston

19.37 Mel Orange

MM3 5th 2.14.29

26.43 Wendy Fox-Turnbull

23.24 Jamie Houston

30.54 John Waite

21.35 John Shivas

31.53 Kevin Knight

MM2 12th 1.55.33

24.31 Rick Harlow

22.53 Mike McFie

22.08 Len Millward

20.52 Mike Glen

30.04 Mark RussellMM4 13th 2.15.54

27.59 Warren Elliott

19.47 Michael Smith
 30.00 John Caughley
 28.04 Stew Hill
 25.09 Terry Warren
 SM 6th 1.39.36
 18.53 Braeden Botica
 20.00 Nick Rutter
 20.07 Phil Chapman
 18.36 Charlie Nolan
 22.00 Mike Newland
 MW1 3rd 1.26.02
 1937 Fiona Gilroy
 21.59 Robyn Daly
 21.36 Mary Hart
 22.50 Sue Haines
 SW DNF
 20.21 Frances Daly
 21.53 Ayako Gould
 26.00 Christine Bycroft
 Also
 24.56 Jos Galavazi
 31.14 Brian Keown

11.06.11 HOLLOWAY XC WEST
 EYRETON
 W40 8k
 1st 31.41 Fiona Gilroy
 4th 34.39 Mary Hart
 W45
 3rd 35.00 Robyn Daly
 6th 36.53 Sue Haines
 W55
 1st 41.44 Christine Bycroft
 M40 12k
 4th 43.48 Gary Mcilroy
 6th 45.58 Paul Johnston
 M45
 1st 41.12 Roger Lamb
 6th 47.18 Charlie Nolan
 7th 47.39 Nick Rutter (50)
 11th 52.12 Kevin Slattery
 M50
 2nd 46.18 Tom Jarman
 4th 49.35 Phil Chapman
 M55
 10th 75.37 Warren Elliott

M60
 4th 55.55 Brent Mahony
 M65
 1st 60.41 Jos galavazi
 2nd 61.38 Terry Warren
 3rd 73.10 Stew Hill
 M70
 62.39 Eric Saxby
 M80
 2nd 78.04 Brian Keown

Junior Cross Country

Hi everyone, it's been a busy month since the last newsletter and believe it or not, I'm writing this entire newsletter so hopefully there's no omissions or mistakes!!

Jane Patterson

Beautiful summer day and some great photos if you check out the web site. Results as follows:

G8 – Team 2nd
 1st 12:19 Maria Hendry
 6th 14:03 Vivien Guttman
 8th 15:24 Jaime Van der Voort
 G9
 14th 15:12 Samantha Robins
 G10 – Team 1st
 2nd 12:05 Penny Burridge
 3rd 12:11 Eva Pringle
 9th 13:01 Mackenzie Pringle
 13th 13:18 Katie-Rae Botica
 14th 13:33 Jonelle Arthur
 G11 – Team 3rd
 3rd 14:15 Louise Daly
 16th 17:18 Holly Johnston
 19th 21:24 Jemma Eager
 G12
 7th 14:46 Tayla Clarke
 G13
 12th 19:59 Georgia Rutter
 G14
 1st 13:01 Frances Daly
 W16
 10th 17:22 Ayako Gould
 B8
 8th 13:25 Bradley Robins
 14th 15:34 Matthew Clarke

Jane Patterson continued...

B9		
5 th	12:36	Brendan Lewis
B12		
7 th	14:08	Farran Landers
M16		
4 th	22:18	Braeden Botica
13 th	25:04	Matthew Jensen

Anglican Block Races

Again, a beautiful day and some great results for the kids as per below:

B9		
8 th	12:13	Bradley Robins
15 th	14:42	Matthew Clarke
B11		
16 th	11:16	Benjamin Carlile-Smith
B13		
9 th	9:51	Zander Wager
10 th	10:05	Gerry Whearty
13 th	10:19	Farran Landers
B15		
11 th	9:46	Isaac Johnston
G9		
3 rd	11:07	Maria Hendry
13 th	13:08	Vivien Guttman
17 th	13:27	Jaime Van der Voort
19 th	13:42	Samantha Robins
G11		
4 th	10:11	Louise Daly
18 th	12:40	Jonelle Arthur
19 th	12:41	Holly Johnston
G13		
8 th	10:30	Georgia Hendry
10 th	10:38	Tayla Clarke
21 st	14:16	Georgia Rutter

Holloway Memorial Cross Country

This event is likely the toughest event on the calendar. Big hills, usually a cold wet day, as per usual, it delivered as expected. Not a huge turnout but great results yet again so well done to everyone:

