



Road and Cross Country newsletter #2
4th March 2010

www.hamiltoncityhawks.co.nz

Latest and greatest...

If you haven't already heard, Hawks has two newly anointed talents in our ultradistance stars Dawn Tuffery and Kerry Suter. Dawn, in a debut at the distance, swept the field in the NZ 100k champs in Taupo late last month and Kerry Suter ran in for a brilliant 2nd place behind seasoned ultra competitor Martin Lukes, clocking a time that would have won him the race in any other year. It was a big, big weekend on the distance running front for Hawks, with a Hawks dominated team also taking out a hard-fought battle for first in the Great Lake 160km relay. I was really proud to be a Hawk that weekend. 2010 is going to be great.

AGM and Committee

Thanks to all those who made it to the AGM last Thursday and those who volunteered to help out on the committee this year. You'll hear more later but important new positions include **Andrew Wark** as our new club captain, **Lillian Morton** as women's club captain, and myself back as secretary. **Ken Johnson** returns as junior club captain so contact him on ken@sunfruit.co.nz if you have any queries concerning juniors training or racing. David Southwick is President again this year for a final term, Glenn Sexton continues as handicapper, and Dot Larsen and Chris Savage as treasurer/race secretary and membership secretary respectively. Welcome to the committee to other new recruits Simon Hoekstra, Trish Stockman, and Nathan Campbell. It's a great committee this year so look out for some fresh new ideas.

Club room keys

For security reasons, the lock on the clubroom door will be changed just prior to Open Day on the 10th April. Before then, there will be changeover period during which current key holders and those wanting to purchase keys can sign for and obtain their replacement key. Contact Michelle on mfcurnow@xtra.co.nz or 843 4226 for details.

UPCOMING EVENTS

Club Open Day: 10th April. Mark it in your diaries now!

Every Tuesday for the next month (or maybe more)

The Eastside 5km has only one more month to run, so make the most of it. Record numbers this week are a testament to the popularity of the timing chip system in which the club has invested heavily. Don't forget, weekly results are posted on the Hawks website and it's easy can track your progress through the summer. Eastside on Cook St from 5.30 (run time 6.05).

THIS Sunday 7 March Rotorua Forest Half and 10km

Start time Half: 10.00 am. Start time 10km 11.00am

Waipa Sawmill Recreation area (near the mountain bike tracks). Registration from 7.30am.

This event has morphed from what was the Round Ngongotaha Half to an entirely off-road race on a great 2 lap course. There are great prizes and it's a good opportunity to throw in a solid off-road effort, especially if you're planning. No doubt many Hawks will be present so wear your club colours and make your presence felt!

Club Cardio Women's Only, 18th March

Register from 5.30pm. Race start at 6pm.

This year, we have generous new sponsors on board and we've been able to host great event at a very low cost! Even better, club Cardio have thrown in some great prizes in the way of FREE memberships and there will be heaps of other prizes as well (including merit prizes), a bouncy castle for kids, and a great relaxed atmosphere. Join the Hamilton running community in helping to celebrate Women's health and fitness.

CLUB MEN! We need lots of help on the night.

Specials...specials...specials

Hawks member Sheena Burnett has set up TWO membership specials as a part of this event. These specials are only offered ONLINE via the **club Cardio** website www.clubcardiohamilton.co.nz

There is a 6 month membership for \$14 per week (normally \$17 per week) and 12 months for \$12 per week (normally \$14 per week). To join on one of these memberships you visit the gym website and click on the "Join Now" button on the home page. Select the 6 or 12 month **Fun Run Special** membership and fill in the membership forms online.

The promotional code that must be entered to qualify for the discounted rates is: **FUNRUN**

Entrants, and friends and family and Hawks members are all invited to make use of these reduced rates that are only available online and for the time leading up to the fun run. Both males and females can join on this special. Any questions call Sheena on 07 839 0886

Don't forget, there will be a schools' race (teams of 3+) with a schools' trophy up for grabs. Entries just \$5 (\$3 for Hawks) and you can enter RIGHT NOW by simply emailing your name to: hawkswomensonlly@gmail.com. **Pay on the night of the race** and TELL YOUR FRIENDS! We're gearing up for a big turnout! If you're on Facebook, check out the latest information there.

How you can help: Pick up advertorial flyers from the club and spread them around! Thanks.

Thanks to sponsors club cardio, Life Pharmacy Chartwell, Hukanui Body Therapies, Zebra Design and Print, and Hamilton party Hire. Please support them.

