

www.hamiltoncityhawks.co.nz

I hope everyone is rugging up and enjoying this very special time of year. I know it can be hard getting out there in the darker, colder evenings, sometimes in rain and wind, but 10 minutes into it you'll know you made the right decision. And it's all the more reason to join in on a Tuesday or Thursday night; hard not to go when you know you'll be missed!

EVENTS

THIS SATURDAY: 19th June: Two options this week!

Option #1: Hawks vs Calliope in Auckland

This is one of NZ's oldest interclub events with a history spanning more than 70 years. It's a time-honoured event in which we join with our sister club in Auckland for a day of mud-running and friendly rivalry. Other North Shore clubs will also attend so there should be good fields. Last year, they came here; this year we'll be making the trip to Auckland's North Shore. Travel is by car pool. Details as follows:

11.30 am: Meet at Hawks' clubrooms to car pool
2.30 pm: Main race at Onepoto Domain followed by afternoon tea at the Calliope clubrooms.

Directions: To get to the Calliope clubrooms cross the Harbour Bridge, left into Northcote/Birkenhead exit, up Onewa Rd and through the Birkenhead Rd junction, then first right into Mahara. The clubrooms are at War Memorial Park.

The course is at the Onepoto Basin immediately beside Onewa Rd after coming off motorway at the Northcote-Birkenhead offramp. It's 6km, muddy, and not fast, but it is all good XC practice (sort of tough guy challenge in the city).

Why come?

1. The event is a superb part of club history and has run since the early 1930s
2. It is a great day out
3. You have the opportunity to make enduring friendships with Calliope members.
4. Our honour is at stake. We'd love to win but need your help to do so.
5. It is an unusual but superb big city cross-country.

For more info contact away base manager David Southwick on 855 8195 or david@wxc.net.nz

Option #2: Saturday training and coaching session:

Join us at 1pm at the clubrooms for an hour or so for a coached session under the tutelage of Graham Dudfield. He has a few tricks up his coaching sleeve so, if you can't make it to Auckland, get down to the club and be part of this session.

And coming up fast:

25 June (Next Friday night): BINGO night! I know it's lateish notice but we thought you could all use a fun night in. And this is it. Bingo and trivia night, at the clubrooms from 7pm. The bar will be open and nibbles will be provided. Arthur Green will be calling so it's bound to be hilarious and maybe just a bit risqué as well. Don't miss it.

Time: 7pm until around 10 pm

Bring: Your coinage to pay for the boards.

Also bring: Friends; all Hawks and hangers-on welcome.

Be prepared: to win prizes!

RSVP: Email or txt Trish with [Name- Bingo -Yes or No - and number coming] in the subject line.

Trish.Stockman@officemax.co.nz and 021 801 122

26 June (Next Saturday): The age adjusted 5km. It's great fun, hugely competitive (in a fun kind of way) and (if you're younger or older than the average) it gives you a great confidence boost as well. This is followed up by...

27 June (Next Sunday): The chocolate fish rogaine, made ever-more achievable this year with larger maps, a more realistic footprint, and a 2 hour running time. I was learning last year and, well, I think I have it sorted. It'll be fun.

RESULTS

Thanks for this report from Don W.

Cambridge 60th Anniversary Cross Country, 12 June

'Four neighbouring clubs joined together to help Cambridge Harrier Club celebrate their 60th running of their cross-country champs. The event was held on the property of life member Barry Keeley. Squally sharp showers whipped across the dairy farm course that at first glance appeared pancake flat. The 3150 lap held hidden challenges with the steep slopes of an ancient Karapiro River course lurking mid lap and providing a stern test and surprise to those who hadn't jogged a lap for course inspection prior to the start. Long winter grass, muddy stock races, and the odd cowpat all added character to the event. It was cross-country in the traditional style.

A mass start saw the 60 odd hardy harriers set off in a shower. There were two tight battles between Cambridge and Hawks to score a win in men's 6.3 and women's 3.15 grades. Glenn Sexton was challenged all the way by fast starting High Allison and edged ahead to win by five seconds while host club's Katy Dawson was impressive in getting to the line a mere second clear of Bridget Ray who was totally at home on her beloved dairy terrain where she gives expert advice to farmers.



Bridget: back racing and in good form.

