

www.hamiltoncityhawks.co.nz

Huntly Half 2010 has been and gone. Huge thank you to Graham Dudfield, Glenn Sexton and all those who pulled together to make the event a success. It was a lot of work and not without its ups and downs but, so far, the feedback has been all good and we can give ourselves a collective pat on the back. The running too was superb. With Aaron Pulford's great run, Hawks won the open men's event for the first time ever in its 30 year history (how good is that) and followed it up with a well run second in the open women's event with a fantastic run from Helen Rountree. Proud to be a Hawk? You bet.

THIS THURSDAY - TIDY UP-WRAP UP!

Working bee: There will be a working bee on Thursday after the run to sort timing tags. These have to be done by the weekend. We will also need to tidy up clubrooms and put away all the wet gear. Our apologies to the Marathon Clinic; hope you understand!

Medals: If you are the type who throws your medal in a drawer and forgets about it we could put it to good use as we ran out of medals towards the end of the race and the last 30 or so entrants missed out. We have found about 20 but need 10 or so more, so if any Hawk wants to donate their medal it will save us having to get a restamp done. (\$300 setup costs and 4 weeks for these ten medals). Contact Graham if you can contribute.

T-Shirts - We are having a reprint of t-shirts done so these will be available in a few weeks.

EVENTS!

Wednesday (today), 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 championship distances of 3km/4km/6km.

Come along to support our young athletes.

For more details contact Corey Hinde on 021 132 9933.

THIS SATURDAY

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

NEXT SATURDAY: 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).

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

More details on races next week. I'm catching my breath.

YET ANOTHER PROGRAMME CHANGE

As noted last week, the date for the North Island Cross Country Champs in Taupo is now the 10th July (not the 3rd) however, the date for the Sanitorium Hill race is unchanged as the audiences for the two races don't overlap much (they will run on the same day). 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

10 July: NI XC Champs, Taupo and Santorium Hill.

RESULTS

Solid Energy Huntly Half Marathon, 23 May 2010

Where to start on this report? Thanks I guess; to all Hawks, but especially to Graham D for everything, to Lorraine for everything and then some, to Glenn Sexton and his well practiced crew on traffic management, to Des Johnson and Don W on commentary, Jeannette on tee shirts, Dot and Chris on the help desk, all those helpers on late entries, Michelle on the luncheon, Simon on site coordination, Kerry and Simon on lead bikes, Lorraine's sister Margie who made soup again and rescued us all, Arthur who was always there at the right time and the many, many others. And huge kudos goes to everyone who ran in a Hawks' colours. It was impressive to see so many competing under the Hawks banner. We put on quite a display of solidarity. As to the event itself... Traffic management issues following a crash on SH1 delayed the start of the half by some 15 minutes and left the elites warming up nervously. For the rest of us, it was a time to catch up with some familiar faces, have a quick hug, and offer reassurances and false bravado. It was a great atmosphere though and with the music blaring there was quite a party feeling as the gun went off (rather suddenly as I recall). For the front runners there were some minor course congestion issues, with some of the faster women being jostled by the men on the tight turns of the first

5km or so. Thankfully these were quickly sorted as the marshals got up to speed and were directing runners appropriately by the time the bulk of the field approached the bridge. It was a great day for Hawks' Aaron Pulford and Helen Rountree with great runs for first and second in the open men's and women's respectively. They were backed up with strong running from Hawks in both open and masters grades; strong enough to place Hawks' #1 in the open women, #2 in the open men, #1 in the masters men and #2 in the masters women. Superb effort. Everyone will have their own stories of the day depending on their perspective. There was a great spread in the Waikato Times, showing Aaron striding out to his win, along with Craig McLean looking very pleased to finish in a great time not too far behind his brother Grant (Wellington Scottish) who took out the masters men's title. A fantastic run too from Angela Simpson, who in any other year would have won her under 20 grade. It's surely a fantastic sign that the top four women under 20 all finished under 1:28; a competitive grade this year indeed. There were PBs galore too; Hadley was mightily pleased with his run, as was club cap Andrew Wark, who just managed to outspurt Helen Rountree at the finish. Helen herself ran (yet another) PB too, as did many others I'm sure. Creditable performances too from Marion Millward, still on a mental (and clearly physical) high after her superb run at Rotorua, Bridget Deverell (consistent as always), Charlie Evans, and new members Erin Furness and Harriet Waffenschmidt (3 minutes off last year's time). Less fortunate was Rotorua's top-ranked Sarah Biss, who found herself in adequately recovered from her recent marathon in Japan and pulled the plug after 50 minutes so as not to compromise her Christchurch race in 2 weeks time. A tough decision on the day but let's hope it will stand her in good stead. In the 10km (let's not forget it) Cory Whiting ran himself to collapse to win the event in a very tidy 32:59, with Michael Whitehead and Rich Harris not far behind. Olivia Ritchie ran superbly for a 2nd overall and 1st under 20 with a strong run too from Cameron Hall to take out that grade in the men's race. That's enough from me...here are a few reflections from DonW., who understandably wants to skite a bit after the marvelous performances from all of his athletes.

