

PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER December 2010

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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TREASURER Dave Kennedy	942-2222
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XC & ROAD JUNIOR, CLUB CAPTAIN Paul Johnson	332-1894
T & F CLUB CAPTAIN George Edwards	960-3993
T & F JUNIOR, CLUB CAPTAIN Sue Leadbeater	366-2376
SELECTORS Kevin Knight	358-7220
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Les Woods	981-3581

Your Newsletter

Contributions for the next (February) issue should be received by **20th February 2011**. 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
Full page: \$35/issue; \$350/year

Call **Tom Jarman** or **John Caughley**

Uniforms

Adult's: available from Faye Fyfe, Ph 942-3366
Singlets \$40, Crop tops \$40, Jackets \$90.
Children's: from Sue Leadbeater, Ph 366-2376.

Cover photo: Larissa McKewen, Canterbury Primary Schools' Shot Put record breaker. (This record was 11 years old!)

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

5.00pm Club coaching, 12 yrs & over, Hansen Park
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: Pete Watts (332-1964).
5.30pm Club night, Hillmorton High School., till 14th Dec

WEDNESDAY

9.00am Club Hill run/walk, All levels. Venues on page 4.
Glen Watts (332-1964).
5.00pm Club coaching, 12 yrs & over, Hansen Park
5.00pm Training run: Pete Watts (332-1964).
5.15pm Speed endurance: Diana Illston
(332-4911 home or 027 4644-366).

THURSDAY

5.00pm Club coaching, 7-9 yrs, Hansen Park
6.00pm Club coaching, 10-11 yrs, Hansen Park
5.00pm Training run: Pete Watts (332-1964).

FRIDAY

9.00am Club flat run/walk or cycle. Venues on page 4.
Glen Watts / 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

Track & Field

December

11-12th NZ National Sec Schools Champs Hastings
18th 1.30pm Canty Combined Events Champs QE II
18th 1.30pm Interclub QE II
19th 11am Canty Comb Events Champs day2 QE II
19th 11am Masters Pentathlon QE II
29th 5.30pm Twilight Interclub meeting QE II

January

9th 9.30am Mid/South Canty Open Meeting Timaru
14th-16th South Island Colgate Games Dunedin
15th 1.30pm Interclub QE II
22nd Grade 14, 15 Intercentre Teams Meet Dunedin
22nd Sylvia Potts Classic Hastings
25th Cooks Garden Classic Whanganui
28th Capital Classic & Nat 3000m champs Wellington
29th Interclub Venue to be advised

Continued on page 3, 2nd column

President's Words

Maybe it is part of getting older but this year has definitely gone quicker than any that I can remember.

For me personally, 2010 will be a year of continuous annoying injuries and running a marathon for the first time in 13 years in what seemed like arctic conditions.

Hopefully, from an athletics point of view, you have good memories of the year gone by.

Hopefully 2011 will bring more success and certainly as a club, we will be aiming for greater things as we move forward.

I would like to thank all our members, young and old, for their input and effort over the last twelve months, especially those committee and non committee members, who regularly assist in the day to day running of the club.

The elected committee will endeavour to make our club the best it can possibly be, although some of the challenges may be tough and may require some patience.

Please feel free to discuss ideas that you may have, as I am always more than happy to listen.

Keep up the training over the festive period and for those who are old enough, don't drink too much!

If you are on the booze, make sure you invite me!!

Have a great holiday period, a wonderful Christmas and a very Happy New Year.

Gary McIlroy
President

COMING EVENTS

Cross-Country & Road

December

- 18th 2pm Christmas run/walk Alison and Gary's
32a Tuckers Road, Redwood
Please Bring A Plate— BBQ later BYO.
- 25th 7.30am Christmas Day run/walk Ray and Peter's
7 Palazzo Lane, Riccarton
Please bring Christmas nibbles.

January 2011

- 1st 2 pm Club run/walk John & Sandra's
45 Heberden Av, Sumner Ph 326-7586
- 3-7pm BBQ, BYO John & Sandra's
- 8th 2pm Club run/walk Hansen Park
- 11th, Tue 5.30pm Shoe Clinic/Adidas 5k series #1
Hagley Park
- 15th 2pm 6k Points Race #3 Hansen Park
- 18th 5.30pm SC/A 5k series #2 Hagley Park
- 22nd 2pm Club run/walk Hansen Park
- 25th 5.30pm SC/A 5k series #3 Hagley Park
- 29th 2pm Club run/walk Hansen Park
- 10am Rovers 10k Halswell School

February see next column.