Solid Energy Huntly Half Marathon:

Sunday 23 May. New Sponsors and a 30 year anniversary, with medals for all Half marathon finishers. Diary it now! Entry forms are out, so spread them around and tell your friends, and look out for colourful signage on a billboard near you.

UPCOMING TRAIL AND ROAD RACES

HILLY! Triple Peaks Challenge 13 March 2010

Billed as a classic 47km adventure, with over \$5000 in cash prizes, this has to be attractive to the club's mountain goats. There is a new duathlon section and 13km fun run too. Head to the beautiful east coast and try this event for size.

<http://www.triplepeakschallenge.co.nz/>

Tarawera Ultra, Sat 20th March

<http://www.taraweraultra.co.nz/>

It's definitely not to late to have a crack at the Tarawera Ultra. It's such a great event and a large contingent of Hawks have already committed to being there, mostly as teams of 2 or 4. It's a 60k, 80k or 100k off-road ultra-distance run from Rotorua to Kawerau and there are 2 and 4-person relay team options for the 80k run. It's not an event to miss; the course is fantastic and the on-course support is the best.

NEW! Ohope Half Marathon, Sunday 4th April 2010

This is a great new road event in the beautiful Bay of Plenty. The course will be fast, mostly flat, and scenic. For serious runners, it's a good buildup for the Rotorua Marathon or a chance to knock out a PB. There's even a 10km fun run/walk and a 5k Doggie Dash (run with your dog fundraiser for the SPCA) at the same time.

Check it out on: <http://www.ohopehalfmarathon.co.nz/>

You may even get to meet Moko, the dolphin who has made Ohope home.

RESULTS: Who's been doing what?

Athletics NZ 100k chmps, 20th February 2010

This was one big weekend, with a 3 am start and a lot of kilometers to cover. The few Hawks present performed outstandingly with two wins and a second place. All credit to Dawn Tuffery (winner) and Kerry Suter (2nd) in the 100km championships who were selected to run for NZ in Gibraltar in November. Dawn's win, a first attempt at this distance was outstanding and bodes well for her performance in just over 8 months time. Kerry had a hard job in taking on seasoned ultradistance competitor MartIn Lukes, falling to second place only after cramps caused him to tie up badly in the last 15km. It was a gutsy, hard earned race, with both Suter and Lukes finishing well under the 8 hour mark. Brian Halford also had a good run, pacing himself in preparation for the Taupo Ironman. Brian's time was a PB over the distance and he was well supported by Maria, spinning up and down the busy SH on her mountain bike.

It was a weekend I won't forget in a hurry. Never have I seen such prolific consumption of powerade, energy gels, crisps, lollies, and SALT in a mere 24 hour period. It was great (and very busy) being on the support crew, along with Megan Suter (and Lucy), Jo Hyde from Muscle Torque massage, Carolyn Day and ultra-man Paul Charteris. Curiously the 7 hours plus just flew by and, for

such a prolonged race, it was exciting for all concerned. Dawn in particular, it has to be said, ran a perfectly paced race, with a negative split of around 4 minutes. To run 50km and *then* speed up is a feat indeed! Read Dawn's report on:

<http://www.facebook.com/notes/dawn-tuffery/100k-race-report/321511476990>

On the teams front, the hastily composed Gingerbread men, which included Helen Rountree, Hadley Craig, Simon Hoekstra, Stefan Wagner, Craig McLean, Rich Harris, and Steve O'Callaghan had a great battle with a second-placed Hawera team, which eventually finished just over 2 minutes behind. Helen on last lap was really feeling the pressure but kept to her signature style and ran the team in for first place. Garry Wilson's Opus team, which also included Hawks Glenn Sexton (ahem) and Nick Freke, were outclassed in terms of team depth but finished in a creditable 6th place nevertheless.

Athletics NZ 100 km championships

| | | |
|----|--------------------|---------------|
| 1 | Dawn Tuffery | 09:05:47 |
| 2 | Kerry Suter (Hn) | 07:45:09 |
| 19 | Brian Halford (Hn) | 10:55:58 (PB) |



Teams Great Lake relay

| | | |
|---|--------------------------|----------|
| 1 | The Gingerbread Men | 09:41:53 |
| 6 | Opus Central Supersonics | 10:43:57 |



Kaweka Challenge 27th March 2010

Great result for Stefan Wagner and Hadley Craig who both completed the 28km course in the rugged Kaweka on Saturday, finishing in 1st and 3rd place respectively.

