



# PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB  
NEWSLETTER October 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.

## Contact names and Phone numbers

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Peter Watts	332-1964
<b>XC &amp; ROAD JUNIOR, CLUB CAPTAIN</b>	
Paul Johnston	332-1894
<b>T &amp; F CLUB CAPTAIN</b>	
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<b>T &amp; F JUNIOR, CLUB CAPTAIN</b>	
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Peter Bayliss	980-8395
Wahren Hensley	389-8944
Elizabeth Keenan	322-1006
Kerry Rutherford	981-0941
Glen Watts	332-1964
Mike Newland	332-6411

## Your Newsletter

Contributions for the next issue should be received by **20<sup>th</sup> November 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:

**George Edwards** 960-3993  
george.marg@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

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

**Cover photo:** Takahe - Akaroa Relay, MM 2 team:  
Geoff has finished lap 5 and Carol starts lap 6.  
(Many other photos on  
[www.porthills.org.nz/members.html](http://www.porthills.org.nz/members.html) )

## 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** Junior Trail Running  
Halswell Quarry: Philip Chapman (322-4266).  
**5.00pm** Steady state OR speed workouts -  
Ayr St, Hagley Park: Pete Watts (332-1964).  
**5.30pm** Club night Hillmorton High School/Hansen Park  
Kathy Robins (338-7558)

### TUESDAY

- 5.00pm** Hill reps or Circuit training, -  
meet 31 Dunn St: Pete Watts (332-1964).  
**5.00pm** Coaching for 12 yrs+ Christa Jellyman.(359-4126)

### 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).  
**5.30pm** Junior middle-distance training. Paul Johnston

### THURSDAY

- 5.00pm** Steady state OR speed workouts -  
Ayr St, Hagley Park: Pete Watts (332-1964).  
**5.00pm** Coaching for 7-9 yrs Liz Keenan (322-1006)  
Coaching for 12 yrs+ Christa Jellyman.  
**6.30pm** Coaching for 10 & 11 yrs Nick Leadbeater

### 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

### October

- 29<sup>th</sup> 2pm Club run/walk, Hansen Park  
30<sup>th</sup> (Sun) NZ Half Marathon Champs, Auckland

### November

- 2<sup>nd</sup> (Wed) Corporate Challenge Hagley Park  
5<sup>th</sup> 2pm Club run/walk, Hansen Park  
6<sup>th</sup> (Sun) Shoe Clinic Half / Quarter Marathon,  
Canterbury Half M Champs Tai Tapu  
9<sup>th</sup> (Wed) Off Road Series #1, Halswell Quarry  
12<sup>th</sup> 2pm Club run/walk, Hansen Park  
AND 6k Points Race #1  
16<sup>th</sup> (Wed) Off Road Series #2, Halswell Quarry  
19<sup>th</sup> 2pm Club run/walk, Hansen Park  
23<sup>rd</sup> (Wed) Off Road Series #3, Halswell Quarry  
26<sup>th</sup> 2pm Club run/walk, Hansen Park  
AND 8k Points Race #2

### December

- 3<sup>rd</sup> 2pm Club run/walk, Hansen Park

### President's Words

The last few weeks seem to have been full on with races.

It was nice, last week, to return to a Saturday Club Run, even though this was actually a handicap race. What a fantastic turn out again.

It was also nice to see the track starting to take shape again.

Comments have been made by some of the longer serving members, that the recent cross country and road season has probably been the most successful in Port Hill's history. This success doesn't only take into account the front runners but also the amazing attendance from all of our athletes. Congratulations to all concerned. Let's transfer this success in to the track and field season.

We have seen a steady increase in membership numbers this spring.

Remember to encourage friends and family along for some exercise. Remind them that they don't need to be Olympic athletes to get involved and athletics can often be a great help towards general fitness or assisting with other sporting interests.

I am pleased to say that, after a number of unfortunate delays, we are now making great progress with the club's ClubMark Athletics Bronze Award. After a lengthy meeting and data gathering session, we are now well on track to installing processes and procedures that will make many areas of club function more fluently.

Hot of the press - "well done" to Bernie and Kev for another successful Crater Rim event. Many comments were made on how much people enjoyed the course and the day in general, so well done to all concerned.

Have a great month and keep up the good work.

