

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

The season is well underway and it's great to see so many new faces (and fast legs) at Tuesday speedwork and on Thursday club night. For those of you unsure about coming along to speed sessions, don't be shy. All paces and abilities are catered for and the sessions are always valuable. Congratulations this week have to go to Marion Millward who had a terrific run at Rotorua on Sunday, finishing 4<sup>th</sup> woman in the marathon and easily winning her grade in a shade over 3 hours. It's a distance she loves and she showed it on Saturday.

**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. If you're running late, go straight to Hamilton Lake and pick up the group at the restaurant. Don't miss it! Contact Graham on 843 7527 or [dudfield@xtra.co.nz](mailto: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:** Call Corey Hinde on 852 5646 ([coreyjohnhinde@yahoo.com.au](mailto:coreyjohnhinde@yahoo.com.au)) for details. This session runs according to demand so, for now, check with Corey each week to see if it's on.

#### THIS SATURDAY

#### **8<sup>th</sup> 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 laps. It's a fast, flat cross-country course and they've even made the water jump easier.

**Juniors** under 12 will run 2000m off scratch because there generally aren't the numbers to fill teams, so be there ready to race at 1.00pm.

Teams as follows in run order:

#### 12 and under 2k race

Isiah Priddey  
Holly Young

#### Senior men 1

Corey Hinde  
Richard Harris  
Cory Whiting      c      8568988  
Nick Joynes

#### Senior men 2

Mac Harcourt  
Cameron Hall

Sunil Fernandez Ritchie  
Nathan Campbell      c      210349013

#### Senior women

Jenna Hansen  
Nicole Gifford  
Lillian Morton      c      8469047

#### Composite

David Southwick  
Rhonda Johnson  
Dawn Tuffery      c      274947999  
A N Other

#### Masters men 1

Kent Hodgson  
John Bowe  
Glenn Sexton  
John Crane      c

#### Masters men 2

Glenn Graham      c      8545986  
Darryl Conn  
Ken Johnson  
Grahame Clarkin

#### Masters men 3

Arthur Green  
Brendan Hicks  
Steve Spackman  
Gordon Spiers      c      8497577

#### Masters women

Anne Bradley  
Helen Hall      c      8546988  
Tracey Greenwood

#### 16 and under

Marek Schirnack  
Theunis Pieters  
Jacob Priddey      c      Ken J      8241121

#### 16 and under

Tyla Johnson  
Bailey Gore      c Ken J      8241121  
Talia Horan

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

#### UPCOMING EVENTS

#### **Next Saturday: Sharp cup: 15<sup>th</sup> May**

This will be a low key event but well worth the effort. Cross-country as it should be. It's tough but it's bound to make you a better runner. Put your name in the race book

and have the money taken from your race account or just turn up and enter on the day. \$2 juniors, \$5 seniors.

Start times:

1.00 pm Juniors 1 and 2 km  
 1.30 pm Women 5 km and B/G 14: 3km (long lap)  
 2.00 pm Men: 7km  
 Times are subject to confirmation. Directions and further details next week. A sausage sizzle (foc) will be provided.

RESULTS

**Trophy Day, 1 May 2010**

Judging from past turnouts, Trophy Day this year was somewhat of a disappointment, with relatively poor fields in all grades. There were perhaps a number of reasons for this, the clash with Rotorua Marathon and the poor weather included. This year, we tried a different schedule, running the juniors and seniors at the same time in an attempt to reduce waiting times for those on steeper handicaps. Unfortunately (and our apologies to the juniors) it didn't really work. Juniors had no crowd support for their race and it didn't, in the end, save much time. Still we learn from our experiences and there was still some decent running to be had and some good battles. Helen Rountree ran her race as the second of two laps and is in great shape 3 weeks out from her target race Huntly Half, as is Dot Larsen. I gave a little silent cheer when I saw the trophy winners, thinking them well deserved and indicative of some inspired handicapping despite the early stage in the season. Handicapping when the year's running has barely begun is incredibly difficult because a person's form is largely an unknown to anyone but them (and even then, who knows?). We are thinking of shifting Trophy Day to later in the season, closer to the road events, and it would be good to have feedback on this. Let me know what you think on tracey@biozone.co.nz