- 1 Stefan Wagner 4:44:22
3 Hadley Craig 4:48:02

Product review

Hate chafing? The hot weather brings its own challenges and, over the last few weeks, anti-chafe cream has been at the top of the hot topic list. Here's a quick run down on the old and new to help out.



Tried and true: Vaseline: Loved by many as the cheap anti-chafe solution. It works adequately but loses effectiveness in long races and it stains clothing. Ups: Cheap and readily available. Downs: Messy to apply, stains and loses efficacy in long races.

Body Glide: An anti-chafe stick available at some shoe shops (e.g. Collins in Hamilton East) and Shoe Clinic. Effective and easy to apply but, at around \$36 per 37g stick it's expensive, especially if you're a big user. Ups: Effective and comes in a sunscreen version too. Down: Pricy if you chafe a lot.

Lanacane Anti-chafing Gel (my product pick): This is new product and readily available at New World Supermarkets. It's effective, light and easy to apply and at around \$12 per 30g tube it's roughly a third of the price of Body Glide. Particularly good for feet if you're prone to blisters.

HELP!! Huntly Half memorabilia...

Can you help? We need memorabilia to cover the 30 year history of the Huntly Half, including photographs, T-shirts and any other items of interest, including photos of the town way back when. 2010 is the 30th anniversary and we have a new race sponsor in SOLID ENERGY, so put some thought into how you can contribute to a display. Contributions to Graham D or Tracey.

It's early but...

Athletes who are intending to compete in the **NZ Cross Country Champs** on the 7th August are urged to contact Malcolm Taylor who has booked accommodation for the WBOP team for the event (Friday-Saturday). Email Malcolm on janmal@xtra.co.nz to find out more.

TRUTH, TRASH AND TRIVIA

We know Graham D has turned up without his shorts before and has run in something frighteningly close to underwear, but surely **Evan Primmer** must have had something else on his mind when he fronted at club on

Thursday with two left shoes. Couldn't possibly run like that was Evan's excuse - perhaps a handy one for being absent from the AGM.

New York Marathon: Paula Ward, newly employed now at Calder and Lawson has alerted us to the fact that they are organising a tour to the New York Marathon this year. Interested? Contact Paula at Calder and Lawson.

Thanks: To Gordon Speirs, Dot Larsen and Michelle Curnow. Next time you're admiring the newly polished flooring in the clubrooms, remember these three spent 10 hours of hard graft in their own time getting it that way. Thanks also to John Tylden who, through the Waikato Secondary Schools, has organised the donation of \$1000 towards the purchase of more IPICO timing chips for the club.

Congratulations: To **Megan Arthur** who has been selected as part of the NZ team for the long distance triathlon championships in Germany in August. Megan is intending to take up the offer and all best wishes for her training over the coming season. Congratulations also to **Nathan Campbell** who is to be married shortly and sprung the best excuse yet for missing a committee meeting in having to pick up his fiancé from the airport!

Recruitment:

Members! Use your time at the Eastside and other events to encourage newer runners to come along to the club. Once again, we will be encouraging new memberships this year and would like to instigate a mentoring system so that more runners have training buddies through the winter. Encourage those who are new to running to visit the **Hawks forum**

<http://www.hamiltoncityhawks.co.nz/forum/index.php>
Go to the topic "Running" and click on the thread "Touching Base". Register and log in and use the forum to share advice and find like-paced friends to run with.

Do you have any other ideas to encourage greater participation in club life? Email captain Andrew Wark on aw@dlfseeds.co.nz with your suggestions.

Not too late: Not long now before Mohamed Ali flies off to represent NZ at the ISF World Secondary School Cross Country Championships being held in Slovakia in April. Unfortunately, Mikayla Nielsen has had to withdraw due to injury, but the fundraising continues. You are invited to support Mohamed by making a donation toward the cost of his trip. Donations can be made directly into their fund raising account, College Track and Field, Westpac Bank, Cnr Grey & Clyde Sts, Hamilton East, account number 03-1556-0016977-00. Please ensure it is clear who the donation is from so that all monies raised can be receipted correctly. Any enquiries to John, phone 843 0353 or email tylden@xtra.co.nz

Farewell: To Carolyn Day, who returns to the US after her time in NZ, but swears she will be back soon!

Advertising: Keen to advertise your business in the weekly newsletter? Contact Tracey for details.

For news email tracey@biozone.co.nz or dawntuffery@gmail.com.