*Gary McIlroy*  
President

### T & F Club Captain's Report

After the anticipation, its here, the summer track & field season, though in a form considerably different to that we have been used to. QEII is absent, never to be seen again and instead we have a mixture of Burnside High School, Rawhiti Domain and Timaru. Mostly grass instead of the red rubber. But the events remain the same as do the requirements to be successful. Even on our own sites all is not normal. Hillmorton High School is off limits to us for the first two club nights due to rugby league having a higher priority, and we still have to get it marked out. Hansen Park is not without its problems also. The quakes left it less than level, quite undulating in fact. Also for much of the winter we had a duck-pond at the 100m start. Initially this was due to a broken water pipe, but the pond remained after that was fixed. The problem was eventually traced to an old artesian bore which had been capped, and had lost its cap. Once this was repaired, the area was unfortunately left in a very rough state. After discussion with the council it was agreed that the ground would be top dressed to a minimum level to get us operational. Unfortunately the council exceeded our expectations and did a very good job, except they made both the 200m start and the 100m start unusable until the topdressing settles and the grass breaks through. In the interim we have kept lanes two and three open, and are hopeful the ground will be ready by the 26<sup>th</sup> of October when the first of ten schools and zones require it for their athletics championships. We have marked most of the track, including a reverse 200m starting at the 100m finish. So sorry about the disruptions, but they are to our long term advantage.

Talking long term, the council is having the park assessed for earthquake damage and after that we hope to have discussions with them on any remedial action.

But to our more immediate future, the first inter-club meetings are on the 15<sup>th</sup> of October with weekly meetings after that. Our athletes have been training hard and it will be interesting to see the results. Club nights have got under way, but have been affected by weather. The turnouts so far have not been as good as we would have liked, but some athletes still seem to have an overlap with winter sport.

Thus while we are far from ideal and the old normal, the challenges ahead will be interesting and exciting. Good luck to all – may efforts exceed your expectations!

*George Edwards*

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

Not much to report on at this time of year, but a summary of a couple of events is as follows.

Takahe-Akaroa Relay

Six teams competed consisting of one junior mixed and 5 masters teams. Results were very good with MW 1<sup>st</sup>, MM B Grade 1<sup>st</sup>, MM50 2<sup>nd</sup>, MM A Grade 3<sup>rd</sup>.

This was a great effort by all teams who competed.

8K Handicap Champs

We had a very good turnout for this event, which was won by Shirley Rolston and close competition for the minor placings. We were lucky with the weather having had heavy showers on and off up until 1.30. How lucky was that!

Pier To Pier Series

Club members featured very well with Paul taking out King of the Beach and other members placing well.

Crater Rim

This went off well on one of the better days that we have had for this event. Numbers were down a bit and despite the need to change the course due to the earthquake damage, competitors had favourable reports. Thanks to Bernie and Kev for their organization and to all the helpers.

Training Nights are going well, but remember that Wednesday nights are now from Hansen Park, 5.30pm not Ayr Street.

Well done to Kieron Berry who has put in a big effort to run the Sahara Desert. We will try and persuade him to do an article for us in the next newsletter. (See page 7.)

Congratulations to Wendy Fox-Turnbull for her selection as the only New Zealander to be selected as a Track and Field starter to go to Jakarta to further her expertise. Well done Wendy – we are proud of you.

Well that's all for now, keep the training up.

*Pete Watts*

**AUDIT REPORT****To the members of  
PORT HILLS ATHLETIC CLUB INC.**

I have audited the attached financial statement. The financial report provides information about the past financial performance of Port Hills Athletic Club Inc. and its financial position as at 31 March 2011. This information is stated in accordance with the accounting policies set out in the notes to the financial statements.

Committee's Responsibilities

The Committee is responsible for the preparation of a financial report which gives a true and fair view of the financial position of Port Hills Athletic Club Inc. as at 31 March 2011 and of the results of its operations for the year ended 31 March 2011.

Auditor's Responsibilities

It is my responsibility to express an independent opinion on the financial report presented by the Committee and report my opinion to you.

Basis of Opinion

An audit report includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- \* any significant estimates and judgements made by the Committee in the preparation of the financial report, and
- \* whether the accounting policies are appropriate to Port Hills Athletic Club Inc's. circumstances, consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand. I planned and performed my audit so as to obtain all the information and explanations which I considered necessary in order to provide me with sufficient evidence to give reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of the presentation of information in the financial report. Other than in my capacity as auditor I have no relationship with or interest in Port Hills Athletic Club Inc.

Qualified Opinion

Control over the revenues prior to its being recorded is limited and there are no practical audit procedures to determine the effect of this limited control.

In my opinion, subject to the above qualification, the financial report fairly reflects the financial position of Port Hills Athletic Club Inc. as at 31 March, 2011

My audit report was completed on 27 September, 2011 and my qualified opinion is expressed as at that date.

*V.C. Sykes, C.A.*

CHRISTCHURCH.

27<sup>TH</sup> September, 2011.

