

www.hamiltoncityhawks.co.nz

Things are getting very busy in the build up to the biggest Huntly Half ever in the history of the event. Race director Graham D and sponsors Solid Energy have done a great job in getting the event to this stage. Now we need helpers! Tonight (Wednesday) and Monday coming up (17th), we need help in posting out tags and numbers. On race day, we need helpers on the help desk and late entries, as well as in the Hawks tent. There are plenty of small jobs if you're running too, so please let Graham know if you're available to help. Thanks! Don't forget: Hawks-only entry night THIS THURSDAY after club run. Come along and get your entry in before you have to pay the late fee.

EVENTS!

This Wednesday, 12th May: Round 1 SSCC League

Time: 4:15pm start

Venue: Porritt Stadium

Distances: 1500m circuit: JG/JB/IG: 1 lap, IB/SG: 2 laps, SB: 3 laps. The races over the series will build on these distances up to the recognised championship distances of 3km/4km/6km.

Come along to support our young athletes at this important point in the season. The next rounds are:

May 26th Day's Park (4.15pm)

June 2nd Rose Gardens (4.15pm)

For more details contact Corey Hinde on 021 132 9933.

THIS SATURDAY

15th May, SHARP CUP

PLACE: 423 Rotokohu Rd Paeroa.

TIME: Racing starts 1 pm so be there in time to warm up. Cross-country as it should be, David and Lee-Ann Sharp are always great hosts, taking great care to layout a course that is both challenging and enjoyable. If you haven't already entered, just turn up on the day. Just \$2 juniors, \$5 seniors. . Please bring cash. REMEMBER: This event is open to unregistered runners so bring friends and colleagues.

Start times:

1.00 pm 1 km B/G 10

1.00 pm 2 km B/G 12

1:30 pm 3km B/G 14 (long lap)

5 km M/W16, M/W19, SW, MW

2:00 pm 7 km SM, MM

TRANSPORT: Need transport? Can you act as driver? We are taking a van out to the event, leaving at 11.00 am from the clubrooms. Please be on time. The cost is \$15 to be paid on the day. Please contact Tracey asap on tracey@biozone.co.nz, 021 0572193 if you would like to book a place.

AFTERNOON TEA: This will be provided. Cold drinks will be available for \$1 a can.

LASTLY: Please respect property and don't leave any rubbish. And have a great run. A new course is a beautiful thing!

THIS SUNDAY: 16 MAY

The #2 Winter Duathlon is on this Sunday at Braithwaite Park. Registration from 1.30pm and we start at 2pm. Mafia members are free, non-members/casual participants \$3. There will be a short and a long course option and the course may vary just to keep things interesting. Contact Megan Arthur for more info.

NEXT SATURDAY: 22 MAY: HUNTLY PREP

Time: 12.30pm onwards at the Huntly Domain by Lake Hakanoa. Help will be required to set up the finish area and compete the preparations for race day. There will an easy pack run to follow. All welcome.

23 MAY, HUNTLY HALF MARATHON:

The Solid Energy Huntly Half (and 10km) is coming up fast. Get your entry in and get out there. It's the NZ half Marathon championships and our 30th Anniversary. It's not one you want to miss. You can help and run too so please pitch in and help us to make it a success.

ALSO COMING UP: Diary these dates

29 May: Gilchrist Rosebowl, Hamilton Lake.

A local, low key handicap race to enjoy. See how good our handicapper Glenn Sexton is. Base manager David Southwick. Details next week.

5th June: Tauranga Open Cross Country

Popular event. Great course. Put your name in the race book or call or email Dot Larsen on 855 5310 (dotchris@xtra.co.nz) to enter. You must be registered to enter this event.

