

www.hamiltoncityhawks.co.nz

Less than a week to go before our biggest individual event of the year. This Thursday night after club run we will have a briefing for all club members and a sort-out of gear at clubrooms in preparation for Saturday's set-up. If you're running on Sunday, go easy on Thursday and hold something back. Nothing you can do now will help.

Trophies: Come on guys! We really need your trophies back for inventory purposes. Please return trophies to the Club on Thursday; if you're not sure, have a scout around home, check on the club noticeboard, or email Tracey to check if you have trophies outstanding. Juniors can return their trophies to Ken Johnson.

Thursday nighters: Please make sure that all glasses and plates are put in the dishwasher and put clean dishes away if necessary. If some forward-thinking person could take the beer cans home when the container is full that would be great too! Thanks,

EVENTS!

THIS SATURDAY: 22 MAY: HUNTLY PREP

Time: 12.30pm onwards at the Huntly Domain by Lake Hakanoa. We need to help to set up the finish area and compete the preparations for race day, including setting up the large marquee with a Hawks' promotion and a display of memorabilia. There will be an easy pack run around Lake Hakanoa to follow. We hope that this year the course will be free of stropy unfettered goats. All welcome.

23 MAY, HUNTLY HALF MARATHON:

Enter on the day if you haven't got yourself organised. It's the NZ half Marathon championships and our 30th Anniversary, so you won't want to miss it. You can help and run too so please pitch in and help us to make it a success. Contact Graham on the morning of the race and be there by 8.30 am to give a hand (unless, like some of us, you're already expected earlier!) More than 80 Hawks have entered in both events, with more than 40 in the half marathon, which is a fantastic showing. The long range forecast is for great weather and the running conditions should be perfect. Good luck to all competing. Go well.

Those to watch out for on the day include Hawks' Aaron Pulford will line up against ACA's Jonathon (Jono) Jackson and stands a good chance of placing in the top 5 overall. Also in the mix are Tauranga's Iain McDonald, Pakuranga's Scott Winton, narrow winner of last year's Rotorua marathon running for his third Huntly title, and Commonwealth Games 1500m finalist Paul Hamblyn. Amongst the masters' (over 40) runners, there should be good competition between Auckland's Robbie Johnson and Grant McLean from Wellington Scottish. Expect a challenge too from seasoned masters runner Gavin Stevens, who holds the world 50+ marathon record. In the women's field, Nyla Carroll (Wellington Scottish), five times winner, will be contesting her sixth title against Rotorua's Sarah Biss, last year's winner Lesley Turner-Hall, and Hawks' hope Helen Rountree, who has had a strong build up to this race. Also one to watch for is Coromandel's young trail running star Ruby Muir who is certain to be in the top ten placings also.

Wednesday, 26th May: Round 2 SSCC League

Time: 4:15pm start

Venue: Day's Park

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.

For more details contact Corey Hinde on 021 132 9933.

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 and rise to challenge.

Base manager David Southwick.

1.00pm doors open for handicaps

1.30 pm Handicaps and teams completed

1.40 pm Jog to lake

1.50 pm 2 km race for children

2.00 pm All seniors and W/M16

Please bring a plate for afternoon tea

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 (fee comes out of your race account). You must be registered to enter this event. Take the Welcome bay turnoff and follow the signposting. There are two hurdles and a steep hill per 2km lap and it's great (!) for lactate tolerance.

Races and times as follows

11.00am	Walk (\$12)	4000m
12.30	B10 & G10 (\$6)	1000m
12.40	BU12 & GU12 (\$6)	2000m
12.55	G14 (\$7)	3000m
1.15	B14 (\$7)	3000m
1.30	SW, MW (\$15)	4000m
	W16, W19 (\$12)	4000m
1.45	M16, M19 (\$12)	6000m
2.15	SM, MM (\$15)	8000m

Prizes for the first three and spot prizes as well. Afternoon tea is provided (and it's a generous one)

Travel by own arrangements. Contact other club members to car pool if you wish.

Away base manager: Ken Johnson (824 1121).

6th June: SBS Christchurch Marathon and Half Marathon.

Go well **Kirsten Milne** who is running her first full marathon on this celebrated fast, flat course. A few more of us are still dithering about the trip and leaving it, as runners do, until the last minute. Will keep you posted.

7th June: TeAwamutu Open XC

Time: 9am. Venue: Te Awamutu Golf Club, Kihikihi Road

Events: 3.3 km School students Run (\$5). 6 km Run/Walk (\$15), 12 km Run (\$15)

Entries: Close 2 June 2010. Late entries pay a \$5 late fee.