## YOUNG ATHLETES' CLUB CALENDAR

## CLUB NIGHT

Monday 5.30 to 7.15pm

26th September	Hansen Park
3rd October	Hansen Park
10th October	Hillmorton High School
17th October	Hillmorton High School
24th October	Hillmorton High School
31st October	Hillmorton High School
7th November	Hansen Park
14th November	Hillmorton High School
21st November	Hillmorton High School
28th November	Hillmorton High School
5th December	Hansen Park
12th December	Hillmorton High School
19th December	Hillmorton High School
23rd January	Hillmorton High School
30th January	Hillmorton High School
6th February	Hansen Park
13th February	Hillmorton High School
20th February	Hillmorton High School
27th February	Hillmorton High School
5th March	Hansen Park

Saturday Children's Athletic Interclub  
2011

We had a good number attend the opening interclub last Saturday morning.

Remember Athletes are to be at Burnside High by 8.30am for warm up and to be ready to start when competition kicks off at 9am. Your child needs to be at their event at least five minutes before hand and ready to compete.

All age patches and registration numbers must be worn. It is your responsibility as a parent to ensure that your child turns up to their event on time.

We like to encourage all of our athletes to compete in 4 events each Saturday. The programme may list more than 4 events for your child but they may only compete in 4 of them and only 3 can be track events.

We as a club also run the Number One Shot Put circle, and I would like to take this moment to thank all of the parents who helped out last Saturday.

I look forward to seeing all of those big smiling and enthusiastic faces on Saturday.

If you have any questions about interclub give me a call or text on 3662376 or 0275 500 028

*Sue Leadbeater*

Saturday Interclub Manager

## INTERCLUB

Saturdays

Christchurch 8.30am to 12.30pm

Timaru 10.00am to 2.00 pm

15th October	Burnside High School
22nd October	Burnside High School
29th October	Timaru - Aorangi Park
5th November	Burnside High School
12th November	Rawhiti Domain - To Be Confirmed
19th November	Rawhiti Domain - To Be Confirmed
26th November	Timaru - Aorangi Park
3rd December	Rawhiti Domain - To Be Confirmed
10th December	Rawhiti Domain - To Be Confirmed
17th December	Rawhiti Domain - To Be Confirmed
28th January	Rawhiti Domain - To Be Confirmed
4th February	Rawhiti Domain - To Be Confirmed
11th February	Timaru - Aorangi Park
18th February	Rawhiti Domain - To Be Confirmed
25th February	Rawhiti Domain - To Be Confirmed
3rd March	Rawhiti Domain - To Be Confirmed
10/11 March	Timaru - Aorangi Park

**New Members Welcome**

A special warm welcome to all new members who have joined the club since our last newsletter.

Welcome to:

- Alexandria Connell
- Alyssa Whinham
- Amelie Mackay
- Callum Lawson
- Claudia Dorward
- Cole Riwaka-Stack
- Emily Coates
- Emily Herman
- Gabriella Dorward
- Greer Halcrow
- Isabelle Williamson
- Jacob Budgen
- James Newey
- Jessica Carolan
- Kate Duckmanton
- Lauren Bennett
- Luka Taylor
- Matthew Lowery
- Matthew O'Callaghan
- Murren Halcrow
- Nathan Carolan
- Patricia Small
- Sarah Cuthbert
- Tess Whitwham

*Paul*

Photos taken at the Club 8k Handicap race (see p. 11)

Many more photos can be seen on the Club website.



**Chucka's Run**

Chucka's Run this year is being held on Sunday 30 October and will be the same as in past years with us all meeting at Hansen Park for a departure time of 0800. We will make our way to the Hilltop Tavern with one stop at Little River on the way. We will all start together and go through the rocks to the top of the treeline and then over a fence and down to the first of many styles where we will make packs for the run which is of two distances one being 28km and the other 35km.

We follow what is known as the Double Fence Line right along the top at up to the summit of Mount Herbert where the two courses divide with the shortest option going down to Diamond Harbour where the bus will be waiting. The long option goes past the shelter around to the left over a style and around the back of Mount Bradley and onto the Packhorse Hut and from there down to the top of Gebbies Pass and the final couple of km to the Teddington Tavern.

We will then catch up over a drink and a nibble before we head back to Hansen Park at about 5pm. The cost is \$25 and I will accept anyone up until the 25th of October. My details are Home 9808395, Mobile 0273587153 and E-mail [chucka@clear.net.nz](mailto:chucka@clear.net.nz) and the details can also be found on the Port Hills Website under Cross Country and Road.

I am now ready to accept payment from people that would like to do this run and I can provide an account number for internet banking.

Please pass on to anybody you think would be interested in this run.

Thanks, Chucka (*Peter Bayliss*)



Colleen,  
Ayrton, Phil and Louis,

Tom J.

