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DANCING IN THE DARK

C'mon guys; dig out your reflector gear. Last week, a group of eight or so runners were spotted heading off for their Thursday run all in dark clothing and barely discernable in the gloom. Don't give drivers cause to be anxious, irritable, or even murderous towards anyone pounding the footpath. Get your reflector gear on. And make white a feature of your winter running wardrobe.

GET OUT YOUR PENS (AGAIN) - PROGRAMME CHANGES

Our apologies for all the to-ing and fro-ing with event timing but it's been largely beyond our control as other clubs shuffle their events around and we have to shuffle similarly to keep in step. We really, really hope we have it sorted now and I can 'confidently' recommend you now revise your programme calendar to the following (changed events/dates in bold):

12 June-Cambridge XC: waiting on details

19 June -Hawks vs Calliope in Auckland.

19 June (alt): Training Saturday

26 June-Riverbank Age adjusted 5 km race (huge fun)

27 June-Chocolate fish rogaine (also huge fun)

3 July-Bannister Plaque, reduction relay (rose gardens)

10 July-NIXC and Sanitorium Hill (both good, tough choice)

14 July-WaiBop XC, in Morrinsville (don't miss it)

24 July-Hawks XC, Minogue Park (definitely don't miss it)

31 July-Hilly 7- 8k run in countryside somewhere TBC (first of the NRR selection races)

7 August-Sweeney Cup-8km handicap

EVENTS COMING UP FAST

THIS SATURDAY: 5th June: Tauranga Open Cross Country

Popular event. Great course. If you have not already entered, you can put in a late entry on the day but you must be ANZ registered. Take the Welcome Bay turnoff and follow the signposting. With two hurdles and a steep hill per 2km lap, it's a great workout.

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

Away base manager: Ken Johnson (824 1121).

THIS SUNDAY: 6th June 2010

The 30th Anniversary Christchurch Marathon, Half, and 10km As it happens, there will be a few of us in Hawks colours in Christchurch on Sunday. Kirsten will be running her first full marathon, and a handful of other including myself, Simon Hoekstra, Dot Larsen, Chris Savage, and Trish Stockman will be on the start line of the half or the 10km. The rumour is that John Bowe will also front up to punch out another quick half. We're hoping for calm, cool conditions and no snow, although snow might give Kirsten, who is prone to boredom on long road races, something to look at!

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). Late entries (from now) pay a \$5 late fee.

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

Prizegiving: Golf Clubhouse at 11am-11.30am.

Parking Golf Course carpark off Kihikihi Road and on the grass verge on Golf and McGhie Roads. For more info: Contact Murray Green on 0276216608, or paperplus@teawamutu.co.nz

NEXT WEDNESDAY 9th June

Huntly debrief at the clubrooms from 7 pm. Pizza provided and we'll have a run down of how the event went, with an eye to where we're going with in 2011.

DATES TO DIARY:

NEXT SATURDAY: 12th June

Cambridge 60th Anniversary Cross Country.

I delayed email out this week hoping to receive details on this race but, alas, I am still in the dark. Aim for a 1ish start and the course is apparently the Cambridge Club Champs course near the Golf course. Details next week.

RESULTS

Gilchrist Rosebowl, 29 May (Hamilton Lake)

Despite a downpour about 1pm, an impressive group of 42 tough athletes braved the Gilchrist Rosebowl on Saturday for some good ol' fashioned wet cross country. The 2k x 2 course is always interesting and lung-busting, involving an uphill grunt to the watertower and a slippery sprint round and down the hill. This year the course was lengthened slightly to provide a reasonably accurate 4k - good but doesn't make one feel as fast. As well as the Hawks runners, we had a group of gutsy Murrhiy guests join in which offered some good racing for Jenna and Olivia. After a soggy jog to the course, runners started leaving quickly. Arthur predicted the rain would abate for long enough to run the race, and he was quite right. Andrew and Glenn guided the juniors around the course first, and were given quite a workout by Serena Murrhiy. The main race featured at least 3 barefooters in the mix - Hamish, Dawn and Mikayla. This worked reasonably well, particularly for Mikayla, although Dawn is still picking out chestnut splinters (following close behind, Lillian enjoyed the yelp and leap that accompanied this incident. Dawn wasn't having the smartest day overall, having forgotten normal shoes to run to the lake and replacement shorts for afterwards, but was kindly assisted on the latter front by more prepared members). Marek and Mikayla both had excellent runs, sailing past virtually everyone in fast times. Other standouts were Mary Rogerson and Cameron Hall. It was decided on the day to give the team trophy to the first four runners across the line (Marek, Mary, Theunis, and Makayla), as they had performed best in relation to their handicaps. After a team cleanup effort, a great afternoon tea awaited. Well done to Glenn for some good handicapping on an unpredictable course and special thanks to Theunis' Pieters dad on timekeeping and Bailey Gore's dad on recording who got the results collated in super-quick time. Quote of the day goes to Lillian: 'That was AWESOME!' (Dawn T)

Results as follows (net time only)

2km (one lap)

Name	Net
Bailey Gore	8.28
Hannah Howarth	9.05
Steven Pitts	9.45
Charley Millar	11.48
Reon Schirnack	10.03
Bronya Schirnack	10.76

4km (two laps)

