

www.hamiltoncityhawks.co.nz

Trying to keep it short this week; essentials only, so apologies to those who were looking forward to a lengthy read! A great day at Wilson Brown, although the word on the street is that afternoon tea could have done with a shot in the arm. Some 60 or so participants and a good spread of Hawks, although a noticeable paucity in the women's grades. Welcome to all those who have joined up in the last week or so. Don't miss Trophy Day this Saturday; it's your chance to grab a favourable handicap. Haven't joined up yet? Come along and join on Saturday and you'll still be eligible for a new member's trophy.

TUESDAY NIGHTS - DON'T MISS IT: Speed and strength training 5.15 pm at the club, with coach Graham Dudfield. Suitable for everyone and one of the quickest ways to improve. Hard work, but valuable and fun too! Contact Graham on 843 7527 or dudfield@xtra.co.nz for more details.

THURSDAY NIGHTS 5.30 pm - WINTER RUNNING Don't forget your REFLECTIVE GEAR. The course is generally quite well lit, but bring a head lamp or pocket torch if you're in doubt.

JUNIORS THURSDAY NIGHTS - 4.40pm: Corey Hinde will lead a pack run **from the club rooms this Thursday** for older juniors who can comfortably run for 40 minutes. Contact Corey on 852 5646 (coreyjohnhinde@yahoo.com.au) for details. This session will run according to demand so, for now, check with Corey each week to see if it's on.

Going to the Rotorua Marathon this Saturday?

Please take some Huntly entry forms for the expo. Pick them up at club or contact Graham D.

HUNTLY UPDATE

Advertising for the 30 year anniversary event is well underway and entries rolling in at a happily alarming rate; being 50% up on 2009.

Glenn Hadley and Graham D measured the course on Sunday 17th under George Caddie's observation in what is a very time consuming but necessary process and Hadley and Graham measured the 10 km and finished marking the km points. The course is now measured, marked, and certified for a National Championship. Hadley is keen to do further work to gain national course measuring certification. There are not many in the country (Hawks' Craig Barrett is one).

The number sorting evening on Monday went well. It was fiddly work but Gordon Blair and Jack Hewitt were up to the task of putting the tags and twist ties into tiny plastic bags and stapling them to the race numbers. Thanks also Jeannette, Pauline, Michelle, Paula, Maureen, Dot, Lorraine, Emma D and new member Dan who probably wondered what he has let himself in for being exposed to a night of envelope stuffing. 800 numbers have been posted out and half the numbers have transponders attached. If you can take some home to do please call round to Graham's or ring him on 843 7527.

Further "stuffing" nights are planned for Wednesday May 12th and Monday May 17th. Please make an effort to help. The job is quick with many helpers and it makes things so much easier on race day.

UPCOMING EVENTS

This Saturday, 1st May, TROPHY DAY:

This is a great event with a chance for new members to shine. There are lots of trophies up for grabs and a great day of interclub racing guaranteed.

Venue: Hawks clubrooms.

Format: Handicap race for all grades over 5km with shorter distances off scratch for the juniors. There are a number of trophies being contested (including new-member trophies and juniors trophies) and it's a great day of rivalry. Remember, for the seniors, it's a handicap race, so everyone is in with a chance to win. Please collect your handicap by 1:00pm. As this is a handicap race for seniors with the juniors off scratch, it can result in a lot of waiting, **so we'll run all races at 1.00pm** (juniors and first off handicap). This way, no-one should be waiting around for too long. The programme is:

12.30pm Doors open and handicaps available
12.50pm Announcements
12.50pm Deadline for collecting handicap
1.00pm 1 km B/G 10
2 km B/G 12
3 km B/G 14 and B/G 16
5 km all over 16s (riverpath 5km off handicap)

HELP! We need three parents/non-runners to mark the 1km, 2km, and 3km turnarounds. See Ken on the day.

The aim is to have the juniors' races all finishing around 1.20pm with the seniors' field finished by 1.45pm. Please bring a plate for afternoon tea too!

Base managers

Dot Larsen, 855 5310 and **Nathan Campbell** (not David Southwick as printed in error last week).

Juniors base manager: Ken Johnson, 824 1124

Seniors handicaps provided by Glenn Sexton.

This is a great chance to see where you're at with your pace and fitness. Don't miss it.