"REFLECTIONS

What a great team effort by the club on Sunday at Huntly under the brilliant leadership of Graham. Athletics NZ President John Smart was very impressed with how the event was organised and ran so smoothly under the Hawks banner. He knows his harriers too, as in Canterbury he used to run against Brian Curle and has since organised many Canterbury events as well as managing the winning NZ Cross Country team to Morocco when they won the Men's World title. There were many pressure points on the day but the manner in which the club team responded was magnificent. There were no problems just challenges and it is a measure of the club's expertise that the hiccups were smoothed over and the event rolled on.

After 15 years at the helm as Event Manager, Graham Dudfield wishes the event to be taken over by a team from within the club. Looking around on Sunday there were 6-8 key areas of responsibility already being successfully directed by club members. Lets review the event with a critical eye; the template for success is already there and just needs a little fine tuning. If you have any suggestions, pleased send them into the club for discussion.

NEEDED for 2011 - eight good men/women to continue the proud tradition that the Hawks have built up in organising this event. The 30th running of the event was a day of success for Don's Mob and the efforts of Aaron, Helen, Cory, Marion, Kelly and Kieran gave me a day to treasure as a passionate coach.

National medals, PBs, and hard earned prizes came to these athletes and were well deserved. I have had many similar national title wins for my athletes in the past as well but the results achieved at Huntly gave me a warm glow and will certainly keep me in the sport for a few years yet. I am a harrier nut from way back and even won the Kerikeri Moerewa modified

marathon (24 km) way back in 60s. I was never a good road runner, being happiest when the mud was deepest, but road races were part of the scene then as now. I am always delighted to watch the annual progress of athletes that I train and mention patience in both training and racing. Helen's result brought me great delight as in 2007 she ran 1.27.40 at Huntly, then 1.25.04 in 2009, and 1.22 at Opotiki this year in late April. On Sunday she ran 1.18.03. Well judged pacing, sticking closely to her km splits, Helen produced a magic run to win her first individual national medal as a senior. Aaron too has learned the value of patient racing after some past errors of pace judgement in key races. It was a very mature race from a talented 18 year old and he finishes our build up phase on a high as he prepares to peak for the World Junior Champs in Canada on July 20th. Aaron has to find \$3000 to represent NZ at this event so if anyone has any ideas for fund raising or can offer a small donation to the Pulford family that would be appreciated (see more on this later ...ed). Great Waikato Times article too! And does Aaron have the fittest pig dogs? Too right he has....Don W.

Results are up now on www.huntlyhalf.co.nz and on the Hawks website as well. Marathon photos no doubt coming soon. Results for Hawks (sorry if I missed anyone). Bracketed figures indicate a placing in the Athletic NZ championships.

Aaron Pulford	M20-39	1 (1)	1:09:21	0:34:27
Kieran McPherson	MU20	2	1:13:59	0:35:31
Corey Hinde	M20-39	8 (2)	1:14:35	0:35:30
Craig McLean	M40-49	2 (2)	1:16:12	0:36:48
Stephen Smith	M20-39	9	1:16:22	0:36:14
Andrew Wark	M40-49	7	1:17:58	0:38:14
Kent Hodgson	M40-49	8	1:18:03	0:38:14
Helen Rountree	F20-39	2 (2)	1:18:03	0:38:14



Andrew, Kent and Helen. Stride for stride. "Want to get faster? Wear sunglasses"...Briar Sefo.

Stefan Wagner	M40-49	9	1:18:46	0:38:23
John Bowe	M20-39	19(3)	1:21:15	0:38:25
John Rudge	M50-59	8	1:22:57	0:39:11
Hadley Craig	M20-39	33	1:23:25	0:40:07
Nick Joynes	M 20-39	37	1:24:13	0:40:16
Marion Millward	F50-59	1(1)	1:26:05	0:42:04
Gary Wilson	M40-49	25	1:26:11	0:40:29
Chris Rathbone	M20-39	46	1:26:38	0:42:23
Bridget Deverall	F40-49	1(1)	1:26:54	0:41:20
Erin Furness	F20-39	11	1:27:43	0:41:45
Angela Simpson	F20	5	1:27:48	0:42:11
Matthew Hancock	M20-39	48	1:27:56	0:42:34
Mike Harris	M40-49	37	1:29:32	0:43:03
Harriet Waffenschmidt	F20-39	13	1:30:12	0:43:20
Craig Peebles	M50-59	20	1:30:45	0:43:23
Mark Colls	M40-49	45	1:30:48	0:43:04
Blair Tupp	M20-39	63	1:30:56	0:44:14