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

RESULTS

Cambridge Relays, 8 May 2010

Saturday saw a reasonably good turnout and fine weather for this popular event. I was pleased too, because this is a great little cross-country course and Cambridge do a wonderful job of laying it out. It was well marked and, while challenging, is within the reach of all. The talking point this year (happy for some but not others) was the separation of the infamous water jump from its accompanying hurdle. It seems that face plants into the ditch are now a thing of the past and leaps over the water jump were without mishap and, for the most part, relatively dignified. Run of the day has to go to a rapidly improving **Cory Whiting**. Running third for the winning senior men's team, Cory ran by far the quickest lap of the day, blitzing a 9:37. His speed over the last 100m of the leg was quite impressive! Cory also ran a 15:16 for 5000m on the track over summer, as well as an 8:44 for 3000m. Keep your eyes on Cory this season. There was no denying

the talent of the younger Hawks ranks either with our junior teams finishing in first and second place. The B14 times would have stood them respectably in the open men's grade and all of them ran exceptionally well, anchored by the ever-dependably quick Jacob Priddey. The Masters' Men looked pretty classy too, easily taking first place from second placed Matamata nearly 4 minutes behind. Our open women fared not too badly, considering a patched together (really composite) team, coming in second behind the Murrhiy family stronghold of Melissa, Zara, and Demelza. Great to see Bridget Deverell back racing too, although confusion reigned temporarily as Bridget, registered with Hawks, but wearing a Cambridge singlet and running in a top-up team for Lake City sped around the 3km in her signature style. All-in-all a good day's racing. I'm sure there's more to comment on but the stand-outs for me were:

- A to-be-envied stride from Rich (he's with us now) Harris, caught on film by Dawn.
- I-love-it-so-much-I'm doing-it-four-times Glenn Sexton, who had the quite the work out filling in for short teams.
- A brave run by Gordon Spiers, unknowingly nursing the flu with legs of jelly at the 2 km mark.
- Grahame Clarkin, proving the worth of his position in the MM2 team.
- Consistent performances from our junior girls Tyla, Bailey and Talia, and a stunning run from Isaiah Priddey for fastest B12 by 30s.

The club has a great base and is in good heart. Bring on Tauranga Open Cross!

Pl	Boys 12	
1	Isiah Priddey	8.21
	Composite	
	Hawks	
4	David Southwick	14.54
	Rhonda Johnson	15.27
	Corey Hinde	10.47
	Glenn Sexton	11.42
	Masters men	
	Hawks 1	
1	John Bowe	11.08
	Kent Hodgson	10.55
	Glenn Sexton	10.40
	John Crane	10.27
	Hawks 2	
5	Glenn Graham	12.58
	Darryl Conn	13.00
	Ken Johnson	12.54
	Grahame Clarkin	13.59
	Hawks 3	
6	Arthur Green	14.15
	Brendan Hicks	15.03
	Steve Spackman	13.38
	Gordon Speirs	14.20
	Men's open 1	
1	Corey Hinde	10.17
	Richard Harris	10.19
	Cory Whiting	9.37
	Nick Joynes	10.37



A tidy style from Grahame

	Men's open 2	
3	Mac Harcourt	11.42
	Cameron Hall	11.15
	Sunil Fernandez-Ritchie	11.27
	Nathan Campbell	12.13



Annie - lap 1 flier!

	Masters women	
1	Anne Bradley	13.15
	Helen Hall	12.57
	Tracey Greenwood	13.00
	Women's open	
2	Jenna Hansen	12.12
	Dawn Tuffery	13.40
	Lillian Morton	14.12
	Youth	
1	Marek Schirnack	11.37
	Theunis Pieters	11.27
	Jacob Priddey	10.49
2	Tyla Johnson	13.38
	Bailey Gore	13.36
	Talia Horan	12.57

Sorry guys, these are the official results but I know we had some fill-ins along the way. You'll know who you are.

Full results available from www.athletics.org.nz

Christchurch: Rio 16 squad camp

The Athletics NZ High Performance Team held this training camp for all sprinters and distance runners and their coaches in Christchurch last weekend. The SPARC-funded initiative has identified the top teenage athletes currently in NZ and it is aimed at winning medals at the 2016 Rio de Janeiro Olympics.

