

[www.hamiltoncityhawks.co.nz](http://www.hamiltoncityhawks.co.nz)

### Latest and greatest...

It was a big weekend last weekend, with the Taupo Ironman, in which several Hawks competed, and the Rotorua Forest Half (which is much like a Hawks get together anyway). Looks as if most people are in pretty good shape coming into the season and looking forward to some good club running. Diary important upcoming dates and be sure to contact a committee member if you're confused about what is happening, when.

JUNIOR CLUB CAPTAIN: Ken Johnson's preferred contact email (contrary to last week) is [rhooken@slingshot.co.nz](mailto:rhooken@slingshot.co.nz)

CLUB CAPTAIN: Andrew Wark: [aw@dlfseeds.co.nz](mailto:aw@dlfseeds.co.nz)

WOMEN'S CAPTAIN: Lillian Morton [lillyholly@yahoo.co.uk](mailto:lillyholly@yahoo.co.uk) or Tracey Greenwood [tracey@biozone.co.nz](mailto:tracey@biozone.co.nz)

### Club room keys

Don't forget, the lock on the clubroom door will be changed just prior to Open Day on the 10<sup>th</sup> April. There will be a changeover period until then during which current key holders and those wanting to purchase keys (\$10) can sign for and obtain their replacement key. Contact Michelle on [mfcurnow@xtra.co.nz](mailto:mfcurnow@xtra.co.nz) or 843 4226 for further details.

### UPCOMING EVENTS

**Club Open Day:** 10<sup>th</sup> April. Mark it in your diaries now!

### **Every Tuesday for the 3 weeks**

It's lots of fun and there were massive PBs this week by many, including **Charlie Evans** this week (sub 22), and **Jackie Ormand**, who has dropped her PB by more than a minute in the last three weeks. There are great prizes every week and we have some special membership promotions going too so don't miss out. Eastside on Cook St from 5.30 (run time 6.05).

### **This weekend: 13 March, Triple Peaks Challenge**

The classic 47km adventure, with over \$5000 in cash prizes. Head to the beautiful east coast and try this event for size. Not too late to enter (i.e. minimal penalty!) Good luck **Glenn Sexton**. Go well.  
<http://www.triplepeakschallenge.co.nz/>

### **Next weekend: Sat 20<sup>th</sup> March, Tarawera Ultra**

<http://www.taraweraultra.co.nz/>  
It's definitely not too late to have a crack at the Tarawera Ultra. Put in a team! It's such a great event and a large contingent of Hawks have already committed to being there. Garry Wilson and Hugh Ratsey form a formidable team and have been training hard over the Four Brothers track. Kerry and Dawn, 'fresh' from their 100km effort a few weeks back, will also be fronting, the latter in

the teams event. Should be a fun day. Choose from the 60k, 80k or 100k options; it's not an event to miss; the course is fantastic and the on-course support is the best. Seeing is believing.

### **Club Cardio Women's Only, 18<sup>th</sup> March**

Register from 5.30pm. Race start at 6pm.

New sponsors (Club Cardio), more benefits, and cheaper entries; don't miss it.

**Enter RIGHT NOW** by simply emailing your name to: [hawkswomenonly@gmail.com](mailto:hawkswomenonly@gmail.com). **Pay on the night of the race** and TELL YOUR FRIENDS! Don't forget, there is a schools' trophy up for grabs.

**Cost:** Entries just \$5 (\$3 for Hawks). Pick up flyers from the club and spread them around! Thanks to sponsors club cardio, Life Pharmacy Chartwell, Hukanui Body Therapies, Zebra Design and Print, and Hamilton party Hire. Please support them.

BUT, we need help! Volunteers are still needed to: pick up and set up the bouncy castle and welcome entrants and attend the door at opening. We also need a lead bike and five or so marshals for the course. Contact Corey Hinde if you can help.

Don't forget the club Cardio specials offered online via the **club Cardio** website [www.clubcardiohamilton.co.nz](http://www.clubcardiohamilton.co.nz) The promotional code that must be entered to qualify for the discounted rates is: **FUNRUN**

### **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 get them out there and tell your friends. We still need memorabilia so anything you have please contact Tracey on [tracey@biozone.co.nz](mailto:tracey@biozone.co.nz). Photos can be scanned and returned and tee shirts will be treated with the utmost respect and returned unscathed. All contributions welcome (in fact, we're desperate for them!).

Enter now! [www.huntlyhalf.co.nz](http://www.huntlyhalf.co.nz)

Remember all new fully registered members enter FREE.