*Penny Burkhardt, first woman over the line.*

**Boys/Girls 10 (1 km)**

Pl	Name	Time
1	Isaiah Priddey (B10)	3.47
2	Charlie Millar (G7)	4.26
3	Bronya Schirnack (G6)	4.30

**B/G 12 (2 km)**

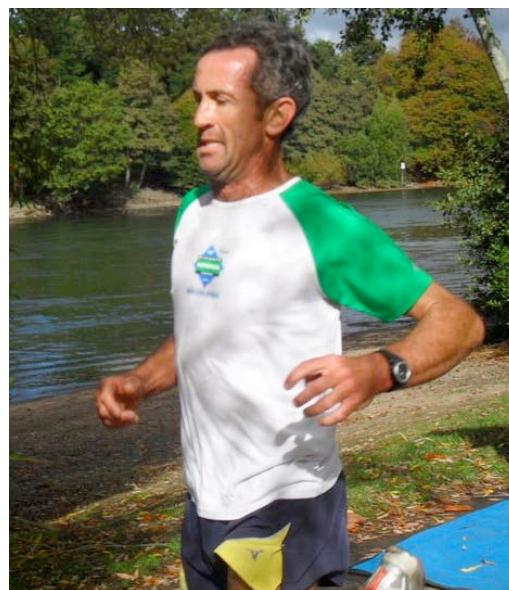
1	Hannah Howarth	8.33
2	Stephen Pitts	8.38

**B/G 14 (3 km)**

1	Jacob Priddey	10.04
2	Marek Schirnack	10.50
3	Mac Harcourt	11.07
4	Tyla Johnson	12.46

**B/G 16 and seniors**

Pl.	Name	Net time
1	John Crane	16:52
2	Michael Eggleton	17:00
3	Andrew Wark	17:21
4	Cameron Hall	17:50
5	John Bowe	17:51



*John Bowe shows his signature style.*

6	Glenn Sexton	18:03
7	Olivia Ritchie	18:39 Fastest Girl
8	Helen Rountree	18:41 2nd of two laps



*Looking strong - Helen Rountree*

9 Garry Wilson	18:44
10 Sunil Fernandez-Ritchie	19:06
11 Nathan Campbell	19:42
12 Glenn Graham	20:42
13 Helen Hall	20:44
14 Dot Larsen	20:50
15 Nicole Gifford	21:00
16 Darryl Conn	21:03
17 Annie Bradley	21:11
18 Daniel Philpott	21:28

**Ready Cup - 1st new member (male)**

19 Trish Stockman	21:58
20 Neil Pitts	22:08
21 Gordon Speirs	22:29
22 Grahame Clarkin	23:03

**Cotterell Cup - 1st home**

23 Arthur Green	23:11
24 Graham Dudfield	23:14
25 Lillian Morton	23:21
26 Dave Gifford	24:03
27 Maureen Leonard	24:15
28 Rhonda Johnson	25:26
29 Lorraine Dudfield	26:12
30 Chris Savage	26:45
31 Alister Hobday	27:09
32 Garth Ritchie	27:41
33 Penny Burkhart	28:17

**Cameron Cup -1st woman**

34 Russell McQuoid	30:27
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Thanks to Jeannette for timing, and to Sue Howarth, Dawn Tuffery, and Bryan Mayall for help on the day.

Rotorua Marathon, 1<sup>st</sup> May

Dale Warrander recovered from a bout of cramping 5km from the finish to storm through to his fourth Rotorua marathon title. Local runner Steven O'Callaghan, who had victory dramatically snatched from him metres from the finishing line last year, made a bid for victory coming off the hill at the 25km mark. He struck out to a good lead but by 37km he had been gathered in by Warrander and Japanese runner Tsutomu Saeki and slowly drifted back. O'Callaghan said that he tried and ran an honest race "If you don't give it a good crack you only wonder what would have happened," he said.