Track & Field Club Captain's Report

The season has continued successfully with good numbers turning out on Saturday afternoons with good success across the field. Many of these have been in intensive training for the NZ Secondary Schools Championships in Hastings on the 11th & 12th of December, where the club should have eight members representing their various schools.

It was good to see a number of our older members turn out for the 10,000m on the track, including our erstwhile president who came in second.

The Monday and Wednesday coaching evenings have been well attended, and it is great to see the turn out of younger athletes on Thursday nights at Hansen Park, and the great job the coaches are doing with them.

As well as the secondary schools event there is also the Canterbury Combined events championships coming on the 18th & 19th of December, and Nicole Messman has been training hard for these and competing for as many events as possible on a Saturday.

While Christmas is looming, the training will continue, especially with the younger group who have the Colgate Games in January in Dunedin.

There was to be an interclub meeting in January at Hansen Park, due to QEII being used for the IPC World Championships, but this is now in abeyance due to our earthquake damage, and loses us an opportunity to show off our facilities to the sport. Later in January there are a series of Classic GP meets in the North Island while the IPC World Championships are on, culminating in Christchurch's own International Track Meeting at the end of February. The next few months are certainly going to be busy for our athletes, and we wish them all the best in their endeavours.

George Edwards

COMING EVENTS

T&F and XC&R

February

- 1st 5.30pm SC/A 5k series #4 Hagley Park
- 5th Interclub, incl Canty Masters 3000m Champs QE II
- 5th 2pm 8k Points Race #4 Hansen Park
- 8th 5.30pm SC/A 5k series #5 Hagley Park
- 12th 1.30pm Interclub T&F QE II
- 12th, 13th NZ Combined Events Champs Tauranga
- 12th 2pm Club run/walk Hansen Park
- 12th 8.30am Buller Marathon/Half Marathon Westport
- 19th Interclub, incl Canty 3000m Champs QE II
- 19th 2pm Club run/walk Pete's and Glen's
31 Dunn Street Somerfield
Please bring a plate.

WED/FRI HOLIDAY RUN/WALK 2011

All runs/walks start at 9am.

Bring a flask and goodies (or something more exotic if you prefer).

DEC 2010

- 29th Wed Captain Thomas walkway,
Wakefield Ave, Sumner.
31st Fri Pioneer Stadium, Lyttelton St,
car park near playground.

JAN 2011

- 5th Wed Halswell Quarry,
far car park if open.
7th Fri Matai Street East, Riccarton,
near Girls High.
12th Wed Victoria Park, main car park.
14th Fri Rawhiti Domain, Keyes Road,
New Brighton club rooms.
19th Wed McCormacks Bay Road,
Redcliffs, nr Glenstrae Road.
21st Fri Horseshoe Lake, Reaby Street,
off Queenspark Drive, Shirley.
26th Wed Sign of the Bellbird,
right at Kiwi, about 2k on.
28th Fri Curletts Reserve, Warren Cresc
(near 100), Hillmorton.

FEB 2011

If the kids are NOT back at school, do the following,
otherwise its Hansen Park (**9.30 am**)

- 2nd Wed Taylors Mistake.
4th Fri Canterbury University,
Clyde Road, 1st car park right.

Glen Watts (Ph 332-1964)

TRACK & FIELD COACHING AT THE CLUB

The club has a number of coaches who help our athletes at the club in various sessions we run. We could always do with more and are able to ensure you are properly trained for the rewarding job. We all started as parents of athletes, who wanted to know more and thus progressed through courses and experience to what we have today. So don't be diffident in volunteering to become more expert in the sport, you wont regret it.

Running through our list of stars:

Dave Riddell – Dave has been coaching for nearly twenty years, and is also on the committee as Vice President. He is a qualified Athletics NZ Level I coach, and has partially completed his Level II Sprints qualification and done a Coaching NZ sports science course. He and his wife, Trish, ran the Monday club night at Hansen Park for a good number of years, and he is now running the coaching nights for older junior athletes on Mondays and Tuesdays at Hansen park. Dave specialises in sprints and hurdles, but can coach most events. Dave has coached a number of athletes to Canterbury titles.

