



PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER May 2011

PORT HILLS ATHLETIC CLUB

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

Port Hills Athletic Club, PO Box 12-069, Beckenham.
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Your Newsletter

Contributions for the next issue should be received by **19th June 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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This month's Contents

President and Captains' columns	p 3
Notices	p 4
Events & Results	pp 6 - 7
Advertising	p 5
Photos	pp 4, 8

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: Kevin K at the club tent, after running in the Lionel Fox Relay. (See pages 7, 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

- 4.10pm** 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

MAY

- 21st 2pm Club run/walk, Hansen Park
28th 2pm Club run/walk, Hansen Park
12.10 Anglican Block Relay, Spencer Park
31st (Tues) ChCh 2ndary Schools XC Champs

JUNE

- 4th 2pm Club run/walk, Hansen Park
5th (Sun) Canterbury Marathon Champs
SBS Marathon/Half Marathon/10k, Lincoln University
11th 2pm Club run/walk, Hansen Park
Holloway Memorial XC, West Eyreton/Cust
18th 2pm Club run/walk, Hansen Park
NZ 2ndary Schools XC Champs, Tinwald
25th 2pm Club run/walk, Hansen Park
Kennett Cup Steeples, SI XC Champs

JULY

- 2nd 2pm Club XC Champs, Hansen Park

President's Points

Hi Everyone

It somehow doesn't seem right to be talking about cross country when, most of the time, the weather has given us more like summer conditions.

Well done to everyone who has turned out for the club already, especially those who have only recently joined up.

With the existing talent and some of the new faces that have appeared, I am convinced Port Hills will be turning a few heads this season.

Keep in mind that the National Cross Country Champs will be held here in Christchurch this year, so this is indeed a great target for all age groups, with the Canterbury Champs to look forward to in the meantime.

It would be great to see some of our very own members proudly wearing a Canterbury singlet in the near future.

I know the club coaches are always keen to assist with the training programmes for these events, so now is a good time to talk to them and plan a schedule towards your target event.

Over the next month the committee and I will do some preparation work towards our ClubMark Athletics Bronze Accreditation and my plan is to give all members a monthly update on the progress.

For now, keep up the hard training and racing and don't forget that we like to relax and have a good old chat about running and many other topics after training on a Thursday. Hopefully I'll see you there next time.

Have a great month.

Gary McIlroy

President

CLUB CAPTAINS REPORT

Hi Members,

Well the cross country season is well underway and Port Hills' members are featuring very well in the results. Races so far have been:

Bottle Lake Forest Run for children, which Paul will have the results for.

Tai Tapu 15k Road Race

This was held on a new course and it seems that most runners approved of the circuit.

Lionel Fox Relay

This was held on a new course as well, although still at Woodend Beach. The weather was very wet for both runners and spectators, but the course was well liked by all. Port Hills were well represented again.

Hanmer Half

Conditions as above.

Jane Paterson Cross-country

Once again there was good turnout at Rawhiti Domain, with some very good results by children and adults. The weather was lovely and warm which made viewing a bit more pleasant.

Club runs at this stage are going well, although numbers vary according to what race is on.

Training nights are also going pretty good and members are putting in some very good work and results are starting to show.

Please note that if you wish to register for interclub events, DO IT NOW, not one week before or worse still, on the day of the race, or ringing Paul or myself the night before at 9.30. It is YOUR responsibility to make sure this is done – you have had enough reminders. The same applies to entering for a race. These close as a general rule, a week before the event for our club. The date in the booklets is for when Kevin K has to have them in to the powers that be.

Well that's all my gripes for now - keep the training up.

Pete Watts

From the Quarry

What a great start to the winter season, and we haven't had the first individual race yet!

The turnout of juniors for the Link Relays was fantastic and everyone put in a maximum effort. Don't count on the weather being as good as that day for the rest of the winter. It's a good idea to get some polyprop for the winter and these can be worn under your uniform, or on top while warming up.

Also some polyprop or woollen gloves are useful as hands seem to be the last part of the body to warm up during running.

The Monday night junior hill climb is going well thanks to help from parents. We have had forty children already and this number will grow once the primary schools have selected their teams for the zones.

If anyone has uniforms or spiked shoes which their children have grown out of, please consider passing them on to our members who have just joined the club.

See you at the next race.

Philip Chapman, Phone 322 4266

Kids Cross Country Training

This year we've implemented a new four-phased training system, building towards the championship season during June, July and August. We've had very large numbers turning up at both training venues and this has been a great encouragement to all involved.

On any given week there will be a minimum of 25 children training and up to 50 which is a great turn out.

Special thanks to all of the parents who have provided assistance on each night, and a mention for James Mackay for providing training bribes in the form of lollies for Tuesday night training at Hansen Park.