Aaron Pulford and Mohamed Ali and their coaches Don Willoughby and John Tylden took part along with about 30 other athletes and their coaches. There was a high degree of accountability involved and items covered included goal setting, programme planning, testing systems, sports science, and nutrition. Aaron had a taste of mainland distance training with a group of Christchurch seniors who train each Sunday in the Ashley state pine forest on very demanding terrain. Aaron ran with a group that included Luke Hurring who is aiming for debut marathon at the SBS event next month, Richard Olsen, a 4 minute miler, and Jason Baillie (67 minute half), so it was a quality run over 28km on steep forest roads. They finished it off with a 5 minute post-run recovery freeze standing quad-deep in smoky blue waters of the Ashley River. Mohamed enjoyed an hour's run along the Port Hills roads with magical views over the Canterbury Plains. All-in-all a very positive and inspirational weekend that should take these two and their coaches to a higher performance level from which the club will benefit... Don W.

YMCA Women's 5km and 10km – 9 May 2010

Ex-Hawk Sarah Devoy made it a hat trick of wins in the 32nd annual YMCA women's 10km road race around Greenlane. The 27 year old Pakuranga College teacher led throughout to record a time of 40m 59s. Devoy was three minutes ahead of Geraldine Barber with Karen Espin third. Devoy, who has also won the Round-the-Bays run for the last two years, said that it is a good way to get in a hard Sunday morning run. "It makes you get out and push yourself a little bit more than if you were just training on your own. It's really good to see all the women out here who would not be normally running and it's really cool because they give you a lot of encouragement on the course," said Devoy. Devoy joins Anne Hannam who won in 1996, 97 and 98 as a three years in a row winner. Hawks Trish Stockman also ran the 10km event and was pleased with her 44 minutes off injury, a time that placed her seventh overall and first in grade.

UNIFORMS:

Jackets: Ron Hill will be supplying Hawks with a lightweight royal blue/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 or 855 5310 if you're interested in one. More details on sizing etc will be sent out in an email flier and samples will be at club this Thursday.

SOCIAL....GOLF DAY, Sunday 30 May

First up on the social calendar is a **Golf Day** at the Callum Brae Family Golf Centre, 25 Callum Brae Drive, Rototuna.

The time proposed for tee off is 1pm Sun, 30 May. That will give enough time for the Sunday morning long runners to finish their real work. It's a (very) short chip and putt course and we will form some teams. All clubs and balls are supplied but if you're serious, you can bring your own. The deal is \$13 for 18 holes per person. A 10%

discount applies if there are more than 10 punters. If you're keen, just turn up, or contact Simon Hoekstra for more information.

TRUTH, TRASH, AND TRIVIA

Those club members that remember him may be interested to know that Gregor Cameron, former club member, was briefly in Hamilton last week. Gregor still holds the record on Hawks' behalf for a lap in the Takahe-Akaroa road relay in Christchurch and was here to attend his graduation from Waikato University with a Masters in Education Management with First Class Honours. He and wife Debbie are currently living in Abu Dhabi. They've been there for three years and plan a further three before returning to live in Tauranga. He's still doing a bit of running but finds that the heat and road conditions in Abu Dhabi make gym work and swimming an easier option.

Look out for... Nikki Hamblin Sky Sport which advertises and promotes the Delhi Commonwealth Games. It is a great little advert for the Cambridge running environment where Nikki uses the grass track, circuits, and bumps around Lake Te Ko Utu and the river bank and town belt tracks.

Quote of the week (can anyone guess who from?):

"Cross country is like going to the dentist. It feels okay once you finish, but it's truly horrid while you do it".

Joining up: 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: Dig out your reflective gear, or go and buy some. Training in the dark is now a reality for most of us.

Pic of the week:

Marion looking strong and comfortable and heading for her grade win and 4th woman in the Rotorua Marathon.



Don't forget! Tomorrow (Thursday) night. Hawks-only Huntly entry night. Last chance for great race discounts.

Thanks this week to Kerry, Dawn, and Don.
For news email tracey@biozone.co.nz