George Edwards – George has been coaching for twenty years, initially with children, but now mostly with older athletes. He is the immediate past club president and currently Senior Club Captain. He is a IAAF Level II Coaching Lecturer, Athletics NZ Level I coach, and has partial Level II qualifications in High Jump, Long and Triple Jump, Sprints, Hurdles, Shot & Discus. He has been on the Athletics Canterbury Executive, and was the Athletics Canterbury Coaching Coordinator for fifteen years. He currently Tutors Level I High Jump, Long & Triple Jump and Basic Athletics courses, and is a qualified Run Jump Throw tutor working in Primary schools instructing teachers.. Currently he coaches a number of athletes from teenage to senior status in High Jump, Long Jump and Triple Jump, but has coached Middle distance with success, and can also dabble in sprints and throws. He assists Dave on Monday and Wednesday nights, as well as his own group of high performance athletes. He has coached athletes to provincial and national titles, and even one to an Oceania title.

Nick Leadbeater is a qualified Athletics NZ Level I coach, specialising in throws. He has been coaching for several seasons and his athletes have achieved success at provincial level. He currently helps on Mondays and Wednesdays at Hansen Park, as well as Tuesday clubnights and the Thursday coaching night. He has almost completed his Level C officials qualification in throws, and is in charge of the shotput on Saturday mornings.

Elizabeth Keenan has nearly completed her Athletics NZ Level I qualification, and is also the Coordinator for Tuesday Club nights at Hillmorton High School. She is currently taking a special interest in Run Jump Throw activities on the clubnights. She has nearly qualified for her Level C officiating in track.

Paul Johnston has partially completed Athletics Level I qualification in Middle Distance and Cross country, and is currently on the club committee as Junior Cross Country & Road Club Captain. He coordinates the junior cross country group in winter and coaches on Thursday nights in summer.

Joe Barratt is a qualified Athletics NZ Level I , and partial Level II Long and Triple jump coach. For many years he has run the Long Jump on Tuesday club nights and assisted with coaching Long Jump. He is a past club committee member of many years standing and Life Member of the club.

Shirley Peterson has been helping, coaching and assisting at the Long Jump on Tuesday clubnights for as long as anyone can remember. She won a silver medal at the 1950 Empire Games in Auckland, in the 4x100 relay, and still competes at Masters events , holding many New Zealand and world age group titles and records. She is a wonderful example to younger athletes as to what can be achieved with dedication and careful training.



PORT HILLS CHRISTMAS MORNING RUN

YOUR ONLY CHANCE EACH YEAR TO RUN THROUGH THE CENTRE OF THE CITY WITHOUT WORRYING ABOUT THE TRAFFIC

We will be having our regular Christmas Morning run from Ray & Peter's at 7 Palazzo Lane, Riccarton.

Start time is 7:30 am and we will be "running" at a very sedate pace for about an hour before returning to Palazzo Lane for bubbles and a little Christmas breakfast so BYO whatever you want to eat or drink. There is also a walking option so all are catered for. Everyone is welcome.

Parking is very limited in Palazzo Lane so please leave your cars on Deans Ave. If you need any further information call Peter or Ray at 341 1154.

SHOE CLINIC ASICS 5K SERIES 2010

11th Jan, 18th Jan, 25th Jan, 1st Feb, 8th Feb

5 K i l o m e t r e R o a d R a c e S e r i e s
E a c h T u e s d a y E v e n i n g

Start in North Hagley Park opposite Ayr St.

Children 5:30pm

Athletics NZ Registered Runners 5:45pm

Fun Runners 6:15pm

Recreational Walkers 6:15pm

Entry \$5 (Children free)

Entry on the evening at least 30 minutes before start

Info: Shoe Clinic 377 9004 or 348 0841,

Peter King 341 1154, Peter Watts 332 1964



As Advertised on www.eventfinder.co.nz

A Port Hills Athletic Club Inc.

Fund Raising Promotion

This is an Athletics New Zealand sanctioned event and is to be held under the Rules of Athletics New Zealand



**2011
TRACK AND FIELD
CLUB CHAMPIONSHIPS**

HANSEN PARK

9.30AM SUNDAY

FEBRUARY 13TH

*** HAMMER THROW 9.00 AM START ***

**SAUSAGES ON THE BBQ WILL BE
PROVIDED WITH A LOLLY
SCRAMBLE AT COMPLETION OF
EVENTS**

**OPEN TO ALL FINANCIAL
CLUB MEMBERS**

::::: PLEASE NOTE :::::

**800 METRE WILL BE RUN AT
HILLMORTON HIGH
SCHOOL AT 7.00PM ON
TUESDAY 7th FEBUARY**

*** GRADE 10 AND OVER ***

**1500 METRE WILL BE RUN
AT HILLMORTON HIGH
SCHOOL AT 7.00PM ON
TUESDAY 15th FEBUARY**

*** GRADE 10 AND OVER ***

STOP PRESS!

