

PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER November 2010

PORT HILLS ATHLETIC CLUB

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

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

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Peter Watts	332-1964
XC & ROAD JUNIOR, CLUB CAPTAIN	
Paul Johnson	332-1894
T & F CLUB CAPTAIN	
George Edwards	960-3993
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Your Newsletter

Contributions for the next issue should be received by
12th December 2010. NOTE EARLY DATE !
 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:

John Caughley 980-4435
 john.caughley@paradise.net.nz
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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 Leadbetter, Ph 366-2376.

Cover photo: Wendy Fox-Turnbull receives the trophy for First Masters Woman in the Governor's Bay to Lyttleton Race, held last August.

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

- 5.00pm** Children's Cross Country training, Halswell Quarry Philip Chapman (322-4266).
- 5.00pm** Club coaching, 12yrs & over, Hansen Park.
- 5.00pm** Variable workouts: Pete Watts (332-1964).
- 5.15pm** Speed endurance: Diana Illston (332-4911 - home or 027 4644-366).

TUESDAY

- 5.00pm** Hill training run: Pete Watts (332-1964).
- 5.30pm** Club night, Hillmorton High School.

WEDNESDAY

- 9.30am** Club Run, Hansen Park. Hill run/walk, All levels, Glen Watts (332-1964).
- 5.00pm** Club coaching, 12yrs & over, Hansen Park.
- 5.00pm** Training run: Pete Watts (332-1964).
- 5.15pm** Speed endurance: Diana Illston (332-4911 home or 027 4644-366).

THURSDAY

- 5.00pm** Training run: Pete Watts (332-1964).
- 5.00pm** Children's Cross Country Training, Hansen Park Paul Johnston (332-1894).

FRIDAY

- 9.30am** Club Run: Hansen Park. A flat run/walk or cycle – all fitness levels. Graham White (322-7147).

SATURDAY

- 2.00pm** Club Run. Queries: Pete Watts (332-1964).

SUNDAY

- 7.30am** Training run: Pete Watts (332-1964).

COMING EVENTS

NB Check the Sports Draw in Wednesday's Press

Athletics

November

- 20th 9am Children's interclub, QE II
- 1.30pm Senior interclub, QE II
- 27th 9am Children's interclub, QE II
- 1.30pm Senior interclub, QE II

December

- 4th 9am Children's interclub, QE II
- 1.30pm Senior interclub, QE II
- 11th 9am Children's interclub, QE II
- 1.30pm Senior interclub, QE II
- 11th, 12th National Secondary Schools Championships, Hastings
- 18th 9am Children's interclub, QE II
- 1.30pm Senior interclub, QE II
- Canterbury Steeplechase Championships
- 18th, 19th Canterbury Combined Events Championships

Cross Country & Road events on page 4

PRESIDENT'S STUFF

Set Those Goals.....

Another month has passed and there are again many positive happenings in all areas of the club. The number of members for all ages continues to increase and our athletes have achieved success in their chosen events.

The cross country and road presentation afternoon proved to be a great day, with a whole selection of young, medium and old members lining up for the club photo and then filling the club rooms, up to the max.

How great it was to see so many youngsters turn out and also to see the proud faces of the kids, mums and dads, as they collected their certificates and trophies.

Another highlight of the month was the Tai Tapu Quarter / Half Marathon. So many of our members gained honours in their age groups on the day and some with barrier breaking PB's – Well Done!

I recently said that one goal to be set for the club is that we should aim to become competitive in a number of events at various age groups. This was certainly the case in the above events. In order to take this a step further, it is important that individual athletes set their own personal goals. Work with your coach to set your program and a plan to achieve your objectives.

A great example and one to which I can relate is the masters men's team. With the potential talent around, some hard training, fine tuning and healthy inter-club competition much will be done.

Wherever you are at this moment, stick with it and have a great month.

Gary McIlroy
President

TRACK & FIELD CLUB CAPTAINS REPORT

The season is now well under way and our athletes have been very active both on the track and in training. We have had five Saturday interclub competitions with club athletes showing up well in results and performances.

Notable amongst them has been Benn Loh in the high jump and Jess O'Halloran, who ran a fast 400m in the Timaru meeting. Nicole Messman has been busy with three or four events per Saturday in preparation for the Canterbury Heptathlon championships in December, while the irrepressible Jarno Plenter has been getting good results in Pole Vault and High Jump. A few club athletes travelled to Timaru on the 6th of November to compete in good conditions and escape from the rain in Christchurch.