Richard Harris	14.04
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Theunis Pieters	14.41
Cameron Hall	14.42
Mikayla Nielson	14.44
Glenn Sexton (missed start)	14.48
Marek Schirnack	15.26 winner on hcp
Andrew Wark (missed start)	15.35
Mac Harcourt	15.46
Olivia Ritchie	15.52
Hamish Meacham	15.59
Sunil Fernandez Ritchie	16.22
Jenna Hansen	16.38
Glenn Graham	17.03
Helen Hall	17.17
Darryl Conn	17.46
Ken Johnson	17.46
Anne Bradley	17.48
Dawn Tuffery	17.51
Steve Spackman	18.15
Nicole Gifford	18.31
Megan Arthur	18.43
Tyla Johnson	18.44
Lillian Morton	19.03
Evan Primmer	19.07
Arthur Green	20.11
Vaughan Swale	20.22
Maureen Leonard	20.46
Dave Southwick	20.58
Mary Rogerson	21.25
Terry Hannett	22.35
Rhonda Johnson	22.38
Steve Harcourt	26.14 (no hcp?)
Garth Ritchie	26.46

Pakuranga Cross Country (Lloyd Elsmore Park) 29 May

Nice to see that both Maddy Brunton and Jacob Priddey had wins at Pakuranga CC in the weekend.

Jacob ran his 4.3km (approx) in 14.40 nearly 30 s ahead of second placed Pak runner Leo Roper. Maddy took out the W19 6.5km 23:27. Good work from our younger talent.

TRAINING:

I hope that everyone's training has been going well. There are a few winter ills around so keep taking the cod liver oil, olive leaf, vitamin C, and other boosters to keep yourselves free of lurgies. If you're unwell, remember the rule; if it's a head cold and your lungs are unaffected you're good to train but keep it low key and skip the hard efforts. If you're coughing and /or feel achey and shivery get to bed and definitely don't train.

And speaking of training, coming up on the weekend of the 19th June, if you're not inclined to travel to Auckland to race against Calliope, join us for a coached Saturday session, similar to those we run during our training camps. We'll start around 1pm. At this stage, I'm not sure what the programme is but, rest assured, it's bound to be both informative and worthwhile.

Don't forget Tuesday speedwork. For new members and novice runners, don't be reticent; come along (5.15pm at club). The sessions are graded and there's a place for runners of all abilities. And there's always a faster group to move up to. The weather's getting wetter and the nights are getting darker so dig out your spikes for sessions at the hockey grounds.

INTERNATIONAL NEWS

PBs for Jake and Zane Robertson: Over the last year there have been a number of stories coming out of Kenya about how hard ex-Hawks Jake and Zane Robertson have been training, but their Kenyan race times have always been unratiied. We're all delighted to see they are now racing in Europe and getting official times and rankings. At a Global Athletics meeting in Nijmegen Netherlands (26 May) the twins smashed their PBs. Jake was 8th in a 5000 m in 13.32.93 just three seconds outside the Athletics NZ qualifying time for the New Delhi Commonwealth Games. He has until 22 July to achieve this time. In the 1500 m Zane was also 8th and ran a PB of 3.45.02. It is brilliant to see that after all their hard work they are now getting the results they deserve.

ABSOLUTELY THE LAST CHANCE:

*The **Ron Hill jackets** in navy blue are arriving this week. If you haven't put your order in, you're in danger of missing out. The price has been confirmed at \$55. Pay your money to Trish or directly into the Hawks account with your name and JKT as reference. Contact Trish on Trish.Stockman@officemax.co.nz or 021 801122 if you're interested in purchasing one. Money must be paid before pick up. We're going to look very swish! You'll want one when you see them!*

CLUB CAPTAIN'S WEEKLY... Andrew Wark

Great to see such a strong attendance to Hawks' Saturday race with 42 keen attendees on a pretty miserable day weather-wise. We capped off the weekend with a fantastic day of golf at the Callum Brae Chip and Putt course on Sunday. Although attendance was modest at 8, the competition was spirited and some of those playing discovered talents that had so far been well hidden. Trish won the day with a winner take all on the last hole. Watch out for the upcoming trivia/bingo/we-have-yet-to-decide-the-format night to be held in June. Watch this space.

TRUTH, TRASH, AND TRIVIA

HUGE THANKS TO SOLID ENERGY: Not only did Solid Energy support the Huntly Half Marathon to the hilt with their fantastic sponsorship of the event this year, but they have also stepped up to offer Aaron Pulford a \$2000 grant to support his trip to the World Junior Champs in Canada on July 20th. With most of the stress of fund raising removed, Aaron can concentrate on his build up to the 10,000m event. Congratulations Aaron.

Glenn Sexton may find it hard to ever step away from his role as handicapper, given the praise he's been receiving for the role. Overheard from one HM on Saturdat post-race: "Of all the handicap events I've ever done, that was by far the best". Well done Glenn.

Mind you... Who was overheard in the men's showers complaining about the quality of the handicapping after he missed the race start?

ON YOUR NEXT TRIP to the supermarket, pick up some Manuka Booster bars at the checkout. They are made right here in Hamilton buy none other than new member Hayden Pohio and some of us on Thursday night a week or so ago were lucky enough to be the recipients of some trial product. They are good. Less stodgy than one square meals and packed full of protein and the benefits of manuka honey. You can't lose. Oh and thanks Hayden.

Yes! We know her. Huge congratulations to Andrea Thomas who this week was officially pronounced the new senior nutritionist for (none other than) the US Olympic team. Alas, we will be losing another great friend and mentor to the US of A, but very, very happy that Andrea has landed such as prestigious position so soon after finishing her PhD.

Congratulations also to Angela Stephens who this week produced a baby boy Mateo (2 weeks early). Just like Ange to get on with the job. Both are doing well and we wish Ange all the very best.

For news email tracey@biozone.co.nz