**NZ SECONDARY SCHOOLS
NATIONAL ATHLETIC CHAMPIONSHIPS,
11 & 12TH OF DECEMBER, HASTINGS**

The biggest athletic meeting in New Zealand has just been completed in Hastings on the new track. This is probably the most fiercely competed event also as results show. The club had five athletes competing for their schools, some for the first time. Busiest was Jess O'Halloran, who was fifth in the Senior girls 100m quarter final, and fifth in the Senior girls 400m quarter final. However her St Margarets senior girls 4x400m relay team struck gold.

Hannah Keenan was in outstanding form in the Senior Girls triple jump coming third in a personal best of 11.38m, a 0.50m improvement on her previous best.

In the throws Nick McGrath felt the pressure of the competition with a 13.94 shotput in the Senior Boys event giving him 13th place behind Jacko Gills 23.06m record breaking put. Nick also made 11th in the discus with a 41.05 throw.

Two newcomers, Ryan McKessar & Ben Watts found the competition tough in the Junior Boys throws. Ben came a creditable eighth in the javelin with a heave of 40.88m, while Ryan was sixteenth in the shot with 11.78m and sixth in the hammer with 23.14m.

So a great meeting, and great experience for our athletes which should serve them well in future.



Right: Alice Clarkson—Shot put. ->

PORT HILLS ATHLETIC CLUB Summer Programme 2010—11

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
20th November	2 pm	Points race #2: 8 km	Hansen Park
27th November	2 pm	Club run/walk	Hansen Park
27th November	5 pm	Open/CMA 10000m Championships	QE II
4th December	2 pm	Club run/walk	Hansen Park
3rd, 4th, 5th December		SIM T&F Championships	Invercargill
11th December	2 pm	Club run/walk	Hansen Park
11th December	4.45 pm	CMA 5000m Championships	QE II
18th December	2 pm	Christmas run/walk. Please bring a plate, BBQ later, BYO	Gary & Alison's 32A Tucker's Rd Redwood
25th December	7.30 am	Christmas Day run/walk. Please bring Christmas nibbles	Ray & Peter's 7 Palazzo Lane
1st January	2 pm	Run/walk at 45 Heberden Av	John & Sandra's
8th January	2 pm	Club run/walk	Hansen Park
11th January (Tues)	5.30 pm	Shoe Clinic Asics 5k series #1	Hagley Park
15th January	2 pm	Points race #3: 6 km	Hansen Park
18th January (Tues)	5.30 pm	Shoe Clinic Asics 5k series #2	Hagley Park
22nd January	2 pm	Club run/walk	Hansen Park
25th January (Tues)	5.30 pm	Shoe Clinic Asics 5k series #3	Hagley Park
29th January	10 am	Rovers 10 km	Halswell School
29th January	2 pm	Club run/walk	Hansen Park
1st February (Tues)	5.30 pm	Shoe Clinic Asics 5k series #4	Hagley Park
5th February	2 pm	Points race #4: 8 km	Hansen Park
5th February	4.45 pm	CMA 3000m Championships	QE II
8th February	5.30 pm	Shoe Clinic Asics 5k series #5	Hagley Park
12th February	2 pm	Club run/walk	Hansen Park
12th February	8.30 am	Buller Marathon and Half M	Westport
19th February	2 pm	Club run/walk, Please bring a plate.	Pete & Glen's 31 Dunn St
19th February	1.30 pm	Canterbury O' 3000m Champs	QE II
20th February	9 am	CMA Track & Field Champs	QE II
26th February	2 pm	Club run/walk	Hansen park
26th February	7.30 pm	International Track Meeting	QE II
March and April		See next page	