Paul Johnston

Photos from Hagley Relays (16 April)

Sarla hands over to Sue
Nick to Warren
Tony to Tony
Holly, Louise and Loris.





CORNER

Winter is well and truly upon us now and will the cold mornings and evenings it pays to have the right gear so you can continue your training in comfort. At Shoe clinic we have one of the best ranges in performance apparel all designed to keep you dry warm and comfortable. Until the 29th of May we are running our famous Thorlo 3+1 promotion- buy any 3 Thorlo performance socks and get the 4th pair free. Selected Asics footwear is also reduced and save 30% on all football boots

Good luck to those training and competing in the SBS ½ and full marathon and we look forward to seeing you instore soon- Shaun, Kevin and the Shoe Clinic Team

SHOE CLINIC PROTHILLS 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.

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 until Sunday 29th May, 2011



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 GUARANTEE ON ALL
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BROOKS CASCADIA 6



This update combines Cadillac comfort with the ruggedness of a Jeep. The outsole is segmented under the heel and bent slightly upward in the forefoot to create a smooth transition from heel-strike to toe-off.



BROOKS RACER ST 5

The shoe is super lightweight for racing – from a 5K to a marathon -- but has the substance and durability required for tempo runs and training.

WINTER RUNNING JACKETS NOW INSTORE



Children's Forest Relay Results30th April 2011

Excellent turnout for Port Hills on a warm autumn afternoon. We had some great performances with several runners running in the senior kids' grades who would ordinarily have run in the younger grades. Several top three places in both the teams and individual results.

Team Places

Boys 10 – 2nd – Bradley Robins, Matthew Clarke, Ayrton Shadbolt

Boys 12 – 5th – Nik Bull, Benjamin Carlile-Smith, Farran Landers

Boys 14 – 3rd – Corey Johnston, Gerry Whearty, Isaac Johnston

Girls 9 – 4th – Jaime van der Voort, Robyn van der Voort, Samantha Robins

Girls 10 – 1st – Eva Pringle, Jonelle Arthur, Penny Burrridge

Girls 16 – 4th – Tayla Clarke, Holly Johnston, Ayako Gould

Mixed 13 – 1st – Abigail van der Voort, Katie Rae, Brendan Lewis

Individual Places

Boys 8 – 1.5Km

9th – 7:36 – Bradley Robins

12th – 9:12 – Matthew Clarke

Boys 10 – 1.5Km

1st – 6:24 – Ayrton Shadbolt

7th – 7:10 – Benjamin Carlile-Smith

Boys 11 – 1.5Km

14th – 6:52 – Nik Bull

Boys 12 – 1.5Km

11th – 6:38 – Farran Landers

Girls 8 – 1.5Km

6th – 8:04 – Jaime van der Voort

Girls 9 – 1.5Km

14th – 8:43 – Robyn van der Voort

15th – 8:56 – Samantha Robins

Girls 10 – 1.5Km

4th – 6:52 – Eva Pringle

5th – 6:56 – Penny Burrridge

8th – 7:11 – Jonelle Arthur

Boys 13 – 3Km

3rd – 13:17 – Gerry Whearty

4th – 13:21 – Corey Johnston

Boys 14 – 3Km

7th – 12:19 – Isaac Johnston

Boys 9 – 3Km

1st – 15:28 – Brendan Lewis

Girls 10 – 3Km

1st – 15:26 – Katie Rae

Girls 11 – 3Km

1st – 15:38 – Holly Johnston

Girls 12 – 3Km

3rd – 13:29 – Tayla Clarke

Girls 13 – 3Km

2nd – 12:44 – Abigail van der Voort

Girls 16 – 3Km

4th – 13:13 – Ayako Gould

Lionel Fox Relays Junior Results

In true cross country weather, the rain turned up and turned the course into a wet run. With the adults racing first, some of the wrinkles were ironed out of the course, especially a right hand turn that had me fooled on my second lap, but it left parts of the course muddy. Again, some great individual results. On the team front, all our teams race in an Under 15 age group so it's pretty tough for our younger age groups to get a good team place, however, everyone enjoyed the day and some of the kids even commented that the race was too easy!!