### **Ultra runner ... Desert Runner of Port Hills**

As some of you might know I have entered a crazy running race in the Sahara desert. Well time has come and I leave to head off into the unknown, and truly will be unknown.... I mean 7 days, unsupported!!! Why? I am still wondering why now.... So here is some facts about the 4 Deserts Sahara race.

Starts on the 2<sup>nd</sup> October so keep a look out on the 4 Deserts website

<http://www.4deserts.com/sahararace/>

#### **The race and the challenge**

To finish running 250 kilometres

- \* Self-supported carrying food, bedding, clothes and beer, for 7 days
- \* The Sahara Race is one of the series 4 Deserts, named by TIME magazine as one of the Top 10 Endurance Competitions in the world
- \* The Sahara Desert is the hottest and the largest non-polar desert in the world
- \* The average backpack will weigh 9 kilograms
- \* More than 150 competitors from over 30 countries are expected to compete,
- \* The terrain will be largely sand, a mixture of hard-packed sand, soft sand and sand dunes.... And more sand
- \* My feet will swell to 1 to 2 sizes of their normal size

Sahara Race competitors can expect a land of contrasts: mountains of rocks give way to gold, red and white sand.

Egypt is one of the hottest and sunniest countries in the world. The heat of the Sahara Desert in Egypt is fierce and there is almost no relief from one day to another; however, very low humidity makes the heat more bearable

Sahara desert Race to me is an ultimate challenge in extreme conditions. The North Face 100 in May this year was truly amazing, but this time I wanted to race the event, and I did. This time I managed to take 2 hours 40 mins off last years' time..... So after the 100 K in Australia what is next?

Mmmm, something different in my standards.... So I have entered yet another truly extreme adventure race. Running in the Sahara Desert, which is part of the 4 Deserts series.... I was inspired by one of New Zealand's ultra-marathon runners, Lisa Tamati, her photos of the Sahara were inspirational and mind blowing. Questions came into my mind. How you could run in the heat and the sand? For sure this race will test my mind and body, pushing them to the limits as an Ultra Marathon runner....

When thinking about events you have to set yourself a mission, a goal in life, to complete that mission is an amazing feeling. In my determination through past events there is no option "not to finish" "failure does not exist". Doing an endurance event is all about the core beliefs I have "If you believe it, if you see it, just do it". Sahara will be a completely different world.

Today I can now picture myself finishing the Sahara race, crossing that finish line with the pyramids in the back ground and the medal.

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#### **Afterwards**

Hi I finished the race. Toughest brutal 7 days. First day, finished 70<sup>th</sup>, temp was 45 plus. Longest day was hard but could run bits at night, finished that day 40<sup>th</sup>. It was tougher than I ever managed. My pack weighed 12 kg plus water. Bit battered but finished. Waiting at airport, delayed flying to UK.

Miss you guys

*Kieron*

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Helpers for Takahē - Akaroa Relay, at the lap1 - lap2 changeover, in Allandale. (See page 9.)



**CLUB ROAD CHAMPS**

17 September 2011

**5k**

20.52	Mathew Jensen
25.16	Kirsty Taylor

**8k**

1 <sup>st</sup>	27.14	Gary McIlroy
2 <sup>nd</sup>	29.30	Paul Johnston
3 <sup>rd</sup>	29.45	Tom Jarman m50
4 <sup>th</sup>	30.16	Charlie Nolan m50
5 <sup>th</sup>	31.29	Fiona Gilroy mw
6 <sup>th</sup>	33.07	Barry Finch m50
7 <sup>th</sup>	33.46	Kevin Slattery
8 <sup>th</sup>	34.10	Phil Chapman m50
9 <sup>th</sup>	34.40	Chris Arnold m50
10 <sup>th</sup>	34.41	Pauline Poore w50
11 <sup>th</sup>	35.14	Robyn Daly mw
12 <sup>th</sup>	35.45	Peter Bayliss
13 <sup>th</sup>	36.14	John Shivas m60
14 <sup>th</sup>	36.36	Brent Mahony m60
15 <sup>th</sup>	37.01	Mike McFie
16 <sup>th</sup>	39.05	Terry Warren m70
17 <sup>th</sup>	40.04	Dave Kennedy m60
18 <sup>th</sup>	41.18	Wahren Hensley m60
19 <sup>th</sup>	42.09	Eric Saxby m70
20 <sup>th</sup>	42.52	Dave Clarke
21 <sup>st</sup>	45.31	Warren Elliott m50
22 <sup>nd</sup>	46.03	Carol Thompson w70
23 <sup>rd</sup>	46.34	Mark Russell m50
24 <sup>th</sup>	50.45	John Waite m70
25 <sup>th</sup>	51.57	Kevin Knight m50
26 <sup>th</sup>	51.58	John Eastmond m70
27 <sup>th</sup>	57.14	Colleen Donaldson w50



Above: Isaac.