PORT HILLS ATHLETIC CLUB Summer Programme 2011 continued

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
5th March	2 pm	Club run/walk	Hansen Park
4th, 5th, 6th, 7th March		NZ Masters Association T&F Championships	Hastings
12th March	2 pm	Points race #5: 6 km "Turkey Trot"	Hansen Park
11th, 12th, 13th March		Canterbury Open T&F Championships	QE II
19th March	2 pm	Club run/walk at Tim Cheese- borough's. Please bring a plate.	Diamond Harbour
26th March	2 pm	Club run/walk and Link Relay (near netball courts)	South Hagley Park
25th, 26th, 27th March		NZ Track & Field Championships	Dunedin
2nd April	2 pm	Club run/walk Winter Opening Day	Hansen Park
9th April	2 pm	Hagley Trials at Faye & Bob's. Please bring a plate.	108 Warren Cresc, Hillmorton
16th April	From Noon	Hagley Relays (near Armagh St gates)	South Hagley Park
16th April	2 pm	Club run/walk (same venue)	South Hagley Park
23rd April (Easter)	2 pm	Club run/walk	Hansen Park

CROSS-COUNTRY & ROAD CLUB CAPTAINS REPORT

Hi Members,

Well, this is the last newsletter for 2010, the next being in February, so I will wish you all a very Merry Christmas and a Happy New Year. I hope you keep your training up over the festive season.

To start the New Year off, we have our 5k series starting on 11th January, so if you can help, please contact Pete and Glen or Peter King - the phone numbers are in the newsletter (page 2, top left). Don't forget that this is an important fundraiser for our club and has helped pay for many people with trips away as representatives.

On the Track: the Canterbury 10000m Champs were held at QE2 recently, with Port Hills runners well to the fore in their age groups. See results elsewhere (page 11).

Training Nights: Monday and Wednesday – poor; Tuesday and Thursday – good numbers.

Goals for the New year: To target relay races with a big focus on the National Road Relay in Auckland in October. The aim is to get a squad together once a week to have a run together. We have to plan well in advance to get the cheaper airfares and accommodation. We will be looking at this in January.

Well, that's it for now – keep up the good work.

Pete Watts

2010 The North Face 100

The TNF 100..... the what? The North Face 100 k... where is that? The Blue Mountains Australia....

my mission for 2010 May 14th-15th

to finish the race..... Mission Complete

599 participants including 45 pairs and 550 solo ultra-runners met in Leura on Saturday May 15th at 7am in perfect Blue Mountains Autumn conditions. Competitors were set to undertake one of the most difficult 100km ultra-trail marathon events in the Southern Hemisphere: The North Face 100 is amazing not only do you run a 100K but you climb 4,200m in one day. . When telling people my mission they said when do you sleep? You don't its one day, oh.

I am going back to do the event again as it was one of the best organised events I've ever experienced and every checkpoint there was enough water and food to keep you going, so no need to take jelly beans from Pak n Save. Next year I would like to do the run in under 14 hours and go for the Silver belt buckle. This year I completed the race in 18 hours under the 20 hours to obtain the bronze belt buckle, which is really nice. There is a time limit of 28 hours ie you start at 7 am Saturday and the limit is 11am Sunday morning. Now that is silly anybody running for that amount of time! The winners this year completed the event in the record time of 9 hours 54 mins. A local guy and a Scottish guy ran around practically the whole course together then decided to run through the finish together... So if you're up for an amazing adventure please contact me and I would love to go over with a group for a long weekend, I also know how the event works and where to stay. Here is how the day panned out... the buzz of a Ultra Marathon .. not quite in the league of Lisa Tamatia, but still mission completed.

WOW so here I am standing on the start line of the longest running race I will do in my life, very emotional , 100 kilometres in one day. It normally sounds like a good idea until you get closer to the event, then you think again, what am I doing? Oh my god, can I do this? Oh well let's get on with it. I had had two very good runs in Sydney and felt strong (he says visiting a physio the day before the race day), anyway I am here now no time to chicken out. Mentally I was stronger than I have been in my life, and had split the run up into 5 Sunday runs but just a little bit further. I was sharing a house with two other guys, a Brazilian guy Rodero and Andy. Rodero wanted to do the race in less than 14 hours and Andy less than 12 hours..... me just to finish. The day of the race was a sunny and clear blue sky day, started off on the road and turning onto the track ... bit of congestion here which slowed things down but hey I am here to finish the race and it was good as I wasn't prepared for the tens of thousands of steps. Climbing up to the first checkpoint 17 K was great, one down and a four more to go. You don't see your support crew or your supplies until 54 K... I ran on after a feed and topped up my bladder backpack. The day was filled with chatting to people and I was just stunned by the Blue Mountains... and the "wow here I am doing my first Ultra!". Half way 54K... mmm hungry here so I ordered a