Rotorua's Johanna Ottosson, who has been in the country for nearly nine years after coming from Sweden, ran a controlled and consistent paced race to win the women's section. Ottosson recorded 2h 50m 19s, nearly six minutes ahead of Victoria Humphries of Wellington who second for the second year in a row. Lesley Turner Hall of Auckland was third in 2h 57m 5s and Hawks Marion Millward fourth in 3.00.17..

"I couldn't have gone any faster today," said Humphries. Two age group records were set, Warrander in the 35-39 group and 80 year old Stan Gawler of Christchurch who ran 5h 3m 24s for an 80 plus age group record.

Don W reports that it was a cool day, with light SW winds, and the odd cold squally shower. There was a field of 3000 runners in the marathon and associated events on Saturday; 1530 finished the marathon run, 63 the competitive walk, 253 the walk, 694 the 10km, and 180 the 5km, and among the masses were a few Hawks some of whom had stand out results. **Marion Millward** ran a brilliant 4th place in the women's field. On a restricted training load Marion approached the iconic

circumnavigation of Lake Rotorua in quite a relaxed manner and the three hour pacemaker balloon and its large lemming-like following pack was never far from her sight. With her signature even paced running, Marion came in looking good at the tape for a 3.00.13 clocking to take 1st in the W50-54 grade and be 28th finisher. A quick nature call round the back of the lake probably hindered a sub 3 hour run but it was an awesome effort.

Megan Arthur 3.52.05 and 12th W35 had a solid run while Maria Oates 4.31.05 and Brian Halford 4.35.23 supported one another through the run. Evergreen 78 year old Brian Smith was chuffed with his 5.06.59 2nd in M75 grade run. In his 18th Rotorua run Brian was faster this year than last. Mary Rogerson walked the lake in 5.49.34. New member Oscar Emery was off his target of 3hr 30, but such is the marathon. We certainly hope it hasn't put him off his goal of ultradistance. Nice to see Paula Ward run a good race too in her first ever marathon-alone event. Paula wasn't sure how fast she's be having always run the distance as part of an Ironman Event. **Mikayla Nielsen** showed she is coming back into form after an injury break with a win in the 10km fun run in 40.08 while **Karyn McCready** 21.42 took part in the 5km. Former member Dave Beverley ran 3.42.40 for his 57th marathon while Dr Ben McHale won the 5km fun run in 17.12 and is now enjoying triathlons from his Wellington hospital base.

Club members I know of (sorry if I've missed anyone)

Marathon

Marion Millward	3:00:13	F50-54 (1)
Paula Ward	3.46.32	40-44
Megan Arthur	3.51.10	35-39
Oscar Emery	4.20.01	50-54
Maria Oates	4.31.05	
Brian Halford	4.35.23	
Brian Smith	5.06.59	M75-79 (2)
Mary Rogerson (walk)	5.49.34	

A NOTE ON cross-country from Dave Southwick  
A few seasons ago, when writing advice for club members, #1 was sign up, and #2 was participate. I can strongly recommend the cross-country side of our sport to all members. Here are a few quick pointers on the sport.

- The first known cross country race was in the town of Rugby in 1838 and so not only are we better than rugby itself, but we pre-date it!
- The sport is truly international and opinion has it that the men's world champs race is one of the hardest sporting competitions of all to win.
- I call it the greenest and most wholesome sport in the world. Being a winter sport you will often enjoy racing in all weather and end up mud splattered.
- Whatever other running you do, be it track, any road running (including 10km through marathon), or tri, cross country will toughen you up for it.
- New Zealand's best track stars of the past, be they Peter Snell, John Walker or Lorraine Moller all succeeded at XC.
- Waikato and NZ courses have traditionally used farms, but park courses are now common, but there is no such thing as an easy course; if it is flatter, you will run it just as hard.
- In interclub clashes or in our own Gilchrist Rosebowl, cross country is a team sport.
- There is an incredible afterglow once you get your breath back and it can last all night.