Below: Warren, Eric, Wahren.

**Takahe to Akaroa Relay**

24 September 2011

The first time I heard about the Takahe to Akaroa relay race was in 2010. I had only recently joined Port Hills Athletics and everyone talked about what a wonderful event it was. As it turned out, the 2010 event was cancelled due to the earthquake, but my interest was piqued. Turn to 2011 and the race book was being passed around for members to put their name forward for the Takahe to Akaroa relay. I had never entered my name in the race book for anything at that stage but given all the good press the race got I thought "Why not?!". On the morning of September 24, 2011 I woke to a beautiful day. I had been assigned a team captained by Kevin Knight. I met up with Kevin and my other team members Bob F, Carol T, Tracey M, Brian K, John W, Geoff S, and Pete W., our driver and coach. We set off to the Sign of the Takahe. Feeling rather nervous (and really hoping I wouldn't be last into the Leg 2 changeover spot), we set off. Pete offered superb advice all along the run and my teammates were the best motivation I could ask for. From Takahe to Kiwi and then down to Governor's Bay, Pete offered the strategic advice I needed to get me up and over the hill quickly and strongly. I hit Governor's Bay feeling fantastic...and then came the climb out of there...black thoughts were forming...it wasn't feeling good...and then next thing I knew, there were my team-mates. They were cheering me on, their full support behind me. Then Pete shouted a few magic words to inspire me (and no they weren't "move your @\$"). All the Tuesday night hill training kicked in and I was off...up and over those hills to the changeover. Tracey had Leg 2 with its horrendous climb at the end but again the team-mates kicked in and we all threw our support behind her. At the Leg 3 changeover the newbies were celebrating. I texted my husband "Run was great. I love my team!!". Next Brian, Kevin, and Geoff did the demanding run across the flats. It was so exciting to be able to cheer them on and we didn't even get too bothered by the midges. Carol made the long slog up the hill to the Hill Top. By then the wind had kicked in and the weather was turning nasty. John took off in a howling wind and we couldn't even follow him to cheer him on but we certainly made a noise when he hit Duvauchelles. Finally it was our anchor man's turn. Bob not only had the last leg but we were in stiff competition to not come in last!! Our result was now resting on Bob's shoulders. We had a small lead. Could we hang on? Well I'm happy to say yes. Like all my teammates Bob had a fantastic run and did us proud. What great excitement to see him come home!

For all of you who have run this relay before, thanks for encouraging us newer ones to join in. For those of you who have never run it, put aside any excuses and get your name in the race book. It is a day of camaraderie, challenges, and fun. I can't wait 'til next year!

*Catherine Moran*

**TAKAHE – AKAROA RELAY**

24 September 2011

I would like to say a big thanks to my great support team who helped with the marshalling and other tasks for the Takahe – Akaroa Relay. The mostly tried and true group, plus a few willing newcomers were Faye, Ray, Neawe, Nyala, Lina, Di, Julia, Dave, John S, Eric, John C, Stan, Brian.

MM	Over 50	2 <sup>nd</sup>	5.56.55
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39.15 Charlie Nolan

52.00 Geoff Stark

44.13 Chris Arnold

44.37 Rick Harlow

44.23 Barry Finch

45.26 Tom Reihana

38.59 Phil Chapman

48.02 Len Millward

MM	A Grade	3 <sup>rd</sup>	5.08.25
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37.57 Tony Burns

41.22 Tom Jarman

40.31 Michael Smith

37.40 Mel Orange

42.05 Paul Johnston

35.25 Nick Rutter

34.59 Corey Platt

38.26 Gary McIlroy

MM 1	B Grade	1 <sup>st</sup>	6.10.53
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43.32 Loris Reed

45.52 Kieron Berry

52.54 Wahren Hensley

38.52 Kevin Slattery

55.50 Dave Kennedy

40.33 Peter Bayliss

43.39 Terry Warren

49.41 Louis Jensen

MM 2	B Grade	DQ	8.00.44
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53.16 Catherine Moran

58.50 Tracey McIntyre

63.38 Brian McKeown

64.19 Kevin Knight

67.58 Geoff Swallow

Carol Thompson

55.52 John Waite

61.33 Bob Fyfe

MW	M. W.	1st	5.51.15
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42.30 Maree Greig

50.03 Bernie Jago

44.38 Pauline Poore

45.03 Sarah Eady

45.35 Fiona Gilroy

39.03 Robyn Daly

36.39 Mary Hart

47.44 Sarla Donovan

Thanks also to those who prized themselves away from their drinkies to support our last team home. It's a long time out on the road and like the marathon runner who runs 4 or so hours compared to a 2.30 runner its a lot longer on the pins so don't forget to support your team mates in future, no matter what their ability -

everyone counts, everyone is important. Remember that please.