pizza which was not the quickest.. I ate half of the pizza, changed clothes and picked up my walking poles, soon to become very useful in the day. I headed off into the bush again to the next checkpoint at 67K Katoomba Oval heading back into the town. As it started to get dark so head torches on. The temperature was dropping... the Oval was a nice sight to see, a good cuppa tea here and a quick refuel. I managed to find a good group and we helped each other pushing and working together, I think that is what made one of the highlights of the TNF 100. Next stage was a killer 67K to 89 K drop down into the valley running past the famous 3 sisters of the Blue Mountain. 800 steps down in the dark.... Along the valley floor and then the 8 K climb straight up into the dark... mentally this was a mind blow, total and complete darkness. Thankfully I trained in the dark and this really helped. Running up Harry Ell in the dark and Rapaki, yip if you looked on the Port hills at night you might have seen me up there at 11 pm... mad but thank G I did.. The last checkpoint 89K only 11K to go .. I so wanted to stop! I had had a few dizzy spells, but just needed to stop for 5 and water and feed. 89 K so close and yet so far to go, ok so you think that 11K is only going to be what 1 hour 10 ish... the average runner takes 2 hours 30. I asked a woman at the start this and she just laughed and said "you will see" Well it was cold and there were a few people on the way that were broken down and destroyed. Andy, the guy from my house had blown out at half way... Here I am going to finish the race ... I pressed on to the Finish... it dragged as the k's were getting longer and longer with no sight of the finish as I turned the corner and there was the line. It was one of those moments you will never forget... MISSION COMPLETE 18 hours and 8 mins ..would have been quicker if I did not have a pizza...

What you have to remember about the TNF 100 is that it is one of those magical days... nobody take that experience and emotion away from you. You are the one that has completed the event and the memories will stay with you forever... So think about 2011 and I would love to have a group go over for a long weekend in Sydney and the Blue Mountains ... Please contact me Entries open Wednesday 1st Dec 10am Australian time...

Cheers, Kieron I would like to say thank you for support and what a great club you guys and gals are Looking at running the Sahara Desert October 2011 just need sponsorship on this one 7 days of running in the heat of the Desert. See www.4deserts.com/sahararace/ Lisa Tamati Ultra Marathon runner has just completed this one ...



Quadrathon

QEII - 20th November

We had our largest turnout at QEII for some time at the Quadrathon event held on Saturday November 20th. A total of 67 athletes attended this and the ribbon meeting. I was so proud to be a Port Hills club member seeing so many of our flouro yellow shirts out on the track.

All of our grade 7 to 9 athletes achieved at least one ribbon and some had 2, 3 and even 4 pinned onto their shirts. Well done to each of you.

We had a number of successful athletes at the Quadrathon

Results

Girls 10

Caitlin Dickinson	2 nd
Brenna Carson	3 rd

Girls 11

Summer Rutherford	2 nd
-------------------	-----------------

Girls 12

Larissa McKewen	3 rd
-----------------	-----------------

Boys 11

Fraser MacKay	2 nd
---------------	-----------------

We also had a number of athletes that achieved top 10 statuses.

Congratulations on your achievements and good luck for the next Quadrathon and Ribbon meeting in February.

Primary School Sports

QEII - 30th November

We had a number of our little athletes represent their schools at the primary Sports Canterbury Athletics Day on Tuesday November 30th.

The following achieved placing's in there events.

9 Year old Boys

1000m	Jamie Batchelor	3 rd
-------	-----------------	-----------------

10 Year Old Girls

Shot Put	Rose Clarkson	1 st
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11 Year Old Girls

100m	Summer Rutherford	1 st
------	-------------------	-----------------

Long Jump	Summer Rutherford	2 nd
-----------	-------------------	-----------------

11 year Old Boys

100m	Fraser Mackay	2 nd
------	---------------	-----------------

12 year old Girls

High Jump	Holly Tudehope	1 st
-----------	----------------	-----------------

12 Year old Boys

Long Jump	Max Von Huben	3 rd
-----------	---------------	-----------------

Congratulations on your fantastic achievements

Many more photos can be seen on the club website: www.porthills.org.nz

Look under the heading: "Members News",
For "December 2010 Photos".

Canterbury Intermediate School Sports

QEII - 23rd November

We had a number of our young athletes represent their schools at the Canterbury Intermediate Schools Athletics Day on Tuesday November 23rd.

