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HAVE YOU GOT THEM? - PROGRAMME CHANGES
(AS PER LAST WEEK)

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)
17 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

Phew! A busy weekend on the running front with 4 events involving Hawks in only 3 days. Typically for June, the weather was uniformly foul over the entire country, but it didn't stop us getting out and footing it in spirited competition. Tauranga's decision to shift their very popular cross country to Queen's Birthday may, in retrospect, have been a mistake, as fields were poor at this traditionally well attended event. For those of us who travelled to Christchurch there was a massive crowd for the 30th anniversary of the event, and some great running from North and South Islanders alike. Back in the Waikato, the Maungatautari Mission drew a few punters and those that weren't thoroughly wrong out even found the time and energy to front at the TeAwamutu fund raising cross event. Good work all those Hawks. For those injured, struggling with ills or just having an easy week, we hope to see you soon.

THIS WEDNESDAY, 7 pm (yes, that's tonight!)

Huntly debrief. Bring along your comments, suggestions, criticisms, and feedback to a debrief (with complimentary pizza) and we'll thrash out the direction of this event. We're still looking for an overall coordinator for 2011 to take over from Graham D and that can be discussed as well. See you there!

EVENTS

THIS SATURDAY: 12th June: Cambridge 60th Anniversary XC

At last! The details came through just short of being in time for last week's guff, but never mind. Here is word, straight from the source:

Start time 1.30 pm so be there before to warm up.

"We want to keep this combined event reasonably informal and treat it as being an enjoyable day out for all 4 clubs. A 3km loop will be marked out with cones and the occasional marshal to ensure the townies stay on the right property.

M/W 16 and M/W19, SW, and MW (40+) race over 1 lap.

SM and MM 40+ race over 2 laps.

It will be an "all in together" mass start which may prove a bit crowded at first but it is a dairy farm and not the Indy 500.

The odd elbow, push and trip is O.K. - just watch where you fall.

Directions are as follows: For those driving south, continue through Cambridge on S.H.1 past the golf course and up the hill. When you see the Fonterra Dairy No. #78154 on your left, slow down and about 1km along that straight look for the Cambridge Harriers placards and in you go... indicators and anything else that flashes switched on. Right opposite the farm

entrance is a permanent electronic, digital road sign that largely prevents anyone from pulling over to the left. Unless you time it perfectly, the chances are you may have to drive further on and do a U-turn.

Given that electric fences, bulls and cow pats are an accepted hazard on farms, there is one other aspect to nature that can be hard to ignore when under pressure and feeling nervous.....like finding a toilet. Barberry hedges and implement sheds are available but for some that may not quite suit the occasion. The closest houses are privately owned, but our hosts have allowed us to use their home facilities back at gateway #78154 if you have reached crisis point.

Our Matamata chums and a few others know the course. It's a good one with a bit of everything thrown in over a mere 3kms. A couple of rail fences, several sections of sandy/pumice farm race, flat paddocks and long grass (some years) and a huge gully into which the course disappears in two different places. "Hands on knees" is a common sight for those looking to surface again worried about where the others went. Our marshals are very skilled and know how to point. Wearing spikes will certainly be an advantage, but we don't want the day to be too serious and for that reason suggest that they are not essential to enjoy the day's activity.

It's anticipated that everyone will be finished and packed up by 2:15pm. Cambridge would then like you to come back to our clubrooms to celebrate 60 years of enjoyment in the sport and "rub shoulders" between clubs over the now traditional cuppa, good grub and on this occasion a "cutting of the cake". **"Bring-a-Plate" is the order of the day.** The Keeley and Tomsett families were the originators of this event and will be there in person also. Nothing to formal.....just good social stuff. We anticipate the day will be cut and dried by 3:30pm." *George Chambers (Cambridge Harriers).*

NEXT SATURDAY, 19th June. Two options this week!