*Glen*Masters Men Team 1 Report.

Sticking as much as possible to the NZ Relay champs team that recently went off to Auckland, the team gathered outside the Princess Margaret Hospital at 7.30am, on what proved to be yet another amazingly sunny day.

The team consisted of the following runners, each giving their all over a very tough journey from the Takahe to Akaroa.

Leg 1 – Tony, Leg 2 – Tom , Leg 3 - Mel, Leg 4 – Mike, Leg 5 - Paul (flies and all), Leg 6 - Nick, Leg 7 – Corey and Leg 8 – Gary.

By the end, all of the team where pretty ‘stuffed’ and were fairly pleased with third place. A quiet beverage, of the alcoholic nature, was well earned during the trip back to The Garden City.

Well done everyone.

*Gary McIlroy*Masters' Men Team 2 Report

Well the day started with the team meeting at PMH and meeting Deek at the beginning of his lap but then we were one person short and at short notice Louie had arranged a ride with Len who was in another team so not happy about that.

Anyway race time and our first runner was Loris and she ran a stellar lap to finish very close behind Maree so a good start and she handed over to Keiren who also ran well and passed the ladies team and he then handed over to Warren H who tried his best but did not want to pass a guy from Methodist would rather have a chat. He then passed on to a relatively new guy to the club Kevein S who ran an excellent lap and we had by then found our lap 5 runner Deek and he ran a valant lap considering he wanted the smaller lap and he then handed over to Chucka who ran as hard as he could at the time and handed over to Terry for the downhill and while we waited for him to find his way we found our last lap runner Louie and he ran ok even gave us a chance to go ahead and see Len (The Walker) going up the big hill.

But the biggest surprise was finding out we had won our grade so well done team and bring on next year.

*Chucka*

**Junior Road Relay Team  
in the Takahe to Akaroa**

Last month's 71<sup>st</sup> Takahe to Akaroa Relay saw our secondary age junior relay team in action again. The famous relay race had a section for junior teams for the first time this year with six runners sharing laps two to five of the senior course apart from a section on the Little River Rail Trail to keep one of the changeover points off the busy main highway.

The start was at Allandale Domain with Jared covering the first lap to Teddington in 21:22 accompanied by plenty of raucous encouragement from the team van. Next up was Matt who drew the short straw and had the long step climb up Gebbies Pass before a bit of relief on the downhill run to Millers Road and the handover to Braeden. The third lap was the same 10km as the senior relay – long straight flats to Ataahua Domain and Braeden came in a very credible 16<sup>th</sup> overall and just missed out on catching Chris Arnold from the Port Hills M50+ team. The fourth lap from Ataahua to Lake Forsyth was again the same as the senior relay and Isaac completed the 9.4 km in 40:12 to be 21<sup>st</sup> overall. Ayako had lap five and ran mostly on the Rail Trail to Little River and came in a very good second in the W19 grade, just five seconds behind the fastest time. Last lap went to Kirsty, back on the main road and to a very strong finish at finish in Cooptown.

This was once again a fine effort by the whole team who supported each other fantastically as well as having a good time together. Many thanks to Jo Johnston for helping with the effort and to Paul for driving everyone back home after the end. And last but not least, thanks to all the team members for coming and helping at the Club's Crater Rim Trail Run this last weekend.

“Go Port Hills!”

Final Time:	3:02:18	
	<u>Time</u>	<u>Km</u>
Jared Boyle	21:22	4.3
Matthew Jensen	29:02	6.1
Braeden Botica	40:06	10.0
Isaac Johnston	40:12	9.4
Ayako Gould	29:56	6.5
Kirsty Taylor	21:40	4.1

**New Brighton Pier to Pier Series**

The New Brighton Pier 2 Pier Series is a set of 5K races held over a 3 week period which unfortunately due to its timing, doesn't attract enough runners. The good news is that Port Hills was well represented and we managed to take away a trophy for the overall King of the Beach (Paul J) and plenty of top results in age groups too. We were well represented in the fun run and children's races too with several prizes being won.