Tracey Greenwood F40-49 3(2) 1:31:02 0:42:56
 John Roberts M40-49 56 1:33:07 0:43:54



Big improvements from Kieran McPherson

Dot Larsen	F40-49	6	1:33:15	0:44:37
James Lewthwaite	M20-39	84	1:34:02	0:46:15
Yian Brown	MU20	5	1:34:17	0:44:59
Daniel Philpott	M20-39	88	1:34:24	0:45:45
Sarah Walker	F40-49	11	1:36:30	0:46:15
Bart Stockdill	M40-49	76	1:37:32	0:45:48
Paula Ward	F40-49	13(2)	1:37:54	0:46:44
Craig Campbell	M40-49	80	1:39:04	0:47:06
Charlie Evans	M40-49	81	1:39:14	0:47:39
Fleur Marillier	F40-49	17(3)	1:41:04	0:48:52
Kevin Webb	M50-59	59	1:41:22	0:48:34
Julie Fellows	F40-49	20	1:42:49	0:49:43
Lillian Morton	F20-39	48(3)	1:44:16	0:50:10
Brendan Hicks	M50-59	74	1:44:54	0:49:37
Kay Stockman	F40-49	25	1:45:25	0:49:48
Lynley Tulloch	F40-49	29	1:47:00	0:50:55
Kushla Roberts	F40-49	33	1:48:38	0:51:25
Dion Hardy	M40-49	130	1:48:39	0:51:25
Glenn Larsen	M40-49	140	1:50:54	0:52:35
Lynn Medich	F40-49	39	1:51:44	0:54:12
Dot King	F60+	6 (1)	2:01:58	0:59:26
Michelle Curnow	F50-59	31(3)	2:03:53	0:59:55
Cathryn Gibbs	F20-39	212	2:07:04	1:01:48
Brian Smith	M60+	48(2)	2:09:09	1:01:10
Jilliene Kennedy	F50-59	41	2:09:09	1:03:33
David Gillespie	M40-49	226	2:17:50	1:05:38
Pauline Hewitt	F60+	17(1)	2:21:19	1:06:50
Penny Burkhardt	F50-59	60	2:26:00	1:07:04
Mary Bleakley	F50-59	65	2:34:22	1:10:31
Half walk				
Kelly Mabbett	F20-39	2	2:17:34	1:03:43

Athletics NZ Club teams results:

If you didn't place as an individual, rest assured you contributed to a great Hawks' result.

Female Open

1st Hawks (4:13:34)

Helen Rountree 1:18:03

Erin Furness 1:27:43

Angela Simpson 1:27:48

2nd Pakaranga (4:25:16)

3rd ACA (4:26:53)

Female Masters

1st Tauranga Ramblers (4:22:31)

2nd Hawks (4:24:00)

Marion Millward 1:26:05

Bridget Deverall 1:26:54

Tracey Greenwood 1:31:02

3rd Auckland YMCA MC (5:10:49)

Male Open

1st ACA (4:53:51)

2nd Hawks (5:16:33)

Aaron Pulford 1:09:21

Stephen Smith 1:16:22

Nick Joynes 1:24:13

Chris Rathbone 1:26:38

Male Masters

1st Hawks (5:06:47)

Corey Hinde 1:14:35

Craig McLean 1:16:12

Andrew Wark 1:17:58

Kent Hodgson 1:18:03

2nd ACA (5:16:27)

10km

Cory Whiting	M 20-39	1	0:32:59
Michael Whitehead	M 20-39	3	0:34:00
Richard Harris	M 20-39	4	0:34:48
John Gray	M 20-39	5	0:35:43
Cameron Hall	M U20	1	0:37:31
Theunis Pieters	M U20	2	0:37:32
Olivia Ritchie	F20	1	0:38:39
Nathan Campbell	M 20-39	9	0:39:06
Sunil Fernandez-Ritchie	M U20	3	0:39:26
Helen Hall	F 40-49	2	0:41:48
Annie Bradley	F 40-49	3	0:41:59
Glenn Graham	M 50-59	4	0:42:36
Heidi Van Loon	F20	2	0:42:51
Trish Stockman	F 40-49	4	0:43:02
Darryl Conn	M 40-49	2	0:43:26
Dawn Tuffery	F 20-39	7	0:43:28
Steven Spackman	M 50-59	7	0:45:07
Arthur Green	M 50-59	9	0:47:20
Maureen Leonard	F 40-49	9	0:47:47
Grahame Clarkin	M 50-60	4	0:47:50
Michael Kemsley	M 20-39	40	0:47:59
Harriet Beex	F20	7	0:50:26
Henry Beex	M 50-60	7	0:50:26
Deanna Hinde	F 20-39	21	0:51:20
Chris Craig	F 40-49	16	0:51:37
Terry Hannett	M 60+	2	0:52:32
John Sherson	M 60+	3	0:53:54
Chris Powell	M 50-60	9	0:54:31
Katy Ferris	F 20-39	77	0:59:51
Garth Ritchie	M 50-60	13	1:00:42
Ange Cunningham	F20-39	118	1:04:07
Jeana Andrews	F 20-39	119	1:04:08
Kelvin Whiting	M 50-59	34	1:06:28
Tony Hunt	M 60+	10	1:13:19
Karen Whiting	F 40-49	97	1:14:13
Kathy Seeney	F 50-59	82	1:32:01