Option #1: Hawks vs Calliope in Auckland

This is a time-honoured event in which we join with our sister club in Auckland for a day of mud-running and friendly rivalry. Last year, they came here; this year we'll be making the trip to Auckland's North Shore. Travel is by car pool for those interested and I'll post details of start times and directions next week when they are available. In the meantime, base manager David Southwick knows all there is to know about this event, so contact him for more information on 855 8195 or david@wxc.net.nz

Option #2: Saturday training and coaching session:

We run these at our training camps and, as we haven't managed to squeeze a weekend away into the calendar, we thought we'd add it to a Saturday. Join us at 1pm at the clubrooms for an hour or so for a coached session under the tutelage of Graham Dudfield (tbc). Not sure what he is going to come up with but it's sure to be good and you'll learn heaps and get a great workout session under your belt as well. Further details next week.

And look out for the age adjusted 5km the following week (26 June). It was so popular last year, we're doing it again. Heaps of fun and it gives you a great confidence boost as well.

RESULTS

Maungatautari Mission (5th June)

A great multisport event, which involved a few Hawks and ex-Hawks. This report from Garry Wilson.

Steve Hoy competed in his first solo effort at multisport, finishing a creditable 4th in his age group. He tells me he has paid his entry for next year's Coast to Coast ('tis true; he even has a swift new kayak...Ed). Fellow Pirongia-ite, Glenn Sexton, found the run tough going and "very technical" especially the downhill. He still ran one of the fastest times of the day to secure his team second place in their grade. Even faster, and overtaking the 'Pirongia Panther' on the downhill section was fellow Hawk Stefan Wagner who must be half-man, half mountain goat (don't ask which parts are which). His team also finished second in their grade. Also seen, former Hawk Neville Robertson whose specialty is now kayaking, paddled to one of the fastest times of the day. His team-mate was (should-be Hawk) Gabby Rogers who recorded the fastest women's time for the run. Surely someone can persuade her to run for the Hawks!

Garry Wilson's OPUS team again won the Corporate grade finishing 4th placed team overall. Although yes, I confess that, after giving MUCH stick to Stefan Wagner and Hugh Ratsey for losing their way in the Tarawera Ultramarathon, I took a wrong turn near the top of the mountain and then spent several minutes thrashing through the undergrowth, swearing very loudly, waving my fist and doing a poor-mans Basil Fawley impersonation. If there had been a Morris 1100 parked nearby (see Fawley Towers) I'm sure I would have beat it with a branch. I finally calmed down long enough to back up enough to find the track again and rejoin the race. How very embarrassing.

Tauranga Open Cross (5th June)

Report Arthur Green

Having only ever run this event once about five years ago and swearing never to do it again, I was a little confused as to how I found myself on the start line on Saturday. (I'm guessing somebody spiked my beer)! What was even more surprising was the number of entrants. Sadly, they were seriously diminished compared to previous years, probably due to the Tauranga Half Marathon being held on Sunday and to a lesser extent the Christchurch Marathon and Half Marathon on the same day as this event. Organisers must indeed be lamenting their decision last year to shift the event to Queen's birthday in 2010. Never mind; the hardy souls and myself who did turn up made for some good racing, especially in the junior grades.

Good to see Hawks juniors flying the flag yet again - well done! I must admit I'm not too familiar with a lot of our juniors but have listed relevant results at the end. One run that did catch my eye was Ariana Lord in the G14 race with a gutsy run to finish second behind Zara Murrhiy from Taumarānui.