The season intensifies for secondary school athletes attempting to train in between exams, with the NZ Secondary schools championships coming up on the 11th & 12th of December in Hastings. The club will be well represented and good luck to all our athletes. The weekend after that is the Canterbury Combined Events Championships, then a rundown to Christmas, but no let up in training.

The club survived its turn as duty club on Saturday afternoon, thanks to all who assisted. We were a bit short handed due to a few absences with it being Show weekend, so those who did help did well. We had two of our coaches attend the National Coaching Conference in Auckland (thus escaping duty club duties!), who will return enthused with new ideas and knowledge to the clubs benefit. Athletics coaching in New Zealand is undergoing a complete reorganisation and revamp, with a new training and qualification system, and hopefully we can get more of our members involved in this very rewarding activity. If you want to have a go or upskill just let me know. We are able and willing to help. Now we are over the initial nerves of getting the season under way, we hope everyone has an enjoyable season and achieves their goals.

George Edwards, Senior T&F Club Captain

XC & R CLUB CAPTAINS REPORT

Hi Members,

Well it won't be long before Santa arrives with your new sports gear for Christmas!

What's been happening – well our presentation of trophies went off well and a good afternoon tea was had by all. It was great to see the look on children's faces when they received their medals or trophies. Thanks to the Johnston family for all their efforts.

The Corporate Challenge went off smoothly with, thank goodness, a warm day. Entries to this event were about the same as last year. Thanks to all those who gave up their time to help.

Not long after that was the Shoe Clinic / Adidas half and quarter marathon, This was held on a slightly different course to last year and was well received by competitors. Port Hills were well to the fore in the results. Well done to you all.

Well that's it for now – keep up the good work.

Pete Watts

COMING EVENTS

Cross Country & Road

November

27th 2pm Club run/walk, Hansen Park
5pm Canterbury Open & CMA 10000m champs

December

4th 2pm Club run/walk, Hansen Park
3rd 4th, 5th SI M T&F Champs, Invercargill
11th 2pm Club run/walk, Hansen Park
4.45 CMA 5000m champs
18th 2pm Club run/walk, Gary's & Alison's
32a Tuckers Rd, Redwood.
Please bring a plate - BBQ later
25th 7.30am Christmas run/walk, Ray's & Peter's
7 Palazzo Lane, Riccarton.
Please bring Christmas nibbles.

January 2011

1st No organised run/walk

WEDNESDAY GROUP CHRISTMAS PARTY

11am 15th December Hansen Park

Please bring finger food and a small wrapped gift for the lucky dip.

The theme is fairies or elves.

Enquiries: Glen 3321964

SHOE CLINIC ASICS 5K SERIES 2011 HELPERS NEEDED! !

A few hot days and winter disappears into our memories and the 2011 Shoe Clinic Asics 5K Series is almost upon us. The continuing sponsorship from The Shoe Clinic and Asics has allowed us to build the Series into the most popular road race series in Christchurch and a major fund raiser for our Club. Each year the scene at the start/finish in Hagley Park develops more atmosphere especially as the numbers of children in the 1.6km run has grown rapidly. But all this means more organisation and we are looking for even more helpers to make the Series a success. People are needed to help with setting up, marshalling, time calling, running the BBQ, entry desk and recording.

To do this the Club needs about two hours of your time each Tuesday evening from 11th January to 8th February. As well as ensuring that our hundreds of competitors have great fun each evening you will be assisting the Club to raise some thousands of dollars, an essential part of providing the facilities and support offered to Members.

This year as well as total prizes worth over \$7,000 we will be offering cash grants of \$1,600 for the winners of the Registered Runners Series so expect to have particularly strong fields.

For several years we have been dependent on a small number regular helpers and need others to step forward and help. If you can help please let one of the organisers know:

Glen Watts 332 1964
Peter Watts 332 1964
Peter King 341 1154

If you cannot help, then come along for a run and bring all your friends. We need lots of competitors as well as helpers to make this a great event. With the summer break in the Track & Field programme here is the ideal way to keep up the children's running each week.



PORT HILLS CHRISTMAS MORNING RUN

YOUR ONLY CHANCE EACH YEAR TO RUN THROUGH
THE CENTRE OF THE CITY
WITHOUT WORRYING ABOUT THE TRAFFIC.

We will be having our regular Christmas Morning run from Ray & Peter's at 7 Palazzo Lane, Riccarton.

Start time is 7:30 am and we will be "running" at a very sedate pace for about an hour before returning to Palazzo Lane for bubbles and a little Christmas breakfast so BYO whatever you want to eat or drink. There is also a walking option so all are catered for. Everyone is welcome.

