

PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER September 2009

PORT HILLS ATHLETIC CLUB

<http://www.porthills.org.nz>

Port Hills Athletic Club, PO Box 12-069, Beckenham.

Clubrooms: Hansen Park, Hawford Road, Opawa. Telephone: 337-1363

Contact names and Phone numbers

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Peter Watts	332-1964
XC & ROAD CLUB CAPTAIN (Jnr) ———	
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Sue Leadbeater	366-2376
SELECTORS	
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Glen Watts	332-1964
Les Woods	981-3581

Your Newsletter

Contributions for the next issue should be received by **18th October 2009**. Please **post** articles to PO Box 12-069, Beckenham; Or leave them in the mail box at the **clubrooms**; Or **email** (text only please) to one of the editorial team:

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NEWSLETTER ADVERTISING RATES

1/4 page:	\$10/issue;	\$100/year (11 issues)
1/2 page:	\$20/issue;	\$180/year
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Call Tom Jarman or John Caughley		

Uniforms

available from KAYE HARRIS, 39 Millhill Lane, Huntsbury, Ph 337-1495
Singlets \$35 (Jnr) or \$40 (Snr), Caps \$10,
Crop tops \$40, Shorts \$30 and Jackets \$75 or \$90.

Cover photo: Ayrton Shadbolt with his father
2nd, 8yrs & under, at Canterbury Road Champs

THE CLUB WEEK

This is intended as a guide to regular club activities for members and interested persons. **Please phone the contact numbers, as holidays or rather lack of regularly updated information may render the following misleading or inaccurate.**

MONDAY

4.15pm Children's Cross Country training, Halswell Quarry
Philip Chapman (322-4266).

5.00pm Variable workouts: Pete Watts (332-1964).

5.15pm Speed endurance: Diana Illston
(332-4911 - home or 027 4644-366).

TUESDAY

5.00pm Hill training run at Sign of the Takahe. Pete Watts

WEDNESDAY

9.30am Club Run, Hansen Park. Hill run/walk, All levels,
Glen Watts (332-1964).

5.00pm Training run: Pete Watts (332-1964).

5.15pm Speed endurance: Diana Illston
(332-4911 home or 027 4644-366).

THURSDAY

5.00pm Training run: Pete Watts (332-1964).

FRIDAY

9.30am Club Run: Hansen Park. A flat run/walk or cycle –
all fitness levels. Graham White (322-7147).

SATURDAY

2.00pm Club Run. Queries: Pete Watts (332-1964).

SUNDAY

7.30am Training run: Pete Watts (332-1964).

COMING EVENTS

NB Check the Sports Draw in Wednesday's Press

September

26 th	2pm	Club run/walk,	Rangiora
	2pm	Club Road Champs,	Rangiora
Actual venue to be advised. Please bring a plate			

October

3 rd	2pm	Club run/walk,	Hansen Park
	2pm	4x1600m relay,	Hansen Park
Please bring a plate			
From 4pm: Winter Season Presentation & sausage sizzle			
10 th	8.30am	Takahe – Akaroa Road Relay	
Duty Club end of lap 8 - Contact Glen			
12 th	5.45pm	Junior T&F opening	Hansen Park
13 th	5.45pm	Junior T&F opening	Hillmorton H.S.
17 th	2pm	Club run/walk,	Hansen Park
18 th Sun	8am	Crater Rim	St Martins School
19, 26 th	5.45pm	T&F Club night	Hansen Park
20, 27 th	5.45pm	T&F Club night	Hillmorton H.S.
24 th	2pm	Club run/walk,	Hansen Park
	2pm	8k Handicap,	Hansen Park
31 st	2pm	Club run/walk,	Hansen Park

PRESIDENT'S PARLANCE

Well in spite of the summer like weather we still have a plethora of winter events to complete before we launch into the summer programme. Some of these require maximum participation, such as the Takahe to Akaroa relay, the Corporate Challenge and the Crater Rim Challenge.