Well done to Dave Clarke for toughing out all 3 of the fun runs including a pleasant dip in the sea on the 2<sup>nd</sup> race due to high tides. In fact, the 2<sup>nd</sup> race had waves lapping at the bottom of the sand dunes and not much in the way of sand to run on, which reflected the slower times for that week. Results as follows:

Week #1 Results – 5K

1 <sup>st</sup>	18:26	Paul Johnston
4 <sup>th</sup>	20:03	Mary Hart
5 <sup>th</sup>	20:12	Fiona Gilroy
8 <sup>th</sup>	22:25	Phil Chapman
17 <sup>th</sup>	23:09	Michael McFie

Week #1 Results – 1 Mile

3 <sup>rd</sup>	6:53	Annika Levestam
4 <sup>th</sup>	6:54	Taylor Clarke
5 <sup>th</sup>	6:56	Farran Landers
9 <sup>th</sup>	7:53	Jemesa Landers
11 <sup>th</sup>	8:08	Joshua Clarke
18 <sup>th</sup>	9:03	Matthew Clarke
19 <sup>th</sup>	9:16	Micah Landers
21 <sup>st</sup>	9:30	Zachary Landers

Week #2 Results – 5K

4 <sup>th</sup>	20:50	Paul Johnston
8 <sup>th</sup>	22:56	Mary Hart
11 <sup>th</sup>	23:50	Fiona Gilroy
19 <sup>th</sup>	26:59	Robyn Daly
21 <sup>st</sup>	28:10	Michael McFie

Week #2 Results – 1 Mile

3 <sup>rd</sup>	8:05	Louise Daly
4 <sup>th</sup>	8:23	Taylor Clarke
6 <sup>th</sup>	8:32	Farran Landers
15 <sup>th</sup>	11:10	Jamie Van Der Voort
16 <sup>th</sup>	11:23	Joshua Clarke
17 <sup>th</sup>	11:42	Micah Landers
18 <sup>th</sup>	12:15	Matthew Clarke
19 <sup>th</sup>	12:19	Zachary Landers

Week #3 Results – 5K

2 <sup>nd</sup>	18:08	Paul Johnston
5 <sup>th</sup>	19:59	Fiona Gilroy
6 <sup>th</sup>	20:24	Mary Hart
12 <sup>th</sup>	22:38	Robyn Daly
16 <sup>th</sup>	23:16	Michael McFie

Week #3 Results – 1 Mile

3 <sup>rd</sup>	6:23	Louise Daly
4 <sup>th</sup>	6:35	Taylor Clarke
6 <sup>th</sup>	6:51	Annika Levestam
9 <sup>th</sup>	7:10	Joshua Clarke
14 <sup>th</sup>	7:59	Jemesa Landers
16 <sup>th</sup>	8:30	Jamie Van Der Voort
17 <sup>th</sup>	8:54	Micah Landers
18 <sup>th</sup>	8:55	Matthew Clarke
19 <sup>th</sup>	9:13	Zachary Landers

Overall Results – 5K Male

1 <sup>st</sup>	Paul Johnston (King of the Beach)
8 <sup>th</sup>	Michael McFie

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**New Brighton Pier to Pier Series, contd.**

Overall Results – 5K Female

3<sup>rd</sup> Mary Hart  
4<sup>th</sup> Fiona Gilroy

Overall Results – 1 Mile Male

2<sup>nd</sup> Joshua Clarke  
5<sup>th</sup> Micah Landers  
6<sup>th</sup> Matthew Clarke  
7<sup>th</sup> Zachary Landers

Overall Results – 1 Mile Female

2<sup>nd</sup> Tayla Clarke

**Primary Schools Inter-Regional Champs 2011**

22 September 2011

Port Hills was well represented at the Canterbury Primary Schools Inter Regional Champs in Blenheim this year. Of special note, Maria Hendry who ran as an independent runner for Canterbury received a medal for the teams award and was the 4<sup>th</sup> Canterbury runner in the Year 5 Girls. Maria is only 8 years old and still not quite Year 5 at school so it was a pretty impressive effort and subsequently, she was pulled into the A team to help them to 2<sup>nd</sup> for the teams result. Great result by Gregor too to finish 3<sup>rd</sup> for the Year 5 boys. Not wishing to go on about all our great runners but equally great results too from Penny, Ayrton, Louise, Jamie, Georgia, Zander and Daniel.

Results as follows:

Year 5 Girls – Canterbury Team 2nd

14<sup>th</sup> 9:08 Maria Hendry

Year 5 Boys – Canterbury Team 1st

3<sup>rd</sup> 8:16 Gregor MacKay

10<sup>th</sup> 8:26 Ayrton Shadbolt

Year 6 Girls – Canterbury Team 1st

6<sup>th</sup> 8:27 Penny Burrige

12<sup>th</sup> 8:45 Louise Daly

Year 6 Boys – Canterbury Team 2nd

24<sup>th</sup> 8:28 Jamie Batchelor

Year 7 Girls – Canterbury Team 1st

26<sup>th</sup> 14:05 Georgia Hendry

Year 7 Boys – Canterbury Team 1st

15<sup>th</sup> 12:22 Zander Wager

30<sup>th</sup> 13:15 Daniel Bell

**Club 2K Race Results**

8 October 2011, in conjunction with the Club 8k Handicap.

The weather cleared on the Saturday but unfortunately, I think a lot of people had felt it was likely to rain again. Turned out pretty nice and we had a handful of kids running the 2K race while some tougher ones gave 4K a crack.