Parking is very limited in Palazzo Lane so please leave your cars on Deans Ave.

If you need any further information call Peter or Ray at 341 1154.

PORT HILLS ATHLETIC CLUB Summer Programme 2010—11

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
20th November	2 pm	Points race #2: 8 km	Hansen Park
27th November	2 pm	Club run/walk	Hansen Park
27th November	5 pm	Open/CMA 10000m Championships	QE II
4th December	2 pm	Club run/walk	Hansen Park
3rd, 4th, 5th December		SIM T&F Championships	Invercargill
11th December	2 pm	Club run/walk	Hansen Park
11th December	4.45 pm	CMA 5000m Championships	QE II
18th December	2 pm	Christmas run/walk. Please bring a plate, BBQ later, BYO	Gary & Alison's 32A Tucker's Rd Redwood
25th December	7.30 am	Christmas Day run/walk. Please bring Christmas nibbles	Ray & Peter's 7 Palazzo Lane
1st January		No organised run/walk	
8th January	2 pm	Club run/walk	Hansen Park
11th January (Tues)	5.30 pm	Shoe Clinic Asics 5k series #1	Hagley Park
15th January	2 pm	Points race #3: 6 km	Hansen Park
18th January (Tues)	5.30 pm	Shoe Clinic Asics 5k series #2	Hagley Park
22nd January	2 pm	Club run/walk	Hansen Park
25th January (Tues)	5.30 pm	Shoe Clinic Asics 5k series #3	Hagley Park
29th January	10 am	Rovers 10 km	Halswell School
29th January	2 pm	Club run/walk	Hansen Park
1st February (Tues)	5.30 pm	Shoe Clinic Asics 5k series #4	Hagley Park
5th February	2 pm	Points race #4: 8 km	Hansen Park
5th February	4.45 pm	CMA 3000m Championships	QE II
8th February	5.30 pm	Shoe Clinic Asics 5k series #5	Hagley Park
12th February	2 pm	Club run/walk	Hansen Park
12th February	8.30 am	Buller Marathon and Half M	Westport
19th February	2 pm	Club run/walk, Please bring a plate.	Pete & Glen's 31 Dunn St
19th February	1.30 pm	Canterbury O' 3000m Champs	QE II
20th February	9 am	CMA Track & Field Champs	QE II
26th February	2 pm	Club run/walk	Hansen park
26th February	7.30 pm	International Track Meeting	QE II
March and April		See December Newsletter	

SHOE CLINIC ASICS 5K SERIES 2010

11th Jan, 18th Jan, 25th Jan, 1st Feb, 8th Feb

5 Kilometre Road Race Series
Each Tuesday Evening

Start in North Hagley Park opposite Ayr St.

Children	5:30pm
Athletics NZ Registered Runners	5:45pm
Fun Runners	6:15pm
Recreational Walkers	6:15pm

Total Prize Pool over \$7,000
Cash Grants of \$1,600 for
Registered Runners

Entry \$5 (Children free)

Entry on the evening at least 30 minutes before start

Info: Shoe Clinic 377 9004 or 348 0841
Peter King 341 1154 Peter Watts 332 1964

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The fitting choice

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As Advertised on www.eventfinder.co.nz

A Port Hills Athletic Club Inc.
Fund Raising Promotion

Website: www.porthills.org.nz

This is an Athletics New Zealand sanctioned event and is to be held under the Rules of Athletics New Zealand

Shoe Clinic

The fitting choice

CORNER

230 High Street
Phone 377 9004
Shop 120 Westfield Riccarton
Phone 348 0841

30 DAY MONEY BACK GUARANTEE ON ALL PRESCRIBED FOOTWEAR

With the better weather its been great to see more people out and about running. We have also had a number events over the past month including the Shoe Clinic Mizuno Crater Rim Run, Shoe Clinic Flagpole Run Up and the Shoe Clinic adds ½ and ¼ Marathon. Thanks to all those who have competed and supported these events.