### RESULTS: Who's been doing what?

#### **Kaweka Challenge 27<sup>th</sup> March 2010 UPDATE!**

Garry Wilson reports that he was also at the Kaweka Challenge last weekend with his brother Andrew. They competed in the pairs 30km overnight course finishing third pair overall, and winning the masters grade in 5 hours 31 minutes (a course record). Garry reports that it was a run they dedicated to their late brother Mel who was a 'fanatical Kaweka' racer, who lined up with both Andrew and Garry in the early days of the race in the early 1990s. Garry says that although many of the

courses have been changed and the records smashed by more talented mountain runners than them, it was still great to take part in one of the tougher and more scenic mountain events in NZ after seventeen years.

### Taupo Ironman, Saturday 6<sup>th</sup> March

Another big weekend on the triathlon front, with the much publicized wins by Jo lawn and Cameron Brown at the Taupo Ironman. On the Hawks front, nice work from the four Hawks present, with Megan Arthur showing good form to knock out an IM PB. It was impressive to see both Paula and Blair fronting at the Eastside this week too. Phew! Brian Halford, who competed in the 100km champs at the end of last month, has to have the final word though: "Legs were gone at 22km in the run. Can't think why".

Blair Tupp	11:45:37	1:05:22	5:36:24	4:52:30
Paula Ward	13:45:25	1:28:44	7:26:08	4:29:15
Megan Arthur	12:37:11	1:02:3	6:01:20	5:25:01
Brian Halford	12:49:51	1:12:10	6:30:11	4:56:54

### Rotorua Half Marathon and 10km, Saturday 7<sup>th</sup> March

There's a general consensus I think that is one of the best off road half marathons around. Race registration and entry was streamlined this year and course changes relieved the congestion that has been a feature of the course in the past. A great run from **Charlie Evans**, who clocked up a 2 minute PB (and on a trail to boot) and followed it up with an Eastside PB as well. A tidy Hawks contingent footed it with a strong showing from Lake City and there was some enjoyable interclub racing in both the half and the 10k. Excellent running by Phil Murray for 2<sup>nd</sup> overall and club captain Andrew Wark (battling with 2x a week runner John Bowe). Hadley Craig also had a good battle with Simon Hoekstra who ran exactly the time he predicted and managed to hold Hadley off over the last, rather lumpy, 3km. Nice to see Ria Huitema back in the mix, returning to the Waikato in April to complete her studies and keen to pick up with the club again. In the 10km event, Graham and Lorraine Dudfield both cleaned up their age grade races. Nice work. There were some gentle grumbings about the hills in the last 3km of the course but, all in all, it was voted a great course and a welcome change from summer road events.

#### Half marathon

Steven O'Callaghan (Lake City)	1:13:29	
Phil Murray (open)	1:14:18	2 (2)
Andrew Wark (M35-44)	1:20:15	5 (1)
Simon Hoekstra (open)	1:25:11	(7)
Hadley Craig (M35-44)	1:25:29	(7)
John Bowe (M35-44)	1:21:01	(2)
Maja Alm (open) Germany	1:24:15	(1)
Marion Millward (M45-54)	1:29:12	(1)
Tracey Greenwood (W45-54)	1:30:55	(2)
Gabby Rogers (open)	1:33:56	(6)
Kristen Baker (open)	1:35:13	(7)
Dot Larsen (W45-54)	1:38:31	(3)
Charlie Evans (M45-54)	1:43:21	(20)
Brendan Hicks (M55+)	1:47:42	(12)
Ria Huitema (open)	1:48:07	(29)

#### 10km

Graham Dudfield (M55+)	0:47:11	25 (1)
Kay Stockman (W45-54)	0:48:50	36 (2)
Lorraine Dudfield (F55+)	0:54:02	68 (1)
Karen Hopson (F45-54)	0:55:45	80 (5)
Gary Buttimore (M55+)	0:55:56	82 (5)
Dot King (F55+)	0:56:35	91 (2)
Michelle Curnow (F45-54)	0:57:17	98 (7)



#### CRAMPING:

The hot, humid weather has seen more than a few suffering with cramping this summer, especially if long runs are not followed up with adequate fluid and electrolyte replacement. What's the solution? Cramp is uncontrolled tetany in the muscle, and a bad cramp, especially in the calf, can tear fibres and leave you with a muscle that is injured or more prone to further damage. Contrary to common thought, cramp is not usually the result of lack of salt (NaCl) *per se*, although overhydration is a factor in some cases. The most common cause of cramping (and restless legs) is low blood magnesium, which results in neuromuscular hyperexcitability. Regular adequate dietary intake of magnesium goes a long way to staving off cramps (think green leafy veg, nuts, figs, and pumpkin seeds) but, if you have a long race coming up, consider some of the anti-cramp medications around as well. Just in case. Some of the best include:



*Blackmores Biomagnesium*: A good supplement to down regularly if you're prone to cramp.