The results are in the next column.

**8K HANDICAP CHAMPS**

8 October 2011

8k	Gross	Hdcp	Nett	
1 <sup>st</sup>	47.10	2.00	45.10	Shirley Rolston w60
2 <sup>nd</sup>	48.55	2.00	46.55	Fred Cooper m70
3 <sup>rd</sup>	49.55	16.00	33.55	Mathew Jensen m17
4 <sup>th</sup>	50.46	2.00	48.46	John Waite m70
5 <sup>th</sup>	50.52	10.00	40.52	Kirsty Taylor w17
6 <sup>th</sup>	50.58	10.00	40.58	Jos Galavazi m60
7 <sup>th</sup>	51.14	7.00	44.14	Bob Fyfe m70
8 <sup>th</sup>	51.37	16.00	35.37	John Shivas m60
9 <sup>th</sup>	51.47	13.00	38.47	Tom Reihana m50
10 <sup>th</sup>	52.13	6.00	46.13	Carol Thompson w70
11 <sup>th</sup>	52.32	17.00	35.22	Ayako Gould w17
12 <sup>th</sup>	52.35	10.00	42.35	Eric Saxby m70
13 <sup>th</sup>	52.44	13.00	39.44	Terry Warren m70
14 <sup>th</sup>	52.51	10.00	42.51	Catherine Moran mw
15 <sup>th</sup>	52.57	18.00	34.57	Chris Arnold m50
16 <sup>th</sup>	53.08	7.00	46.08	Warren Elliott m50
17 <sup>th</sup>	53.12	24.00	29.12	Braeden Botica m17
18 <sup>th</sup>	53.18	17.00	36.18	Bernie Jago w50
19 <sup>th</sup>	53.21	18.00	35.21	Peter Bayliss
20 <sup>th</sup>	53.24	21.00	32.24	Isaac Johnston m15
21 <sup>st</sup>	53.27	18.00	35.27	Robyn Daly mw
22 <sup>nd</sup>	53.27	21.00	32.27	Kevin Slattery
23 <sup>rd</sup>	54.04	23.00	31.04	Michael Smith
24 <sup>th</sup>	54.10	18.00	35.27	Loris Reed w60
25 <sup>th</sup>	54.13	24.00	30.13	Tony Burns
26 <sup>th</sup>	54.14	16.00	38.14	Mike McFie
27 <sup>th</sup>	54.30	7.00	47.30	John Eastmond m70
28 <sup>th</sup>	54.41	23.00	31.41	Barry Finch m50
29 <sup>th</sup>	55.00	23.00	32.00	Nick Rutter m50
30 <sup>th</sup>	55.02	25.00	30.02	Paul Johnston
31 <sup>st</sup>	55.04	16.00	39.04	Ross Warmington m60
32 <sup>nd</sup>	55.05	27.00	28.05	Gary McIlroy
33 <sup>rd</sup>	55.06	20.00	35.06	Louis Jensen
34 <sup>th</sup>	55.12	23.00	32.12	Mel Orange
35 <sup>th</sup>	55.27	18.00	37.27	Chue Nakagawa m50
36 <sup>th</sup>	55.42	21.00	34.42	Len Millward m50
37 <sup>th</sup>	55.55	24.00	31.55	Corey Platt
38 <sup>th</sup>	56.19	7.00	49.19	Mark Russell m50
39 <sup>th</sup>	57.34	20.00	37.34	Phil Chapman m50
40 <sup>th</sup>	57.38	25.00	32.28	Tom Jarman m50
41 <sup>st</sup>	57.55	00.00	57.55	Colleen Donaldson w50
42 <sup>nd</sup>	59.43	14.00	45.43	Rick Harlow m50

(Photos on page 6 and Club website.)

4k		
1 <sup>st</sup>	17.20	Ayrton Shadbolt
2 <sup>nd</sup>	18.28	Frances Daly
3 <sup>rd</sup>	32.15	Gwen Papps
2k		
1 <sup>st</sup>	8:42	Louise Daly
2 <sup>nd</sup>	9:07	Benjamin Carlile-Smith
3 <sup>rd</sup>	10:16	Holly Johnston
4 <sup>th</sup>	11:56	Georgia Rutter
5 <sup>th</sup>	12:01	Clayton Shadbolt