As for the older ones, they all had a pretty good day too with Aaron Pulford (in Solid Energy sponsors attire) easily taking out the men's race from Rotorua's Steve O'Callaghan, with Cory Whiting having another strong run to take out third. Senior women saw Dawn Tuffery and Lillian how-do-you-get-past-the-hurdles-Morton running well. Bridget Ray had a good run (as always) in her first race in a while and Dot King achieved yet another grade win. As for the old blokes, that was a ding dong battle between Grahame (he's got a finishing kick like a mule on him) Clarkin and yours truly Arthur (he probably couldn't win if he started yesterday) Green. We kept pace with each other through the race (good for me because it made me work harder) but Grahame had far too much left in the last 500m. All in all, a good day and great weather. Did I mention the ladies only went round twice but the men had to do FOUR laps. And two of us (Dawn and yours truly) did the 12k cross country at Te Awamutu on Monday too. Shows you who the REAL men are (sorry Dawn; that doesn't sound quite right does it?)

The hard data:

B12/G12 2060M

1	Andrew Robinson (Tga)	7.19
19	Lewis Butler (Hawks)	9.49
1	Alice Mcafferty (Tga)	7.48
19	Gina Butler - (Hawks)	9.52

Girls 14 2950M

1	Zara Murrhiy (Tau)	11.13
2	Ariana Lord (Hawks)	11.21
7	Bailey Gore (Hawks)	12.19
8	Sophie Pulford (Hawks)	12.23
11	Talia Horgon (Hawks)	12.41
12	Tyla Johnson (Hawks)	12.42



I'm terribly ashamed to say I don't know these two. Sophie and Bailey? Nice form girls!

Women 19 4060M

1	Anna-Lisa Uttley (Tga)	15.27
2	Jenna Hansen (Hawks)	16.38

Senior Women 4060M

1	Demelza Murrhiy-Topp (Tau)	15.05
3	Dawn Tuffery (Hawks)	18.01

Masters Women 35 4060M

1	Michelle Basson (Tga)	16.04
3	Bridget Ray (Hawks)	16.15
5	Lillian Morton (Hawks)	19.47

Masters Women 60 4060M

1st -	Dot King (Hawks)	23.47
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Men 16 6060M

1	Michael Sutton	21.08
2	Theunis Pieters (Hawks)	23.06

Men 19 6060M

1	Nathan Darling (St Pauls)	22.47
4	Sunil Fernandez-Ritchie (Hawks)	25.30

Senior Men 8060M

1	Aaron Pulford (Hawks)	27.05
3	Cory Whiting (Hawks)	29.05
4	Richard Harris (Hawks)	29.31
5	John Gray (Hawks)	29.55

Masters Men 35 8060M

1	John Caie (Tga)	30.29
8	Ross Butler (Hawks)	32.50

Masters Men 50 8060M SEE THAT - 8060M

1	John Rudge (Hawks)	31.54
10	Grahame Clarkin (Hawks)	40.45
11	Arthur Green (Hawks)	40.54



Grahame and Arthur: a battle all the way.

Apologies to anyone missed. Full results are on the Tauranga Ramblers website

<http://www.taurangaramblers.co.nz/results/2010/Tauranga%20Open%20Cross%20Country%205th%20June%202010.pdf>

Christchurch Marathon, Half Marathon and 10km, 6 June

Report Tracey Greenwood

What a great event this is! It is superbly organised and, with more than 5000 competitors this year, it's one of the biggest and best on offer. A surprisingly large number of Hawks made a weekend of it (some of us more of a weekend than others) and braved the predicted rainstorms to make the start line at 9 am on Sunday morning. It was great to see so many Hawks' singlets and realise how many of those there you had forgotten to mention in the guff sheet last week! Among them, Hadley Craig, bedecked with a magnificent beard was chomping at the bit as he anticipated his first sub 3 hour marathon. With the marathon, half, and 10km starters all together, it was hard to pick your competition, and even harder to make a path through the throngs once the gun went. As most well know, this is one of the quickest courses in the southern hemisphere, although cold (rain, often snow, and bitter wind) and the road camber can play havoc with your expectations if you're not prepared. Not a Hawk, but a good friend and talented athlete, it was great to see Rotorua's Sarah Biss take second in the marathon after her withdrawal from Huntly 2 weeks ago. Also in the marathon, Hadley Craig came in under his aimed-for time of sub 3 hours, after suffering some skeptical looks and comments from race officials at check in on Saturday. It seems Hadley appeared too much like a mountain man, fresh from the wilds, to run a decent marathon. How happy he was to prove them wrong! In her first marathon, Kirsten Milne ran a measured race and even splits to finish 7th in the open grade and well within her "something under 3:20" target. Kirsten has talents she has yet to discover and cruised