First up is the Takahe to Akaroa relay, always a big event, but this year its even bigger as it doubles as the NZ Road relay Championships, so there will be lots of out of towners striving for the grand prizes. Of course we have teams participating, but we are also duty club at the finish, so we need volunteers to help out – contact Glen Watts if you would like the pleasure of seeing exhausted competitors gasp over the line. This is actually after the club end of season event on the 3rd of October, so don't get too wound down at this as the big one is a week later (10th) !

Then on the 18th of October we have one of the club's flagship events, the Crater Rim Challenge. The club, principally in the form of the dynamic Jago duo, runs this as an increasingly successful event, raising a significant amount for club funds. If you really enjoy the exhausted finishing gasp syndrome, you must turn out for this as the finish is usually more exhausted than the Takahe to Akaroa. The competitors run from St Martins School up to the summit road, then along to the Sign of the Kiwi and back, though some of the more deluded run further on before returning, to make it a half marathon. To make it all work and be successful we need lots of helpers, mainly to marshal along the route, which, for the uninitiated, consists of pointing those building up to exhaustion in the appropriate direction, as they lose all sense of direction and vision, as well as offering words of encouragement, such as "Well done, keep it up, its still Sunday, you've got some daylight left." This relaxing job (relaxing? – well any job that consists of watching others exhaust themselves has got to be relaxing) requires no skill, but a lot of people of all persuasions, that is summer and winter athletes and parents, not just the mud running aficionados. Please ensure you help if you can, as the funds raised benefit all in the club.

Later, at the beginning (4th) of November, is the Corporate Challenge, where the club sets up and marshals for the organisers of this event, another chance to see the exhaustioners again, this time company teams of all shapes and sizes running around in a debilitating team building effort. Again the club does very well financially from this, so again we need volunteers to do the "Well done, keep it up....." well by now I don't need to tell you, you've got it off pat. But we do need the presence of all persuasions, junior or senior,

summer or winter to make it a success.

Then on the 12th & 13th of October Summer is really here with the first Track & Field club nights at Hansen Park & Hillmorton High School. Again we need lots of help, but of the summer persuasion, and you learn something different to the "well done, keep it up....." patter. We cannot run these events without parent support, even if it is just recording results against names at events, or raking a sandpit. If we don't get the help, events are cancelled, so if you are able please stay around and help – we will ensure you are instructed as to how easy it all really is. If you are really keen, the club sends those wishing to enlarge their knowledge on Athletics NZ coaching courses, as long as you are prepared to coach at the club. But hurry to get your name in to me, as the courses are on the 26th & 27th of September and the 3rd of October.

So as always in the life of the club it's a busy month, with a lot of work being put in by a lot of people. It would be great if you were one of them. Have fun!

GEORGE EDWARDS

CLUB CAPTAIN'S REPORT

Hi Members,

Here we are again and well into the road section of the winter programme with just two major relays to come, these being Round the Gorge in Timaru and Takahe to Akaroa. Please put your name in the race book for T-A by Saturday 19th September as this closes 3 weeks prior to the event.

What Has Happened So Far – Port Hills teams were first across the line on handicap in both the youngies and the "oldies" Riverside relays. Well done to both teams – the adults one certainly had to deal with a lot of last minute shuffling. The MW team were 3rd, only one minute from first place and 20 sec from 2nd. Overall our members are performing very well with some good times being recorded.

For the Greta Valley Relay we had four teams taking part on a warm spring morning. The MM team were first across the line again in what was a very strong team. Our MW team also ran well with good times recorded. Just a pity there were not more teams to compete against overall.

The Canterbury Road Champs were held at Spencer Park on a new circuit. This was not one of our best days results wise for our MM but the MW kept the flag flying. There were some pleasing performances as you will see in the results. Well done to you all.

Tuesday hill training runs will be from the Sign of the Takahe, for the Summer season.

That's it for now – keep up the good work.