G8		
1 st	8:55	Maria Hendry
7 th	10:28	Jaime Van der Voort

G9/10		
4 th	8:47	Penny Burridge
5 th	8:48	Millie Thompson
12 th	9:25	Katie-Rae Botica
G11/12		
5 th	11:52	Louise Daly
11 th	12:24	Georgia Hendry
12 th	12:26	Tayla Clarke
23 rd	14:51	Holly Johnston
G13/14		
1 st	15:36	Frances Daly
W15/16		
5 th	16:46	Ayako Gould
B11/12		
3 rd	16:32	Farran Landers
B13/14		
18 th	16:17	Isaac Johnston
M15/16		
3 rd	28:44	Braeden Botica
12 th	34:13	Matthew Jensen

New Zealand Secondary School Cross Country Champs – Ashburton

I travelled down to Ash-vegas with Isaac to see four of our athletes run in pretty good conditions against huge fields. In Isaacs Y9 boys race, there was 182 runners and a lot of elbows getting used to gain best position. Results as follows:

Y9 Girls – 3k		
16 th	11:27	Frances Daly (Marion College)
Y9 Boys – 3k		
123 rd	11:28	Isaac Johnston (Cashmere)
Senior Female – 4k		
58 th	16:34	Ayako Gould
Senior Male – 6k		
64 th	21:03	Braeden Botica

Winter Club of the Year

Port Hills is currently in 3rd position thanks to great results across all grades young to old so keep up the good work and let's see if we can't improve on that position over the coming weeks.

CLUB OF THE YEAR - 2011												
CLUB	EVENTS										TOTAL	
	Hagley	St Albans	St Leonards	Anglican	Holloway	Kennett	Cant X-C	Cant Rd	Riverside	Tak-Ak		
Anglican	0	0	0	0	0						0	
Ashburton	0	0	0	0	0						0	
Cant Trn	2	10	0	0	0						12	8th
Chch Avon	20	20	20	20	20						100	1st
Chch BHS	6	0	0	0	0						6	10th
Christ's Coll	0	0	0	0	0						0	
Ellesmere QE	0	0	0	0	0						0	
Methodist	0	0	0	0	0						0	
New Brighton	16	6	10	8	0						40	6th
Nth Canterbury	4	12	0	10	0						26	7th
Olympic	0	0	0	0	0						0	
Pap Toa H	14	6	18	14	0						52	5th
Phoenix	8	0	0	0	0						8	9th
Port Hills	12	14	14	12	16						68	3rd
Rover	0	0	0	0	0						0	
Summer	10	8	12	16	18						64	4th
Uni of Cant.	18	18	16	18	0						70	2nd



PORT HILLS ATHLETIC CLUB NOTICE OF ANNUAL MEETING
Tuesday, 16th August 2011

The Annual Meeting of the Port Hills Athletic Club Incorporated is to be held in the Clubrooms, Hansen Park, Hawford Rd, Opawa

7.30pm Tuesday, 16th August 2011

Provisional Agenda:

1. Apologies
2. Approval of proxies
3. Approval of minutes of the 2010 AGM
4. Consideration and approval of Annual Report
5. Consideration and approval of Financial Accounts
6. Election of officers
7. Setting of Club fees
8. General business

Port Hills Athletic Club Incorporated

Annual General Meeting

7:30pm Tuesday, 16th August 2011

Port Hills Athletic Clubrooms
Hansen Park, Hawford Road, Opawa

Annual General Meeting call for remits/notices of motion.

The Annual General Meeting of the Club will be held at the Clubrooms, Hansen Park on Tuesday, 16th August, 2011. Remits/Notices of Motion must be lodged with the Secretary no later than Monday 18th July 2011 to allow these to be sent to all members with the formal notice of meeting.

Nominations for Office

Nominations are sought for the committee positions as listed on the nomination form. Nominations must be on this form or a photocopy of it and must be **received** by the Secretary no later than Monday 25th July 2011. Under the constitution nominations for any position may only be accepted at the meeting when no prior nominations have been received, and a member can only hold one committee position at one time.

Any nominee for a committee position must be a financial member of the Club and must be nominated by two financial members of the Club who have been members of the Club for at least three months. Please note that in the case of members who are under the age of 15 years a parent or guardian may be nominated for a committee position and/or may act as a nominator.

Port Hills Athletic Club Committee Nomination

We hereby nominate

For the position of President, Vice President, Track & Field Club Captain, Track & Field Junior Club Captain, Cross Country & Road Running Club Captain, Cross Country & Road Running Junior Club Captain, Secretary, Treasurer, Committee position representing Track & Field, Committee position representing Cross Country & Road Running, Committee position representing Children on the Port Hills Athletic Club Committee. *[Please circle the appropriate position.]*

Name of Nominator **Signature**

Name of Nominator **Signature**

I accept the above Nomination **Signature of Nominee**

..... **Date**

Address for remits, notices of motion and nominations:

The Secretary
Port Hills Athletic Club
P. O. Box 12069, Beckenham
Christchurch 8242

or put in the Clubroom mail box
or email to rayma_k@xtra.co.nz