Back in the warmth of the Cambridge clubrooms, the 60th anniversary was suitably celebrated with life members acknowledged, speeches, and cake cutting. Club President, Dave Southwick, commented with real emotion on the good "old style" nature of this harrier day. He loved the experience, as did many others.

Results below for Hawks unless indicated otherwise. Full results will be posted on the Hawks website:

Place Name Grade Club Finish

3km

1	Katy Dawson (CB)	MW		13:37
2	Bridget Ray	MW		13:38
3	Annie Bradley	MW		14:28
4	Bridget Deverell	MW		14:38
5	Dot Larsen	MW		15:08
6	Helen Hall	MW		15:44
7	Megan Arthur	MW		16:13
9	Ellen Van der Knapp	SW		18:07
13	Lorraine Dudfield	MW		20:46

6 km

19	Glenn Sexton	MM		25:01
20	Hugh Allison CB	MM		25:06
22	Casper Valentin	SM		27:21
23	Dennis Litt	MM		27:35
29	Andrew Wark	MM		29:52
30	Nathan Campbell	SM		30:00
31	Bridget Deverell	MW		30:39
32	Glenn Graham	MM		30:49



Nice form from Glenn Graham

35	Sunil Fernandez	U19		31:54
45	Gordon Speirs	MM		34:21
49	Steve Spackman	MM		35:44
52	Ellen Van der Knapp	SW		36:39
53	Dave Southwick	MM		36:45
54	Peter Keddle	MM		36:51
58	Brian Smith	MM		45:17

Check out more of Kathy Keddle's great pics on

<http://www.flickr.com/photos/turtles-pics/4692058825/in/photostream/>

Xterra trail running at Riverhead

And in Auckland, **Charlie Evans** competed in round 2 of the Auckland Xterra trail series in Riverhead forest on Sunday (in his road shoes what's more!) He reports that the race started in rain on a gravel road then moved on to steep slippery clay tracks - lots of carnage for some- with a few competitors electing to sit down at the top of the descents instead of ending up that way half way down. The course dipped down into some low-lying swampy areas - almost like tough guy/gal- with mud puddles up past the knees! Charlie finished the 23 k course in 2.15 - a very respectable time given the conditions. It was great fun and good training for his 28 k Queen Charlotte trail run in July. Great stuff.

WBOP secondary Schools Cross Country

University on Wed 9th June. Report by DonW

This is a brilliant 2km course, and well organised by Martin Holmes of St Paul's with Don and Jeannette doing most of the work at the coalface. There was masses of talent on show, much of it associated with our junior Hawks. Is this course able to cope with an ANZ champs? I believe so. We should run the WBOP Champs at the venue one year and find out. It is modern, free flowing, fast and spectator-friendly. Even better it was firm underfoot. Results for Hawks as follows:

JB 3000

1	Jacob Priddey	HAMB		9.23
16	Kayne Sharp	TEAW		10.24

JG 3000

10	Tailia Horgan	CAMB		11.29
15	Tyla Johnson	HLCR		11.45

IB 4000

2	Oliver Smith	STLH		13.06
3	Scott Hilliar	MATA		13.20
13	Theunis Pieters	HAMB		14.10

IG 3000

2	Olivia Ritchie	WKDS		10.33
3	Teagan Voykovich	SPLH		10.52
4	Heidi Van Loon	STPC		10.55
23	Nicole Gifford	WKDS		12.02

SG 4000

1	Michelya Nielsen	CORR		14.13
3	Jenna Hansen	STPC		15.19

SB 6000

1	Mohamed Ali	FAIR		19.45
9	Michael Eggleton	SPLH		21.19
25	Cameron Hall	HAMB		22.38
38	Sunil F-Ritchie	HLCR		24.32

NATIONAL ROAD RELAYS - JUST A QUICK NOTE

By now you should have all had a notice about the NRR in October, giving grade organisers and a brief outline of the selection policy of the club for this great event. Costs can be kept to a minimum this year and we'd like to send as many people as want to go BUT you must be Athletics NZ registered. If you're currently a social member and would like the chance to be part of this great event, contact Chris Savage on 855 5310 or dotchris@xtra.co.nz and upgrade your membership (that's an extra \$40 for most of you). Believe me, it's worth it. Ask anyone who went along for the first time last year.

TRAINING #1: TREADMILLS: FRIEND OR FOE?