*HCH Homeopathic cramp stop*: Seems to work quite well, although my scientific self wonders why. Use as directed, unless you're running a 100k ultra, in which case you'll need the entire bottle. Around \$20 from pharmacies.

*Naturo Pharm Sports Action Anti-cramp*: This product is very effective, but difficult to find. Try health shops and other stockist of NaturoPharm products. Around \$15.

#### TRAINING TIPS: Weak hips = injury?

Does this sounds familiar? First your Achilles flares up. The next week your knee starts bothering you. Then your hamstring gets all hitchy. And all on your left side. It can't be a coincidence. It has to be the shoes, right? Conventional wisdom cites atypical pronation, or the inward roll of the foot upon striking the ground, as the running injury scapegoat. And while the torsional forces caused by atypical pronation shouldn't be disregarded in diagnosing an injury, new research indicates that the connections between weak hip stabilization muscles and running injuries were far more conclusive than those of atypical foot pronation. If you suspect weak hips might be causing injury problems for you, check out <http://runningtimes.com/Article.aspx?ArticleID=18359> to read more.

#### 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 30<sup>th</sup> 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.

#### TRUTH, TRASH AND TRIVIA

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.

#### I stand corrected:

Garry Wilson's Opus team in The Great Lake relay this year was almost a Hawks B team (his words, not mine) with Glenn Sexton, Nick Freke, Mark Walmsley and himself teamed with Luke Hampton (Hawks social member) and Scott Robertson (former Hawks member). Sadly (with the exception of Glenn) they did, as Garry predicted, finish an hour behind Hadley's Hawks A team. All kudos to Hadley for assembling such a talented bunch, even if the inclusion of Steve O'Callaghan in a Hawks team should have warranted a raised eyebrow or two in the newsletter last week.

#### The all new Hawks treasure trove:

Our new club captain, Andrew Wark, is a man with ideas and has proposed we set up a Hawks treasure trove of unwanted product that we can use as spotties at some events to encourage and support new recruits. Andrew kicked it off by donating his prize sports duffel from Sunday's race win to the cause. Marion Millward generously did the same. Think about all those too small/large sox, and the many caps and drink bottles you

accumulate at events. If you don't want them, don't worry, we do!

#### Hawks links:

Don't forget regular updates on the Hawks website. The calendar, when completed, will be updated there regularly if there are changes and if you missed your newsletter, you can download the latest from the 'club news' category.

The Eastside results are up to date also.

<http://www.hamiltoncityhawks.co.nz/blog/road-and-crosscountry/events/eastside-5km-run/race-results/>

And let's not be forgetting 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. Spread the word so we can get more people in groups appropriate to their pace and ability.

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

Soft record? Garry Wilson reckons he and brother Andrew's masters team record at the Kaweka challenge was "a bit soft", and says their best chance of retaining this record would be to rely on possible contenders watching screenings of Brokeback Mountain leading up to the event. Real men would surely cringe at the sight or thought of two men in a pup tent?

Culinary benefits of membership: A birthday at club is no bad thing as Dot King found out last week, when presented with a delicious cake courtesy of Jeannette VP. Cakes=always welcome. Happy birthday Dot!

Member get member: Remember our member-get-member scheme from last season? This year, any member who signs up 7 or more NEW members to the club for the season gets their own membership FREE. What more incentive can you need? Start recruiting now. More importantly, look out for new faces in the club, make them feel welcome, and keep a friendly eye on their progress.

Congratulations: To Bridget Ray who won the women's section of the 70km cycle race in Tokoroa on Sunday. Also competing were Kent Hodgson and Chris Savage.

Tarawera wanabe?: Simon Hoekstra has expressed an interest in putting in a team of four for the Tarawera Ultra next weekend. He could be just deflecting my hard-sell of the race on Tuesday but he seemed genuine. Don't make a liar of him. If you're a tidy half marathon runner and keen for a chance at a great event, contact Simon on [s.hoekstra@nda.co.nz](mailto:s.hoekstra@nda.co.nz)

For sale: A pair of Reebok racing flats, US size 9.5, worn twice (too big). See Craig at the Eastside this coming Tuesday and he'll fill you in on the details.

For news email [tracey@biozone.co.nz](mailto:tracey@biozone.co.nz) or [dawntuffery@gmail.com](mailto:dawntuffery@gmail.com).