Pete Watts

End of Winter Season

3rd October

- 2pm Hansen Park.
Main event: **4x1600 metres Handicap Relay**
Please bring a plate for afternoon tea.
- 4pm **Youngies Winter Presentation**
Followed by a sausage sizzle
- 6pm **“Oldies” Winter Presentation**
Followed by BBQ 7.00 – 7.30
then a social evening

As sausages & salads will be provided, we need to know numbers for catering, so please contact Peter / Ray 3411154, rayma_k@xtra.co.nz
Or Pete / Glen 3321964, wattsinaname@clear.net.nz
by 30th September

Takahe-Akaroa Relay

10th October

We are duty club at the end of lap 8 this year and we need some helpers to act as officials.

We have a really good time as well and the pay is great! – I’m sure I have your attention now!!! Please give me a ring on 3321964 or email to wattsinaname@clear.net.nz,
by 3rd of October.

Glen Watts

CORPORATE CHALLENGE

November 4th: Wednesday

Again we need helpers. This is another big fund raiser for the club so if you can spare a few hours or so from 5pm please ring Glen 3321964

or email wattsinaname@clear.net.nz

SUMMER TRACK & FIELD

FOR ALL AGES 7 YRS* and ABOVE

Junior Opening Nights

Monday 12th Oct 5.45 – 7.15 pm
Hansen Park

Tuesday 13th Oct 5.45 – 7.15 pm
Hillmorton High School

Inter Club Opening Days

Seniors (15yrs plus) Saturday 17th Oct
1.00pm QEII Park

Juniors (7-14 yrs) Saturday 24th Oct
9.00am QEII Park

Juniors: Jodie O’Neil Ph 332 1553
Elizabeth Keenan Ph 322 1006

Seniors: Dave Riddell Ph 337 0200
George Edwards Ph 960 3993

* Younger children accepted, but they compete with 7 year-olds.



Riverside Relay: Michael Smith to Len Millward

Club Polo Shirts

Orders for Polo Shirts can be made now. Please contact a Committee member (see p.2 for phone numbers) if you would like to purchase one.

Prices: children’s sizes 4 to 16 – \$30
adult sizes Small to 2XL – \$35

Club caps for sale \$10 – see Glen Watts



NEW LIFE MEMBERS

GRAHAM WHITE

Graham joined the former St Martins Athletic and Harrier Club in the winter of 1980 at the ripe old age of forty nine. He quickly established himself as a loyal club member and after a few years joined the committee for a year and progressed to vice president for four years and president for one.

He later joined the Wednesday morning group, doing his best to encourage young mums and others to have a go at some racing. A few years later a Friday morning group started up and Whitey duly took charge and with his unflappable way and gentlemanly manners, was a hit.

Whitey has many achievements under his belt and still holds Canterbury Masters records in M55 age group of 2.20 for 800metres and 1500 metres in 4.51. He has also run the Abel Tasman and Kepler well before it became fashionable to race them, plus many other long distance off road races.

As with most people, age has taken its toll and creaky knees has ruled out running and to some extent a lot of walking, so now biking has taken over. Rumour has it that he is a

demon on the downhill! He has been a member of the club for 29 years.

Note also must be made of his wife Janet, who has supported Graham and the club over the years.