Team Places – Boys U15

12th – Zander Wager, Jared Boyle, Corey Johnston, Isaac Johnston

20th – Ayrton Shadbolt, Nik Bull, Joshua Clarke, Farran Landers

22nd – Bradley Robins, Jack Churcher, Samantha Robins, Benjamin Carlile-Smith

27th – Brendan Lewis, Clayton Shadbolt, Jaime van der Voort, Gisele O'Connell-Thoen

Team Places – Girls U15

10th – Louise Daly, Holly Johnston, Tayla Clarke, Grainne O'Connell-Thoen

13th – Mackenzie Pringle, Jonelle Arthur, Penny Burrridge, Eva Pringle

Individual ResultsBoys 8

2nd – 12:22 – Bradley Robins

8th – 13:26 – Clayton Shadbolt

Boys 9

1st – 11:41 – Brendan Lewis

8th – 12:59 – Jack Churcher

Boys 10

3rd – 11:20 – Ayrton Shadbolt

4th – 11:31 – Benjamin Carlile-Smith

Boys 11

21st – 12:51 – Nik Bull

22nd – 13:43 – Joshua Clarke

Boys 12

5th – 10:05 – Zander Wager

11th – 11:07 – Farran Landers

Boys 13

12th – 11:27 – Jared Boyle

13th – 11:29 – Corey Johnston

Boys 14

11th – 10:03 – Isaac Johnston

Girls 8

2nd – 13:38 – Jaime van der Voort

Girls 9

5th – 12:55 – Gisele O'Connell-Thoen

7th – 13:24 – Samantha Robins

Girls 10

2nd – 11:54 – Eva Pringle

6th – 12:09 – Jonelle Arthur

7th – 12:18 – Mackenzie Pringle

9th – 12:28 – Penny Burrridge

Girls 11

5th – 10:59 – Louise Daly

15th – 12:46 – Holly Johnston

Girls 12

5th – 10:57 – Tayla Clarke

Girls 14

11th – 13:23 – Grainne O'Connell-Thoen

LIONEL FOX RELAY

7th May, Woodend Beach

Just what was wanted – another relay in unforgiving rain! Well, at least there was no wind to contend with to make it a miserable day. Looks like 2 shelters are needed, especially in the wet/cold weather to cover the skinny little shivering bodies! By the end of the relay, the ground around was soggy sand and puddles.

If you have left anything behind contact Pete or Glen 3321964.

The adults started first on a new course on the other side of the road with a killer hill about 100 metres from the start. It was good to see how well most people tackled it. Newcomer (but not a novice), Roger ran a blinder to be 3rd MM across the line on the first lap and 5th fastest MM overall. There was consistent running from the rest of the men and, despite the conditions, everybody seemed to enjoy the event. Our MW's team won their section with Fiona again to the fore with fastest MW time and, dare I say, 7th fastest of our club members. Braeden, Frances and Ayako also gave spirited performances on the day.

MM1 5th 1.17.45

19.16 Paul Johnston
19.30 Tom Jarman
19.16 Charlie Nolan
19.43 Tony Burns

MM2 6th 1.19.10

17.33 Roger Lamb
21.03 Nick Rutter
20.05 Michael Smith
20.29 Glenn Boyle

MM3 10th 1.32.38

23.01 Geoff Stark
23.38 Peter Bayliss
21.49 Barry Finch
24.10 Jamie Houston

MM5 17th 1.55.31

28.13 Christine Bycroft
22.10 Mike Glen
31.32 Amanda Landers
33.36 Kevin Knight

MM4 18th 2.01.33

28.50 Stew Hill
31.59 Eric Saxby
30.35 Mark Russell
30.09 Warren Elliott

SM 8th 1.21.30

20.19 Corey Platt
18.10 Braeden Botica
21.34 Mike Newland
21.27 Kevin Slattery

MW 1st 1.29.22

20.01 Fiona Gilroy
22.25 Mary Hart
22.40 Robyn Daly
24.16 Sue Haines

SW 5th 1.31.04

22.26 Ayako Gould
21.12 Frances Daly
22.35 Sarla Donovan
24.51 Kirsty Taylor

Pictures on the next page:

Left side -

Tent city
Fiona leads up the hill
Paul on the climb
Corey on the way up

Right side -

Ayako on her 2nd lap
Geoff hand on to Chucka
Pete's improvised shelter
Brollies everywhere

A Big Thank You

To the club athletes who gave me great assistance after I felt second-hand at the "Lionel Fox Relay". I don't know many of them, but it shows the great spirit we have in the club.

Eric Saxby smiles

Ashburton XC Course

Ashburton is welcoming anyone young or old to come and have a run or walk around our cross country course on Saturday 21st May. The course is going to be set up specifically as it would appear for the New Zealand Secondary Schools Cross country champs on 18 June. The Ashburton Club will be holding its traditional competition against Timaru but feel free for anyone to join us in any of the races or simply come down for a jog around the course - walkers are also very welcome.

You don't need to be registered for this so we would love to see as many children as possible (and to get their opinion of what could be improved !)

Starting time will be approx 1.40pm for Junior starters with Seniors & Vets about 2pm - 2.10pm

Regards - Joe Ford

Photos from Lionel Fox Relays (7 May)