Affiliated Athletics NZ athletes in Club singlets entering the 6k or 12k events receive a \$3 discount.

Prizegiving: To be held in the Golf Clubhouse at 11am. The

course and carpark are to be cleared by 11.40am to allow Golf Club Members access for a 12 noon tee off. You must be present to receive your spot prize.

Parking: Some parking will be available in the Golf Course

carpark off Kihikihi Road. Parking is also available on the grass verge on Golf and McGhie Roads, and if needed in a paddock across the road from the Golf Course, 200m north of the main entrance. For more info: Contact Murray Green on 0276216608, email paperplus@teawamutu.co.nz

ANOTHER PROGRAMME CHANGE

The date for the North Island Cross Country Champs in Taupo is now the **10th July** (not the 3rd). We are expecting a straight swap with the Sanitorium Hill race but this is to be confirmed.

Changed dates are now:

12 June: Cambridge XC anniversary race

19 June: hawks vs calliope in Auckland (unchanged)

26 June: Bannister Plaque reduction relay at the gardens

3 July: Santorium Hill (tbc)

10 July: NI XC Champs, Taupo.

RESULTS

Papakura Cross country

There were some good runs from the Hawks at the A and P Showgrounds at Pukekohe on Saturday. Triathlete Maddy Brunton ran very nicely for third in the W19 grade in her first run in the Hawks singlet. Isaiah Priddey won the M10 race while older brother Jacob was second in the M14 race. Sorry; we have no other results to hand but they should be posted in due course on the Papkura Athletics Club website. Good effort Hawks.

Track and Field Prizegiving, 14 May 2010

A quick run down on the awards presented last week at the Track and Field end of season prize giving:

Athlete of the year and Centennial Throws Trophy	Stu Farquhar
Junior athlete of the year and Junior sprinter & U15 points	Blake Gordon
Pullar Trophy 400 hurdles	Annemarie Spragg
Senior Men's Points Cup	Jordan Taylor
Senior Men's Field Events Cup	Jordan Taylor
Trophy most points Waikato Champs	Jordan Taylor
Senior Men's High Jump	Jordan Taylor
Ayson Cup Senior Sprinter	Morgan Foster
Criss and Debbie Strange Trophy for Most Improved Athlete	Cam French
Dolly Varden cup 1500m	Cory Whiting
Junior Men's Points	Cam French
Colts Points	Sam Hewat
Senior Women's Points	Tamsyn McGarva
W19 Points	Tracey Hale
W16 Points	Ally French
U15 Girl's Points	Arianna Lord
De Bell Trophy - Masters	Darryl Conn

Sharp Cross Country, 15 May 2010

All credit to those who turned up; cross country as it rarely is. Lumpy, but dry underfoot and a superb course laid out by hosts Lee-Ann and David Sharpo. A modest collection of 60 or so from clubs around the WBOP region fronted and although we were lacking in some grades, there was some impressive racing, especially from some of our newer Hawks' recruits (Charley Miller, Bradley Goodhall and Hayden Pohio), some familiar faces (Ross Butler), and the return of a few we haven't seen in a while (welcome back Casper). Even those who can't quite manage to feel the love of cross turned up (thanks for coming Trish) and found it worth the effort. As for those who cycled the 80+ km out to the venue in a startling headwind to race over the lumpy paddocks in squally weather, I salute you. Good work to club cap Andrew Wark; and on his birthday too. Run of the day has to go to **Kent Hodgson** with a decisive overall win in the men's open event

ahead of Nick Joynes with a stealthy and well judged race. Good runs also from Bradley Goodhall, Anne Bradley, and Nick Joynes (Kent's a hard man to hold off). Gutsiest effort from Emma Rathbone who saw the run out after a hard cycle out that was 30km in excess of what she expected. Good on Taylor Stockman too for hanging on for the full 5km and finishing with a smile. Thanks to hosts David and Lee-Ann Sharp, timekeepers Jeannette VP and Don Willoughby, and whoever it was that waved at me when I ran alarmingly off course at the end of lap 1. Note to self; when you jog the course, jog the whole course.