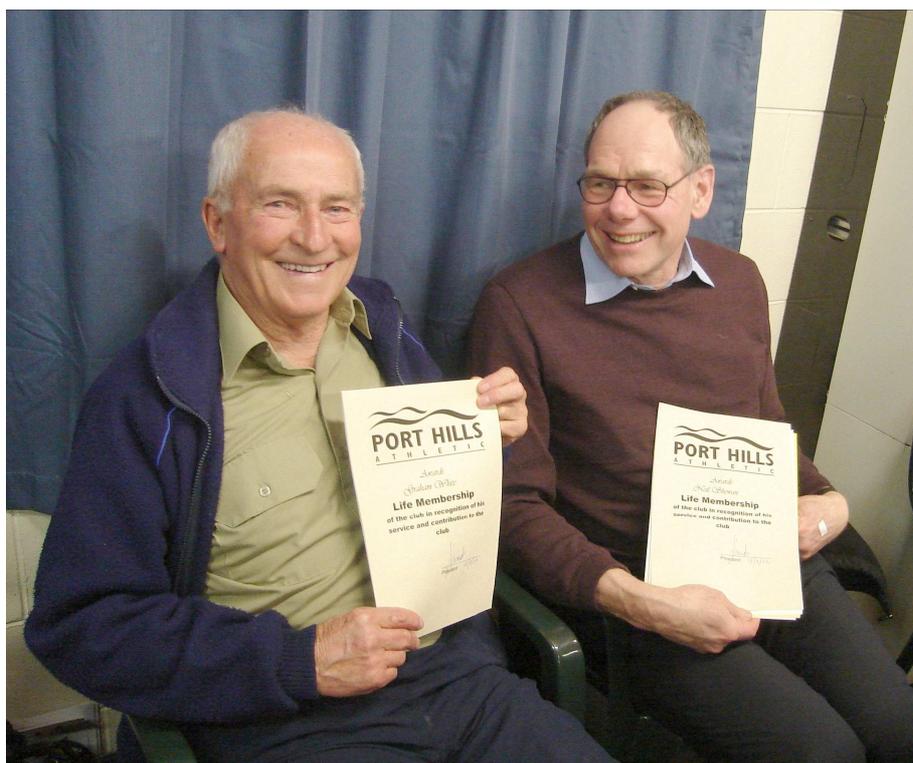
NEIL SHEWAN

Neil Joined the St Martins Athletic and Harrier Club in 1986 with his daughter Heather and son Glenn. He was involved in children's athletics, serving on the club committee from 1987-96 and helping out on the Monday night meets at Hansen Park as well as putting in many hours at on Saturdays at QE2 and other venues.

He later joined the senior committee and took a stint of 8 years as secretary. A lot of time was spent in helping out with the merger of St Martins and Cashmere Hillmorton to become Port Hills.

Neil enjoyed his running, but injuries called a halt to that and for a while race walking took over.

Neil has always had a calm manner and has a great way of expressing his point of view without causing animosity.



Shoe Clinic
The Fitting Choice



CRATER RIM **ENTRY FORM** TRAIL RUN

SUNDAY 18 OCTOBER 2009



30km Trail Run – 8.00am
20km Trail Run – 8.30am

COURSE

30km Mt Vernon Farm Park Track to the Sign of the Bellbird via Rapaki Valley, Rapaki Track and the Crater Rim Tracks and return.

20km As above to the Sign of the Kiwi and return.

ENTRIES

This is an Athletics New Zealand Sanctioned Event.
Entry is open to registered and non-registered competitors,
18 years of age and over.

Trail run: \$25.00 non-registered
\$15.00 Athletics NZ Registered

*Entries close Monday 12 October 2009 with the Secretary,
Port Hills Athletic Club, PO Box 12-069, Christchurch*

LATE ENTRIES

Late entries on the day up to 30 minutes prior to each event start
Entry fee as above plus \$15.00.

START / FINISH

St Martins Primary School, Albert Terrace, St Martins

Performance Prizes, Spot Prizes & Our Famous Morning Tea

Race Director Kevin Jago Phone: (03) 980-2457 [Email: bkjago@paradise.net.nz](mailto:bkjago@paradise.net.nz)

SHOE CLINIC
CRATER RIM TRAIL RUN
SUNDAY, 18 OCTOBER
HELPERS NEEDED !
TO ASSIST AT DRINK STATIONS
AND MARSHALL THE COURSE
Phone Kevin or Bernie
980 2457

This year is the 9th running of the Trail Run and each year it is great to have the support of the club members helping on this popular event. We have had a good response in past years and we value the support of club members with this event. If you are able to help, please contact Kevin or Bernie Jago on the above number or email bkjago@paradise.net.nz.

Chucka's Run

SUNDAY 1 NOVEMBER

Hi all as in the past two months in the newsletter my run will start with us all meeting at Hansen Park aiming for a departure time of 8.00am and heading off to our starting point of Hilltop Tavern via a stop at Little River. We will then set off on our journey along the road for about 100m and then turn left into a nice little track through a couple of rocks until you come out above the treeline, from which we have a regroup and head over a style and onto a wide track to start our way along the tops towards Mt Herbert.