Also this Saturday it's the Rotorua Marathon and the inaugural **T42 off-roader** at National Park. Athletics WBOP are wanting helpers to marshal on the 10km course at Rotorua. If you can help contact Malcolm Taylor on janmal@xtra.co.nz

Also needing a hand, Michelle Hyland wonders if anyone else if going to the T42 race at National Park. She'd love to catch a ride there. Contact Tracey if you can help.

Coming right up...

Next Saturday, 8th May

CAMBRIDGE CROSS COUNTRY RELAY

Venue: The Cambridge Clubrooms (on your left as you come into Cambridge from Hamilton).

Start time: Races begin at 1.00 pm, with 3 or 4 person teams running 3 km (or 2 km) laps. It's a fast, flat course; all cross country with added extras.

Entry: The club pays for entries, but you must be registered with Athletics WBOP to run. **Write your name in the race book or give it to the race secretary (Dot Larsen) by 1st May (Trophy Day).** If want to run and haven't yet registered, just join up on the day if not before; there will membership forms available at the venue. All grades are eligible to run and teams will be

picked on the Sunday before the event. Teams are:
Under 12: 3 person teams over 2000m.

16 and under: 3 person teams over 3000m

Men: 4 person teams over 3000m

Women: 3 person teams over 3000m

Mixed: 4 person teams over 3000m

SOON! Secondary Schools Cross Country League

This is a great training and recruiting ground for our up and coming running talent. Get down to support if you can and helpers are needed setting up courses and timing too. Contact Corey Hinde on

coreyjohnhinde@yahoo.com.au if you would like any more information or would like to be involved in this great series. Dates are:

Round 1: Wed. May 12th, 4pm - Porritt Stadium (park)

Round 2: Wed. May 26th, 4pm - Days Park

Round 3: Wed. June 2nd, 4pm - Hamilton Gardens

Please let as many people know about this as possible.

PROGRAMME CHANGE Cambridge Harriers have changed the date of their cross country race **to the 12th June**. This means riverbank race will now be on the 26th June (straight swap). Please mark the change on your calendars.

RESULTS

Wilson Brown Interclub, 24 April, 2010

The first cross country race of the season the Wilson Brown was held in very atypical cross-country conditions. There was very warm sunshine and the grunty course set out by club president Dave Southwick was rock hard as it took in the sloping undulations along the riverbank beside the Cobham Drive path. There was some very deep breathing at the first race of the winter and maybe a touch of throat burn at this first club blast. It was great to see so many new

members and especially teenage faces amongst those taking part.

Results given here are for Hawks only. Sorry if I haven't caught everyone's grades.

Full results on www.hamiltoncityhawks.co.nz

1 lap (2000 m)

Pl	Name	Time	Age
1	Jacob Priddey	7.38	14
2	Marek Schirnack	7.55	13
3	Mac Harcourt	8.14	14
5	Isaiah Priddey	8.41	10
6	Tyla Johnson	8.47	13
7	Bailey Gore	9.07	13
8	Daniel Robinson	9.26	12
10	Nicola Aldridge	9.33	13
11	Stephen Pitts	10.05	11
12	Gina Butler	10.07	10
13	Lewis Butler	10.07	12
15	Bronwyn Clunie	10.47	12
16	Gemma Clunie	12.17	9
17	Charley Miller	12.19	7
18	Katy Ferris	12.4	SW
19	John McCutcheon	13.00	MM

2 laps (4000 m)

Pl	Name	Time	Grade
1	Oliver Smith	13.34	M19
2	Michael Eggleton	13.50	M19
3	James Mason	14.02	
4	Theunis Pieters	14.14	M16
5	Jenna Hansen	16.10	W16
7	Dot Larsen	17.25	MW45
9	Nicole Gifford	17.29	G16
10	Helen Hall	18.05	MW45
12	Rhonda Johnson	20.59	MW40



Rich Harris and Corey Hinde lead out from Michael Eggleton and Ollie Smith.

3 laps (6000 m)

1	Corey Hinde	20.37	MM35
2	Richard Harris	21.24	SM
3	Kent Hodgson	21.35	MM40
4	John Crane	21.37	MM40
5	Hugh Allison	22.01	
6	John Bowe	22.36	MM35
7	Cameron Hall	23.02	M19
8	Garry Wilson	23.08	MM45
9	Andrew Wark	23.10	MM40

10 Mike Neal	23.23	guest
11 Hamish Meacham	23.56	
12 Stephen Collins	23.57	
13 Ross Butler	24.24	MM45
15 Sunil Fernandez-Ritchie	25.00	M19
16 John Roberts	25.19	MM40
17 Steve Hoy	25.24	MM60
18 Gordon Speirs	26.26	MM50
19 Darryl Conn	26.39	MM45
21 Yian Brown	27.13	M19
22 Ken Johnson	27.19	MM40
24 Brendan Hicks	28.59	MM55



It looks leisurely, but there were some tough battles out there.