the distance in her signature relaxed style, after giving supporters the thumbs up and a big grin at half way. Also on form was ex-Hawk Simon Yarrow who, with a 2:34 solid effort finished in the top 10 and is, I hope, well pleased with his effort.

The half was great fun; just long enough to work off breakfast but not so long in the cold and wind that you suffer. I think most of us had good runs, although Dot Larsen's breathing suffered from the cold and she came in slightly over her aimed-for time. Simon Hoekstra was delayed for reasons more related to finding a portaloos and swept past me at 18km after a troubled first half. On minimal training, Simon was looking very comfortable and is clearly well recovered from his recent injury troubles. Stand-out effort on the day had to have been Bernie Portenski., 60 years young, who smashed the world women's 60+ half marathon record for a top 10 placing at just under 1:25. Portenski looked fierce as she crossed the line to make her WR and barely recognisable from the coiffured woman who later appeared on stage to collect her award.

In the 10km run, a stand-out effort from Hawks' Craig McLean earned him the masters win, while in the women, Trish Stockman justified her last minute decision to fly south with a massive PB for 3rd place in the masters grade. Trish was on pace for 42 min at 4km and stepped it up for a negative split and a final net time of 41:32. Great effort. Also on target was Chris Savage, punching out a PB of just over 53 minutes. The Hawks' crowd made a noisy little rabble at prize giving, whooping with delight at the Hawks' podium finishers and being generally supportive of other winners.



Great racing conditions along the Avon

A highlight for many of us was the presentation of the inaugural Jack Foster Medal for the winning masters man in the marathon. It was appropriate that Auckland's Gavin Stevens, an ex-Commonwealth Games cyclist and holder of the world age group marathon record, stood up to take this award. Gavin's short speech was full of emotion as he showed the medal to the crowd and expressed his appreciation of the award. Stirring stuff. Some of us had very early flights the next morning and kept the revelry to a minimum. Trish and I had

had very little sleep on Saturday night, having been deprived of sufficient blankets and too dreamy to make amends, so the 5.45 am start was especially brutal. Most others had a much more relaxed agenda, and enjoyed a leisurely Monday before flying home. All in all, a great weekend's racing, and one from which to glean a few tips for Huntly Half next year. The event has a great atmosphere and I recommend it to anyone wanting to go for a fast time. Take your woolies and book early. It's worth it.

Results for top placings and Hawks.

Full results on www.sbsmarathon.co.nz

Name	Net time	Div.PI.
Marathon		
W-MATT SMITH (MO)	2:18:13	1
GAVIN STEVENS (M50)	2:34:04	1
SIMON YARROW (MO)	2:34:53	6
W-MAGDA KARIMALI-POULOS (FO)	2:46:31	1
SARAH BISS (FO)	2:53:27	2
HADLEY CRAIG (MO)	2:57:44	26
KIRSTEN MILNE (FO)	3:09:18	7

Half marathon

W-ERWIN MCRAE (MO)	1:04:59	1
W-SHIREEN CRUMPTON (FO)	1:16:07	1
JOHN BOWE (MO)	1:21:26	38
BERNIE PORTENSKI (W60)	1:24:54 (WR)	1
SIMON HOEKSTRA (MO)	1:28:15	78
TRACEY GREENWOOD (W40)	1:29:06	2
DOT LARSEN (W40)	1:32:42	4