At this point we will probably split into a couple of packs and continue onwards. When we get to the top of Mt Herbert there is two directions to choose from one going down to Diamond Harbour to finish near the shops or domain depending on where the driver of the bus has parked and this distance is about 32km. Bring some money in case you want to buy an icecream.

The other choice is a little longer from which you go past the Mt Herbert Shelter and turn to right as opposed to the left in previous years as I have been told the back of Mt Bradley is gorse so we have to go around the front to get to the Packhorse Hut and this way will be approx 37km. When you get to the hut wait for your pack and then continue towards the summit of Gebbies Pass from which you turn left and run down the road for a couple of kms to the destination of the finish Teddington Tavern. There we will have a bite and something to drink. We will be heading back to Hansen Park for an arrival of 5pm and please do not forget to bring warm gear and water for the journey.

If interested I would like to take names and money, which will cost \$25 per person. I can be contacted at chucka@clear.net.nz or by phone at these numbers 9808395 and 0273587153. Chucka

WANTED
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Small size to fit 14yr old girl
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or cell ph. 021 1519780

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Mobile: 021 1416744
1/27 Boon St, Beckenham,
Christchurch



Riverside Relay: Becky from Heather

Shoe Clinic

CORNER

Shop 120 Westfield Mall, Ph 348 0841
230 High Street, Central City, Ph 3779004

With spring having arrived and a hint of better weather, things are about to get very busy at Shoe Clinic. With this time of year many people can no longer use the 'bad weather, too cold' excuse so this sees more runners out on the streets.

We are also looking forward to a number of events coming up which include next month's Shoe Clinic Mizuno Crater Rim Trail Run, Novembers Shoe Clinic Flagpole Run Up and the Shoe Clinic adidas ½ & ¼ marathon.

As always don't forget your **Porthills club discount**, our **advantage club points** and remember we just don't sell running shoes. If you need casual shoes, summer sandals, comfortable shoes for work, **ice breaker apparel**, drink bottles we are your one stop shop with great friendly service.

Until next month, happy training.

Shaun, Kevin and the Shoe Clinic Team.

INTRODUCING
BACK TO BACK AWARD WINNING
GEL-Nimbus 11



ASICS HYPER ROCKET GIRL 4



Women's specific spike for the female athlete who seeks the feel of a sprint shoe with cushioning of a distance shoe. Ideal for middle to long distance, jumpers and hurdlers



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An entry level spike suitable for a range of events from 400m through to 5000m, including jumps and hurdles.

NEW THIS SEASON



ARABESQUE WOMENS

SUMMER SANDALS

NEW RANGE NOW INSTORE



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Canterbury Road Champs

22nd August, at Spencer Park

An interesting new course at Spencer Park drew mixed comments from many competitors. The 6 dnf from PH on this testing wee circuit was surprising, but then, I wasn't running it!

I must say that from a spectator's point of view, it was great, although the inconsiderate attitude of some of those going from A to B left a bit to be desired.

I saw many people wandering across the circuit as runners were doing another lap. Bad Luck of the day would have to go to Dave Burne who got carried away as he started to go into his last lap, hesitated, and thought maybe I'm supposed to finish, so turned around and surged through the shute while I'm screaming my lungs out "NO DAVE" to no avail. Never mind DB – next time. For those who are saying he should have looked at his watch – he doesn't wear a watch.

Fiona churned out another 2nd, Gary 4th, "Bullet" Brostow is steadily improving ,Barry is turning out some consistent performances and Hugh ran out of his socks!

The youngies again had a 1st by Frances, 2nd by Maddy and 3rd by Braeden and Ayrton was as pleased as punch with his 2nd place medal. The Johnston and Clarke families were there in force and all running as fast as their legs could carry them – well done kids – you all looked great.