27 Dave Southwick	29.39	MM55
28 Arthur Green	30.04	MM50
29 Grahame Clarkin	30.52	MM50
31 Terry Hannett	31.01	MM60
32 Alistair Hobday	34.06	MM65
34 Garth Ritchie	37.15	MM55
35 Brian Smith	38.38	MM70

HELP! Uniforms. If you have a Hawks singlet that is too small or is surplus to needs, could you please contact Dot Larsen (dotchris@xtra.co.nz) and she can try to sell them for you. We are short on small sizes for juniors so any offered would help.

INTERNATIONAL NEWS:

London Marathon, 25th April

Kimberley Smith sliced over a minute off the NZ women's marathon record in finishing eighth in 2h 25m 21s in London. Smith broke the national record of 2h 26m 46s which was held by Allison Roe and set in winning the Boston marathon 29 years ago on 20th April 1981. Liliya Shobukhova of Russia won in 2h 22m 0s. Shobukhova won the Chicago marathon in October last year in 2h 25m 56s. Smith said that she was looking to going under 2h 25m, after passing half way in 1h 11m. "My coach believes I can run under 2h 25m," said Smith. "If I can't run that fast I'll probably go back to running 10km. I want to be a marathon runner really badly," she added. Smith now holds eight NZ national records over 3000m, 5000m, 10,000m, half marathon, marathon, and indoors one mile, 3000m and 5000m.

TRUTH, TRASH, AND TRIVIA

Well done: Aaron Pulford and Mohamed Ali are now carded athletes and members of Athletics NZ Rio16 squad. They and their respective coaches Don W and

John T will be attending the first Rio16 squad distance camp in Christchurch May 8-9. There are exciting times ahead for these talented national champions.

One to watch #1: Cory Whiting has been seen the last two Wednesday nights running strongly around the Sanitorium Hill/French Pass circuit as he builds up his stamina base for this winter.

One to watch #2: Helen Rountree continues her great form and has been including a weekly blast up Sanitorium Hill in her training as she prepares for the Huntly Half. She's aiming for a PB and I'm betting she'll get it.

Good luck (again!) to those competing this weekend in the Rotorua Marathon, including Oscar Emery and Marion Millward. Go the Hawks!

Joining up: Didn't make it to Open Day? Don't worry, you can join up by paying on-line. Just email Dot or Chris on dotchris@xtra.co.nz with your details and Dot will email you the account number for payment. What could be easier?

Goal this week? Tempo. Even if you're just a novice, a regular tempo run will do a lot for your form. Warm up for around 15 minutes, then run at a hard, but sub-race pace for 15-40 minutes, and then follow with a warm down of 10-15 minutes of easy running. 45 minutes is all you need.

TROPHIES: Please return these asap to the clubrooms. Thanks!

DON'T MISS "THE WEATHER BOMB TOUR"

Robin Judkins, Race Director of the Speights Coast to Coast, is promoting the 2011 event with a tour around New Zealand premiering the 2010 Weather Bomb documentary in association with multisport clubs throughout New Zealand and he asked the Mafia Tri club if they would like to host the Hamilton showing. Of course they did! Catch the doco, enjoy a free Speight's beer or juice, and have Robin answer your questions about the race.

Be there on Wednesday 5th May 2010 @ 7pm, Hamilton City Hawks Running Club, Grantham Street, Hamilton.

\$10 per person (pay at the door).

Getting noticed: Those of you receiving this in glorious colour are probably already reeling at the sight of Corey Hinde's bright orange shorts, caught on camera at Saturday's race. Definitely not standard issue, they marked Corey's progress in something close to style as he lead the field through the 6km finish.

Welcome home Dawn! Good to have you back!

Graham D's speedwork sessions are off to a great start with lots of new faces and plenty of early season enthusiasm. If you're running late for the slightly earlier start, don't despair. Head straight to the lake and catch up with the pack there.

Thanks this week to Don Willoughby, and Darryl and Liam Conn. For news email tracey@biozone.co.nz