Do you regard indoor treadmill running (and ipods while running for that matter) as a tool for the weak? Wake up to the many benefits of winter indoor running! There are many advantages to treadmill training, and a few things to watch

out for. The first obvious advantage to the treadmill is that you are running in a controlled environment. If you are in a city on business, most hotels have a decent gym and there is no chance of getting lost on the streets. If you finish work after dark you're guaranteed to be safe training on a treadmill! Treadmill running is also excellent way to help ease back into running after an injury. It helps minimise your down time and prepares you and your muscles to return in full to the rigours of outdoor training. Most treadmills have a suspended deck and this decreases the impact forces of running. As a result of the moving surface (the belt), it decreases the stress placed on the lower body while running because you don't need to propel your body forward. Many runners who are injured are able to run symptom free on the treadmill, even when outdoor running is problematic for them. Most runners return to training in small increments when recovering from a significant injury. The treadmill allows you to control precisely how fast and far you are going, and also, if you are at a gym, you can then switch to non-impact cardio to complete the remainder of your workout. Another great benefit to the treadmill is the ability to completely regulate your workout. You can jog, run, sprint intervals, do tempo runs at an exact pace, fartleks, hills, and resistance type training. Running facing a mirror can also help you watch your form. Some critics of treadmill running believe that you are not simulating real conditions and thus, improvements in running economy and efficiency are not possible or at least not as great as when training outdoors. There is certainly some truth to this. You must exert more energy when you run on the road to propel your body forward. You also face wind resistance outdoors, which forces you to work harder. To counter this, set your treadmill at a 1% grade to accommodate this difference and help you to be more efficient. If you only train on a treadmill and then head outdoors for racing, you may fatigue sooner and be more susceptible to injury. Do not become dependent on the treadmill and do run outdoors when you can and vary your terrain.

As for ipods, they are now banned in many events. You can't hear marshals easily and in trail runs they are downright dangerous because it's hard to hear someone requesting trail space when you're away in your happy place. If you have a long, slow run to do on your own, or you're sticking to laps of a park to reduce leg stress, then they have their place. If you're racing, leave your tunes at home.

TRAINING#2: TO WIN - JUST THINK TRIUMPH

Training: You can't hope to gain without a sensible training programme, aimed at making steady improvements toward both short and long term goals.

Rest: With any programme, your body needs rest to respond appropriately and adapt to the stress of training.

Imagination: Part of achieving your goals is in not accepting stasis. Imagine yourself in two weeks, two months, or two years time, and aim high.

Understanding: Knowledge of your body's response to training is important in achieving. There's wisdom in the old adage "listen to your body".

Motivation: With it, you can gain almost anything, Without it, you're nowhere.

Perseverance: Training is hard work and sometimes it just doesn't go well. You have to stick with it.

Hunger: In training, and especially in racing, those who want it most, usually get it.

TRUTH, TRASH, AND TRIVIA

Two lappers: Good on all those women who went the full distance for mud and glory on Saturday. I note that a few happily their second laps recorded in the results but alas Dot Larsen missed out. Rest assured she did go the distance and,

for the record, that first lap suffered on account of her holding just that little bit reserve.

Nice to see you back racing: Ellen van der K, Casper Valentin, Bridget Ray, and Dennis Litt. Looks as if the good battles are just beginning.

Don't forget: Newsletters (PDFs with photos if you missed them) are posted on the Hawks website under Club News. No excuses not to know what's on.

Last week's caption competition: Thanks to all those who rushed in their captions to last week's hurdling pic. I had trouble picking a winner, so the best four get my vote. Prizes coming your way, Lillian, Garry W, and Arthur Green.

'@#!* I'm pretty sure I dropped my lung here on the last lap.'

'That's odd she thought. I could have sworn I saw Dot Larsen run straight under this hurdle without even ducking her head.'

'On closer inspection, Lillian had to concede that, indeed, the grass did appear to be greener on this side of the Kaimais.'

'FYI Lillian - it IS ok for girls to go on top!'

This week's caption competition: Offers please!



Gordon enjoys the climb-clamber-slide?

Huge thanks this week to Don Willoughby and Kathy Keddle (aka Snappy Turtle) for reports and pics respectively. For news please don't hesitate to email tracey@biozone.co.nz