In the next few weeks we will be receiving a lot of new product including the New Asics Kayano 17 and the GT2160. We also have all the new technical running apparel from adidas, icebreaker, Nike, 2XU. Don't forget your club discount or your advantage club points and remember to support those who support your club and running in Canterbury – The Shoe Clinic

Happy Training



Adidas Eyewear Specials

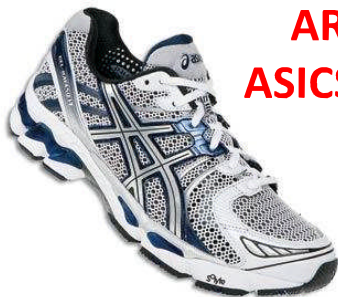
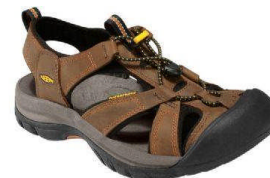
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ATHLETIC

6K Handicap, Points Race 1

30 October 2010

Apart from the guest runner, who was an unknown quantity, the runners finished within 10 minutes of each other and more or less halving the handicap time of 21.30. Well done to the handicappers, Pete and Kev – a thankless task at anytime. Colleen improved by just over 2 minutes from her last 6k race, as did Sarla while Chris improved by nearly 6 minutes. Good to see Chris on the comeback trail after his recent health scare. Most runners who have run the last two 6k races have improved a bit, which is good to see.

Place	Gross Time	Hdcp	Net Time	Name
1 st	29.33	00.00	29.33	Kieran Fletcher (Guest)
2 nd	39.04	10.00	29.04	Chris Arnold
3 rd	40.59	16.30	24.29	Kieron Berry
4 th	42.45	00.00	42.45	Colleen Donaldson
5 th	42.51	16.00	26.51	Robyn Daly
6 th	42.57	16.30	26.27	Sarla Donovan
7 th	43.25	20.30	22.55	Tony Kinrade-Emmerson
8 th	43.50	20.00	23.50	Barry Finch
9 th	44.07	11.00	33.07	John Caughley
10 th	44.25	19.00	25.25	Hugh Conly
11 th	44.27	21.00	23.27	Mel Orange
12 th	44.37	21.30	23.07	Paul Johnston
13 th	44.38	12.30	32.08	Stew Hill
14 th	44.51	16.00	28.51	Terry Warren
15 th	44.55	20.00	24.55	Dave Brostow
16 th	45.03	08.00	37.03	Kevin Knight
17 th	45.09	18.00	27.09	Geoff Stark
18 th	45.23	09.30	35.53	Bob Fyfe
19 th	45.35	21.30	24.05	Phil Forde
20 th	46.21	20.30	25.51	Mike Newland
21 st	47.21	10.00	31.21	Mark Russell
22 nd	47.22	09.00	38.22	Julia Riding
23 rd	49.20	09.00	40.20	John Eastmond

Waiting at the change-over during the 4 x 1600m relay



WINTER PRIZE GIVING

31 October 2010

It was good to see so many people support the trophy/medal winners at our prize giving. The adult recipients were:

Hill Climb Champs

SM: Mike Newland
MM: Gary Mcllroy
M'U18: Braeden Botica
MW: Fiona Gilroy

Cross Country Champs

SM: Kieron Berry
MM: Gary Mcllroy
JM: Braeden Botica
MW: Loris Reed

Road Champs

SM: Braeden Botica
MM: Gary Mcllroy
O'50: Tom Jarman
MW: Maree Greig

8k Handicap Champs

Open Women: Catherine Moran
Open Men: Terry Warren

Athlete of the Year

Fiona Gilroy

Most Masters Points

Gary Mcllroy

Most improved Runner

Paul Johnston

Governors Bay – Lyttleton Road Race

Corey Platt

Hansen Park Trophy (for non committee members contributing to helping out the club):
Faye and Bob Fyfe

This trophy has unfortunately not been presented for four years and Faye and Bob have for many, many years been helping out with fund raising and marshalling in all winds and weathers, so in a small way it is just to say thanks. There are always a few worthy recipients, but for Faye and Bob it has been long overdue.

Award winners: Braeden, Catherine, Paul, Corey, Tom, Gary, Mike, Fiona below:



SHOE CLINIC ADIDAS ¼ AND ½ MARATHON

7 November 2010

This race incorporated the half marathon as the Canterbury Champs for registered athletes and resulted in most of the Port Hills members who took part coming away with a place. Heather and Sarla produced personal bests which proved that all the hard work has paid off, with 2nd and 3rd placings respectively. Gary and Fiona scorched around the course for 2nd overall and the Over 40 title men's and women's titles. The Johnstons made it a family affair with Isaac striding it out with mum, Jo and Paul 3rd in M40 Half. Well done also to Colleen for her good effort. Super performances all round, I would say.

Now while I have a reputation for taking sneaky photos, I was a bit slow off the mark when one of our club members gave a pat on the bum to a fellow club member right in front of me! Damn! Good weather and good organization made it an enjoyable morning. Thanks Kev and Bernie.