Results below for juniors, Hawks (and winners if different). Full results on the Hawks website:

<http://www.hamiltoncityhawks.co.nz/blog/wp-content/uploads/2010/05/Sharp-Cup-2010.pdf>

Boys 12

1 km B/G 10	Club	Time	Gr.Pl.
1 Charley Miller	Hawks	4.57	1
2 Connor Davis	TeA	4.59	1
3 Clarke Veal	Thames	5.15	2
4 Ryan Topp	Tau	5.45	3
5 Alana-Ann Sharp	Pae	6.05	2
6 Braden Sharp	Pae	6.28	4

2km

1 Serena Murrhiy	Tau	7.41	1
10 Gina Butler (below)	Hawks	10.47	8
11 Lewis Butler	Hawks	11.22	3



3 km B/G 14	Club	Time	Gr	Gr.Pl.
1 Brandon Dromgol	TeA	12.01	B14	1
2 Zara Murrhiy	Tau	21.11	G14	1
3 Taine Sweeney	TeA	21.32	B14	2

4	Jessica Bitcheno	Tga	21.48	G14	2
5	Ariana Lord	Hawks	13.10	G14	3
6	Bailey Gore	Hawks	13.35	G14	4

5km

1	Demelza Murrhly	Tau	19.11	SW	1
4	Sally Gibbs	Tga	21.02	MW	1
6	Anne Bradley	Hawks	22.44	MW	2
7	Dot Larsen	Hawks	23.00	MW	3
8	Tracey Greenwood	Hawks	23.04	MW	4
9	Trish Stockman	Hawks	25.15	MW	5
10	Emma Rathbone	Hawks	26.01	SW	4
11	Taylor Stockman	Hawks	27.04	W16	6
12	Kay Stockman	Hawks	27.04	MW	1

7 km	Club	Time	Gr	Gr.Pl.	
1	Kent Hodgson	Hawks	27.37	MM	1
2	Nick Joynes	Hawks	27.38	SM	1
3	Bradley Goodall	Hawks	29.19	M16	1
6	Garry Wilson	Hawks	29.53	MM	4
7	Andrew Wark	Hawks	30.07	MM	5
8	Ross Butler	Hawks	30.16	MM	6
9	Casper Valentin	Hawks	30.27	SM	2
13	Hayden Pohio	Hawks	32.24	SM	3
15	Glenn Graham	Hawks	32.57	MM	10
17	Kane Sharp	Hawks	33.39	M16	2
18	Chris Rathbone	Hawks	34.08	SM	4
20	Steve Spackman	Hawks	36.34	MM	13
24	Grahame Clarkin	Hawks	38.02	MM	16
26	Brian Smith	Hawks	48.01	MM70	18 (1)

UNIFORMS:

Jackets: Ron Hill, a fabulous, high quality sportswear company, 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@extra.co.nz or 855 5310 if you're interested in purchasing one.

SOCIAL....GOLF DAY, NEXT Sunday 30 May

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. Some of us will bring our own wine and spectate so that's an option too! 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.



CLUB CAPTAIN'S WEEKLY....Andrew Wark

The Sharp cup was really well attended with participants battling a tough course along with rain squalls and the odd clap of thunder; a great day was had by all. We'd like to thank the Sharp family for organising the day and especially Lee-Ann for the hot soup at the end; it really hit the spot.

Those runners enjoying the river paths on the western side of the river who liked to stop at the drinking fountain on Hamilton Parade may have noticed it missing. The council in its wisdom has apparently decided no one used it. If you are like me and like to stop for well deserved drink, call the council on 838 6699 and voice your opinion that you'd like it back.

Less than 1 week until Huntly and everyone who is running should be enjoying a week of tapering before the big event. If you haven't entered yet, don't leave it too late as numbers are getting tight. Hope to see you all at Huntly on Sunday.

TRUTH, TRASH, AND TRIVIA

Look out for Darryl Conn in the 10km next weekend. I've heard cross-training is the way to go. Darryl has just won a rowing challenge at Club Cardio for rowing 500m in 1.44 min.

Better late than... It was late notice but Charlie Evans also finished the Rotorua Marathon in a time of 4:01 after recovering from injury and deciding on the Thursday before to enter the event and just have a bit of a run for fun.

Congratulations: Hadley Craig and Stephanie: tying the knot around Christmas 2010. Big grins and huge congrats from friends at Hawks.

Time to... start taking your cod liver oil. Flu's about.

Goal this week: Run hard on Sunday or support someone who is. It's that simple.

Don't forget! Tomorrow (Thursday) night - gear sort out and general hyping-up prior to Sunday.

Guid Luck! **Angela McEwan** who is running (for fun) the Edinburgh Half Marathon on Sunday. Och aye. Go well Ange.

Happy birthday Emily. We (still) miss you! Other birthdays coming up - give Lorraine Dudfield a hug on Sunday. The Huntly Half always coincides with her birthday.

A special welcome to all new members and there have been a good few of late. It's great to have you along.

Pic of the week: Battle royale - Kent Hodgson and Nick Joynes



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