MW 5k

2nd 19.43 Fiona Gilroy
11th 21.17 Maree Greig
13th 21.33 Robyn Daly

SM 10k

11th 34.08 David Ridley
23rd 39.16 Kieron Berry

MM35-49 10k

4th 33.15 Gary Mclroy
15th 37.01 Steve Adams
30th 39.34 Tony Kinrade-Emmerson
31st 40.16 Mel Orange
39th 45.08 Louis Jensen
46th 48.19 Paul Johnston

MM50+ 10k

6th 38.41 Barry Finch
19th 41.38 Dave Brostow
22th 42.20 Hugh Conly
26th 43.50 Len Millward
33rd 46.13 Brent Mahony
35th 46.22 Terry Warren
37th 47.26 Jos Galavazi
45th 50.16 Tim Cheeseborough
47th 50.43 Jamie Houston
48th 51.47 Wahren Hensley
49th 52.43 John Caughley
55th 56.42 Allan Gardiner
56th 56.51 Stan Gawler
58th 60.47 Brian Keown

B13/14, 4k

3rd 15.18 Braeden Botica

G9, 2k

5th 8.33 Louise Daly
20th 10.37 Holly Johnston

G10, 2k

5th 8.50 Tayla Clarke

8&U, 2k

2nd 8.29 Ayrton Shadbolt

B9, 2k

8th 9.33 Joshua Clarke

G12, 3k

1st 11.39 Frances Daly

G14, 3k

2nd 11.50 Maddy Vardy
5th 14.17 Kirsty Taylor

B11, 3k

8th 14.02 Corey Johnston

B12, 3k

9th 13.35 Isaac Johnston

Notes from the field: Canterbury Road champs

The Canterbury Road Champs were held at Spencer Park on Saturday 22 August 2009. The on-road course had various grades and distances of 2km to 10km. The course is relatively flat and athletes do several loops depending on their grade's distance.

The day dawned bright and sunny which made for a good event for spectators and competitors alike. No doubt this was boosted by the mobile coffee cart which is making an appearance at events.

Port Hills had a good field at the start lines, though some did pull out due to injury. The results appear above in the newsletter or on-line. Well done to our athletes who competed.

Thank you to Methodist and New Brighton for a well-organised event.

Heather McKenzie



Stan, Brent, Wahren, Louis

Riverside Relays

29 August from Cashmere Club

There were lots of good results from both relays, which were held on a warm spring day on a 2.5k river circuit from the back of the Cashmere Club. The youngies mixed team were first across the line as were the MM2 team. Good effort folks. Tayla took out fastest time in G10 grade, Maddy and Braeden both 2nd fastest, while Benjamin and Sean ran well for their 3rd fastest. The adult race later on produced another fastest time for Fiona and Gary a creditable 5th. Individual times would have seen some close finishes if the race had been one on one. Take a look at the times of Barry and Kieron, Peter K and Fiona, Maree and Len.

Papanui TocH U16 Relay (HCP)

BOYS (finish, net times)

B1: 11th 58.17, 44.17

- 9.32 Braeden Botica
- 10.45 Isaac Johnston
- 11.27 Rory Swanson
- 12.33 Corey Johnston

GIRLS (finish, net times)

G1: 8th 55.46, 51.46

- 12.37 Dana Bingham
- 11.35 Tayla Clarke
- 13.48 Holly Johnston
- 13.46 Georgia Rutter

G2:: 10th 56.44, 43.44

- 9.55 Maddy Vardy
- 10.50 Kirsty Taylor
- 10.05 Stephanie Mathews
- 12.54 Ella Apps

MIXED (finish, net times)

Mx 1: 1st 53.40, 47.40

- 12.06 Joshua Clarke
- 11.42 Sean Swanson
- 12.15 Benjamin Carlile-Smith
- 11.37 Georgia Hendry

Riverside Relay (HCP)

MM1: 1st 2.09.02, 1.59.02

- 19.31 Michael Smith
- 21.37 Len Millward
- 29.09 Kevin Knight
- 25.11 John Caughley
- 23.34 Tim Cheeseborough

MM2: 10th 2.15.23, 1.33.23

- 18.41 Barry Finch
- 19.48 Peter King
- 20.18 Nick Rutter
- 18.12 Phil Forde
- 16.24 Gary Mcllroy

MW1: 3rd 2.14.14, 1.28.18

- 19.50 Fiona Gilroy
- 20.59 Bernie Jago
- 21.32 Maree Greig
- 22.53 Maureen Averill