UNIFORMS:

The Ron Hill jackets in navy blue have been ordered and look fabulous. They will be embroidered with the Hawks logo and the price has been confirmed at \$55. If you haven't placed your order with Trish already do so asap so a not to miss out. Available in men's and women's sizings. Contact Trish Stockman on Trish.Stockman@officemax.co.nz or 021 801122 if you're interested in purchasing one. Money must be paid before you can pick up your jacket and can be paid into the Hawks account:03 1555 0064176 000 With a name and JACKET as reference.

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

Golf Day at the Callum Brae Family Golf Centre, 25 Callum Brae Drive, Rototuna. Tee off at 1pm. All clubs and balls are supplied or 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. Just turn up. See you there.

CLUB CAPTAIN'S WEEKLY....Andrew Wark

Wow, how good was Huntly Half? 88 hawks competed, there were medals galore and, in the 30th Anniversary year, we get our first Hawks' winner in the men's open grade. Congratulations to all who placed and well done to all who competed. I hope you achieved your goal or made it a PB. A big thanks to the Huntly Half organising committee for the great job they did and a special thanks to all the volunteers that helped both on the day and in the weeks leading up to the event. For all of you that have been honing your speed at Graham's Tuesday sessions, this Saturday is a great opportunity to gauge your progress at the Gilchrist Rose Bowl. Then, on Sunday, come along and join the social scene with the Hawks at the Callum Brae Golf course. Every month we are going to try and have a social event, so if you have an idea, then let us know.

TRUTH, TRASH, AND TRIVIA

Get behind Aaron Pulford in his efforts to raise the \$3000 needed to get to Canada in July. Are you a local business who would like to support Aaron (gold, silver, or bronze sponsorship status) and reap the spin offs through releases in the press and other media? Now is your chance to support one of the most talented athletes Hamilton has had in a good long while. In the meantime, any contributions, however small are welcome and can be made to Aaron's fundraising account: ANZ (01) 0455 0084335 00. Thanks!

Pleased as anything: Graham D receiving his special medal for being an all round top man.



Successful: Jordyn Stockman, who sold more chocolate and jelly snakes than you would have thought possible.

Text updates: Courtesy of yours truly who received a text soon after the finish asking for website updates of results. "Sorry," says I, "I can only tell you the winners were Pulford and Bentley". "Woo hooooo - thanks!" texts back Maria Bentley's fiancé's mother.

Superstitious: One entrant who insisted that she really must exchange her race number because she just didn't like it. Bridget Ray, last on the help desk just before race start was about to

protest until she saw it. 666. Wear it upside down", was Bridget's advice.

Missed the big chance: Club cap Andrew Wark, who had been asked to speak on behalf of Hawks at the prizegiving, came well prepared with a small scroll accompanying his person. Alas, as he was about to spring into action, the crowd began to get restless in the deteriorating weather and the powers that be wouldn't hand over the microphone. Next time Andrew!

I think the gist of his speech was thanks to everyone, especially Graham, Solid Energy, Waikato Times and North Waikato News for the features, all the volunteers, the Huntly Thistle Soccer Club, and all the Hawks who ran or walked.

Of course a big event like Huntly doesn't slip by without a few mishaps. Among the tales told:

The real reason for the delayed start: Kerry on lead bike couldn't get his wheels sorted. Kerry's bike: casualty #1.



Guilty party: Who was it that cut it fine with Kent's tandem trailer and took out the corner of the Dudfields' smart new caravan? Casualty number #2.



Cucumber-cool: Glenn Sexton when dealing with an irate (and in the wrong) member of the public who felt it was his right to flout all the road closure signs and drive through a field of runners. Grief. Being called a long-haired lout may have left his mark though. Glenn's hair: casualty #3 (looks quite good tho!)

Happy birthday Garry Wilson! Gotta love Facebook reminders.

Thanks this week to everyone! Happy recovery.

For news email tracey@biozone.co.nz