Half Marathon

SW

2nd 1.29.37 Heather McKenzie

W35

3rd 1.39.26 Sarla Donovan

W40

1st 1.29.25 Fiona Gilroy

W45

2nd 1.37.28 Robyn Daly

W55

3rd 2.42.30 Colleen Donaldson

M35

1st 1.26.44 Kieron Berry

M40

1st 1.14.30 Gary McIlroy
3rd 1.26.29 Paul Johnston

M45

3rd 1.27.52 Tony Kinrade- Emmerson

M50

2nd 1.24.15 Tom Jarman

M55

1st 1.35.51 Barry Finch

M65

1st 1.37.18 John Shivas
2nd 1.49.17 Terry Warren
4th 2.07.53 Stew Hill

M70

1st 2.12.34 John Waite

M80

1st 2.04.15 Stan Gawler

SHOE CLINIC ADIDAS ¼ MARATHON RUN and WALK

Quarter Marathon

W40

1st 47.09 Mary Hart

M65

1st 54.14 Wahren Hensley

Quarter Walk

SW

1st 1.27.39 Jo Johnston

SM

1st 1.27.39 Isaac Johnston

M70

1st 1.10.52 Eric Saxby

Lodge to Lodge Half Marathon

The Waiau Lodge Hotel celebrated its centenary over Labour weekend with a Back to Waiau Weekend. There was a programme of events from Friday evening through to Sunday afternoon. Having looked at what was on offer, which included sheep shearing, a pig hunt weigh in, and a cricket match, I felt I would be most successful in the half marathon.

Hanmer Events organised the races, which also included a relay over the same distance, and a 10km walk / run. In retrospect I should have been more suspicious about the 'coincidence' that the distance from the Mt Lyford Lodge to the Waiau Lodge happened to be exactly 21 km. Graham from Hanmer Events kindly informed the 70 people at the start line that it was in fact 22km – probably not the best news to hear at that time!

What had seemed like a few easy uphill and lots of downhill driving the reverse course in the car transpired to be very different on foot. In fact there were some really quite nasty climbs, a crippling descent at halfway, and long stretches of undulating straight road. However the scenery was beautiful, the weather was glorious (hot!) and it was lovely to run on such an empty stretch of road (with not one fissure the whole way). The 10k walk and run started further up the field, which added some interest to the long straight sections, as the walkers needed to be overtaken.

The half marathon and other running and walking events were well organised and supported by local businesses. Someone had even made the effort to put up little 'inspirational' messages along the way. All racers got a free drink at the hotel when finished, the chance of winning many prizes and spot prizes, and the opportunity to watch what must be Waiau's first traffic jam in its 100 year history, as the grand parade went round the square with some ridiculously large tractors.

The Lodge to Lodge is certainly one to put in your diary if you're around in 2011 But hopefully it will become a more regular event.

Mary Hart

CRATER RIM TRAIL RUN

17 October 2010

30k

MW

4th 3.41.06 Wendy Fox-Turnbull

MM

9th 2.50.09 Mel Orange

16th 3.13.06 John Shivas

20k

MW

1st 1.48.22 Fiona Gilroy

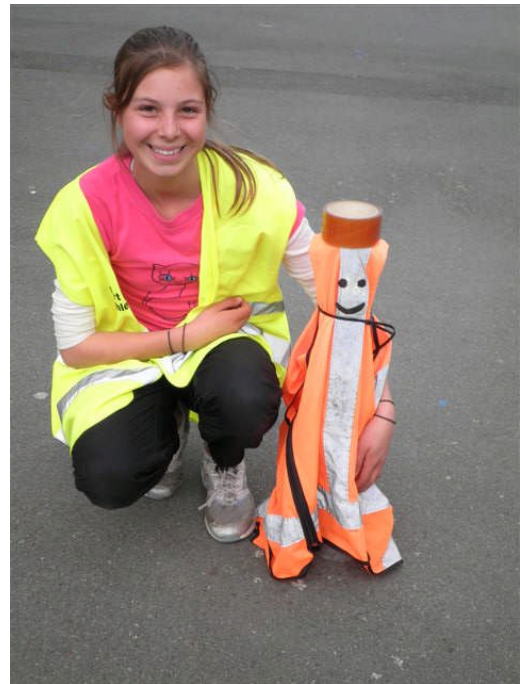
MM

5th 1.47.34 Tom Jarman

10th 1.54.12 Michael Smith

11th 1.54.17 Nick Rutter

19th 2.01.20 Kieron Berry



Left: Start of the Crater Rim Trail Run; Louise & Bernie; Peter K, George, John W, Mike R, Doug, Bob F, Wahren, Keiron.

Above: "Girls can do anything"; Training in Victoria Park; Frances and friend.