SM1: 2.14.54, 1.48.54

- 18.40 Kieron Berry
- 21.15 Chris Arnold
- 19.59 Dave Brostow
- 19.55 Phil Chapman
- 19.05 Tony Kinrade-Emmerson

SM2: 18th 2.27.44, 2.06.44

- 25.33 Heather McKenzie
- 25.15 Becky Smith
- 20.08 Louie Jensen
- 32.26 Stew Hill
- 23.02 Terry Warren

Notes from the field:

Under 16 and Riverside Relays 2009

The Riverside Relay 2009 was held on Saturday 29 August 2009 beneath sunny skies. The event incorporates the Papanui Toc H Under 16 Road Relay and attracted a good crowd. Both events use the same course beginning from behind the Cashmere Club.

The Under 16 Relay was the first event. Competitors ran in teams of four, each doing one lap of 2.5km. This event was handicapped. Port Hills had several teams in this event, well done to our young athletes.

The Riverside Relay was also handicapped with the mens teams having five runners doing 5km each, while the womens teams had four running 5 km each. Port Hills enjoyed a good turnout and well done to those who competed. We had some very good placings and some very tidy 5km times.

Thank you to ChCh High School Old Boys-United and Christchurch Avon for organizing the Riverside Relay; and to Papanui Toc H for organizing the Under 16 event.

Heather McKenzie



Great running at the Greta Relay

5 September

A superb team performance saw Port Hills masters men take line honours in the Greta Valley Marathon Relay.

Len Millward got the team off to a flyer by quickly taking the lead among the six teams in grade three. Anyone who thought he might have gone out too hard, too early was proved wrong when he finished his lap more than a minute and half in front of the next team.

Peter King loped away on the next lap, building the lead and maintaining a steady pace despite a couple of undulations followed by a steep climb up a 1km hill.

Phil Chapman, nursing a cold, put in a stoic effort to clock 32min 43sec over his 7.5km leg.

Rod Vardy, who had raced 70m a week earlier, showed no sign of fatigue as he attacked the longest lap of the relay - 8.2 km over gravel through three sharp gullies, some undulations and an uphill finish.

By now the team had caught the stragglers among the teams off earlier handicaps, and Steve Adams made short work of the rest. Steve raced to a master's record on his 8km lap over five steep roller-coaster hills.

Hugh Conly ploughed up a couple of sharp rises, then earned full marks for showmanship with an arms-in-the-air victory flourish on the finish line.

The team's overall time of 2hr 56min 3sec was well under the target of three hours.

It was triumph from start to finish for Port Hills.

Grade 1:

<u>MM2</u>	<u>4.05.15</u>
27.23	Stew Hill
47.14	Bob Fye
45.41	John Conly
40.11	Brent Mahony
44.45	Wahren Hensley
40.01	Pete Watts

Grade 2

<u>OM</u>	<u>3.28.45</u>
18.57	Maddy Vardy
39.43	Tom Reihana
34.59	Heather McKenzie (record)
43.07	Terry Warren
40.04	Chris Reeves
32.55	Wendy Fox-Turnbull

Grade 3

<u>MM1</u>	<u>2.56.03</u>
18.31	Len Millward
32.18	Peter King
32.43	Phil Chapman
35.47	Rod Vardy
29.17	Steve Adams (record)
27.27	Hugh Conly

<u>MW1</u>	<u>3.18.00</u>
21.21	Christine Bycroft
33.14	Bernadette Jago
35.32	Pauline Poore
42.02	Karen Casey
35.48	Loris Reed
30.03	Lisa Buckler

NEW ZEALAND ROAD CHAMPS

Dunedin, 5th September

SW 10k Road Walk

2nd 53.58 Kate Newitt

MW65 10k Road walk

1st 75.48 Ann Henderson

MM40 10k

4th 33.13 Gary McIlroy

MM50 10k

4th 36.56 Phil Forde



Canterbury Road Champs: Mel, Dave and Phil



Kevin ahead of Gary ?