- It always pays to look over a course first. You know where to go and come to know the nuances of the course. In almost 50 years of cross-country I have never raced a course I haven't looked at first.
- To me, races are a precious commodity as there are only about a dozen per season. Get out and try some.

### **HUNTLY UPDATE!**

Next Thursday: Race director Graham Dudfield has been kept busy with the flood of entries; double the number at the same time last year. Encourage all those thinking of entering that they should do so asap as we may have to cap the entries if we exceed the 4000 mark. Don't panic though - there will be a special Hawks entry night next Thursday (Thursday week) after club run, so bring your money and enter then. The preferred option for Graham and you can avoid late fees. Don't forget Saturday the 22<sup>nd</sup>, the day before the race, there will be fun run and help afternoon at the race site. More later.

### **UNIFORMS:**

*HELP: 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](mailto: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.*

*COSTS: Uniform prices (like everything) have increased a bit this season, and the new shipment will cost \$2.00 more than advertised in the booklet.*

*Jackets: Ron Hill, a fabulous, high quality sportswear company, will be supplying Hawks with a lightweight navy/white jacket, which will bear the Hawks logo. Tasteful and versatile, these jackets will cost around \$60 and will be available in men's and women's sizings. Contact Dot Larsen on [dotchris@xtra.co.nz](mailto:dotchris@xtra.co.nz) or 855 5310 if you're interested in purchasing one. More details on sizing etc will be sent out in an email flier.*

### **TRUTH, TRASH, AND TRIVIA**

Improving: Steve Spackman is off to a better start this season than last and was thrilled with the improvement in his time at the mountain champs at Kakepuku a few weeks back. From 47.48 in 2009, he sliced a massive 7+ minutes off to run 40.33 this year. Steve attributes the improvement to more consistency in training and is hoping it will continue.

A cert for the all comers and goers trophy? Dairy farmer John Bowe, normally a stranger in town for most of the season has been a regular at training sessions these last few weeks. No doubt, once calving is underway we'll see less of him again but, in the meantime, he's putting in some extra mileage prior to Huntly. John tells me that in all his many years of belonging to Hawks, this week was the first time he's made a hill rep session. Let's hope it pays off.

Joining up: Just email Dot or Chris on [dotchris@xtra.co.nz](mailto:dotchris@xtra.co.nz) with your details and Dot will email you the account number for payment. What could be easier?

Goal this week: Encourage another runner, especially if they're new. It's that easy.

NEW TRACK to train on! This week, the Cambridge Tree Trust began their new extension of the Settlers Track (north bank of Waikato River in Cambridge). It will add

about 600 m and come out behind the Warehouse. It is costing around \$6000 and is all paid for by CTT funds, which Don and his crew have accessed from outside sources. What a great addition to this already great running trail. On 5 June in the morning of Arbor Day and World Environment Day the CTT will have a public planting there to plant over 1000 plants. Bring a spade and plant a tree/shrub/flux or grass!

Welcome to new member top young nationally ranked triathlete Maddy Bruton who used to train with Don's Waikato Dio squad a few years ago. Maddy is looking forward to racing the Auckland CC series and then some Hawks road races after August.

Welcome to all other new members. There have been great groups at training sessions, which bodes well for the coming season's racing.

Huntly Half marathon regular winners Scott Winton and Nyla Carroll are looking forward to running Huntly again and attending the Legends Luncheon. Unfortunately, we won't see Gabby O'Rourke this year, as she is out with injury, but I'm sure there will be a few top names appearing. Watch this space!

DON'T FORGET #1 TONIGHT - "THE WEATHER BOMB TOUR" Robin Judkins, tonight @ 7pm, Hamilton City Hawks Running Club, Grantham Street. Just **\$10** (pay at the door).

DON'T FORGET #2: Hawks for Huntly entry night, Thursday week after club run. Don't leave it any later.

Thanks this week to Graham Dudfield, David Sothwick, Glenn Sexton, Dawn Tuffery and Darryl Conn. For news email [tracey@biozone.co.nz](mailto:tracey@biozone.co.nz)