10 km

W-SAM DOBSON (MO)	0:30:50	1
CRAIG MCLEAN (M40)	0:33:44	1
GARY BUTTIMORE (M40)	0:50:41	53

W-RACHEL KINGSFORD (FO)	0:34:35	1
TRISH STOCKMAN (W40)	0:41:32	3
KAREN HOPSON (W40)	0:48:03	13
CHRIS SAVAGE (W40)	0:53:14	36

TeAwamutu Cross Country (7th June)

Report from Dawn Tuffery

I can report that it feels kinda wrong getting ready for a cross country in the dark while the rain's pouring, especially if you've already had a race and a long run for the weekend. However, 9 Hawks made the short journey to the inaugural Te Awamutu Cross Country on Queen's Birthday Monday morning. It's a shame more didn't come along, as it was a lot of fun, and closer than Saturday's Tauranga XC (which also had small fields this year). A delayed start process and much rain had the group shivering, but we warmed up once the gun went. "You might as well have no clothes on at all!" said one lady walker, looking disapprovingly at those of us in bare feet and singlets. Glenn, Casper and Nathan were briefly surrounded by a sea of small children racing to the front. The lead golf cart had some problems on the hills, and was occasionally overtaken (not sure if any of the leaders offered a push). Thankfully the course comprised 2 x 6k laps - not the 6 x 2k laps some of us had been dreading. This involved some slightly confusing twists and turns, and at some points cones seemed to go in all directions, but everyone got home in approximately the expected times, so well done to the team. Personally, the most enjoyable thing was having the opportunity to run a nice 12k on soft grass - a fairly rare privilege. Cheers Golf Club!

On the constructive criticism front, a cup of tea and a biscuit afterwards would have been nice given the \$17 entry tag, but in their defence it was primarily a fundraising event for a TA junior travel fun. And we couldn't complain about the prize pool, which had obviously been well supported by the local community. Hawks scooped the handsome merit prizes, courtesy of Murray Green - well done to Helen Hall and Casper

Valentin (12k) and Glenn Sexton and Ellen van der Knaap (6k) for taking out those. We then proceeded to amass a splendid collection of spot prizes (mostly interesting pot plants) but luckily it wasn't just us hogging them. I think it's the first race I've been to where they've run out of entrants to draw out for prizes and had to put the numbers back in for a second round. Arthur was pleased to win the manly prize of a tool set as opposed to the pot plants, and Glenn got a Dirty Dog cap to keep his head warm.



All are winners! Dan, Casper, Colin, and Nathan. Happy planting.

A good event, and definitely one to put on the calendar for next year, whether you're after a short or long race, an easy jog, a tempo, or a kids' 3.3k. Good work TA.

NOW IT REALLY IS THE (ALMOST) LAST CHANCE:

The **Ron Hill jackets** in navy blue are almost here! Only \$55. Pay your money to Trish or directly into the Hawks account with your name and JKT as reference. Contact Trish on 021 801122 if you're interested in purchasing one. A classy club jacket is long overdue!

TRUTH, TRASH, AND TRIVIA

GET ONE QUICK: Torpedo7 has Route 7 hi-vis jackets on special for \$29.99 until Mon 14th. These are a handy item to have in the running bag for dark evenings, being nice and light, and they're also good for cycling. Check them out: <http://www.torpedo7.co.nz/products/R7JKHP8HV>

HAPPIEST: Trish Stockman, who picked up a much-coveted New Balance duffle with her podium finish. Mind you, I think the podium finish and the PB alone would have done it too.

LOST! Cameron Hall has misplaced his Hawks' singlet following the Gilchrist Rosebowl. If anyone has picked it up, could they please phone Cameron on 854 6988. Thanks!

CAPTIONS PLEASE: Lillian does it her way at Tauranga.



Huge thanks this week to Dawn T, Garry Wilson, and Arthur Green for their superb reports (almost like being there). For news and snippets please don't hesitate to email tracey@biozone.co.nz