The following achieved placing's in there events.

Year 8 Girls

Shot Put	Larissa McKewen	1 st
Discus	Larissa McKewen	1 st
High Jump	Larissa McKewen	2 nd =

Larissa broke the Discus record with a throw of 31.05m breaking an 11 year standing record. Here's hoping she holds it for 11 years (See front cover photo)

Congratulations on your fantastic achievements



Girls' 10 Quadrathon: Caitlin & Brenna



Sophie, Jamie & Robyn

Sri Chinmoy Mile

In the Sri Chinmoy Columbo Street Mile our Junior athletes stood out in their fluro Port Hills singlets as they raced past tens of thousands of cheering spectators who lined the central city course for the annual Christchurch 'Santa Parade'.

Former New Zealand world junior champs. rep. Hayden McLaren (4:13.05) and national track, road & cross-country champion Fiona Crombie (4:55.47) were inaugural winners of the elite men's and women's races.

Samantha Robins said "I couldn't stop smiling with everyone cheering and clapping for us".

Congratulations to all our athletes on some great results. At the Kilmore Street awards ceremony Tayla Clarke and Ayrton Shadbolt were presented with bronze medals as they stood upon an Olympic style victory dais.

Girls Under 15

Place	Name	Time
1 st	Ella Harris	5:49:27
2 nd	Laura Clarke	6:30:05
3 rd	Tayla Clarke	6:32:06
4 th	Erin Downie	6:38:44
5 th	Leigh Walters	6:47:95
6 th	Robyn van der Voort	7:28:22
7 th	Samantha Robins	7:34:38
8 th	Kaitlin Christian	8:07:88
9 th	Emellie Crosby	8:33:69

Boys Under 15

Place	Name	Time
1 st	Tom Moulai	5:19:77
2 nd	Nick Moulai	6:03:69
3 rd	Ayrton Shadbolt	6:07:70
4 th	Riley English	6:09:00
5 th	Brad Austin	6:23:19
6 th	William Banks	6:27:92
7 th	Thomas Banks	6:28:83
8 th	Louis Harris	6:35:52
9 th	Thomas Clarke	6:38:61
10 th	Jaed Wilson	7:08:03
11 th	Bradley Robins	7:14:93—photo on right ->
12 th	Joshua Clarke	7:23:03
13 th	Zac Timms	7:34:93



8k Handicap Points Race 2

20 November 2010

Place	Time	Hdcp	Net Time	Name
1 st	50.38	03.15	47.23	John Eastmond
2 nd	54.13	6.00	48.15	Mark Russell
3 rd	55.23	00.00	55.23	Colleen Donaldson
4 th	55.59	10.00	45.59	Bob Fyfe
5 th	56.04	06.15	49.49	Warren Elliott
6 th	56.12	24.00	32.12	Phil Forde
7 th	56.16	04.45	51.31	Kevin Knight
8 th	56.38	26.00	30.38	Tony Kinrade-Emmerson
9 th	57.28	25.30	31.58	Corey Platt
10 th	57.34	21.30	36.04	Sarla Donovan
11 th	57.41	22.00	35.41	Geoff Stark
12 th	57.51	30.15	27.36	Gary McIlroy
13 th	58.09	23.15	34.53	Hugh Conly
14 th	58.21	20.00	38.21	Terry Warren
15 th	58.23	24.00	34.23	Mike Newland
16 th	58.25	25.30	32.55	Charlie Nolan
17 th	58.38	27.30	31.08	Paul Johnston
18 th	59.16	25.15	34.01	Barry Finch
19 th	59.27	14.45	44.42	John Caughley
20 th	60.10	14.00	46.10	Stew Hill
21 st	60.17	12.00	48.17	John Waite
	46.23	16.00	30.23	Chris Arnold (6k)



Canterbury Masters 10000m Champs

27 November 2010

Overall Place	Time	Name	Grade
2 nd	34.14.67	Gary McIlroy	M40
10 th	51.31.30	Tom Reihana	M50
12 th	52.28.42	Jos Galavazi	M65
13 th	53.35.38	Eric Saxby	M70
14 th	58.32.04	John Eastmond	M70
15 th	58.32.07	Stan Gawler	M80
16 th	60.24.18	John Waite	M70
17 th	67.03.02	Brian Keown	M75

Shoe Clinic **CORNER**

The fitting choice



It's been a very busy time for us at Shoe Clinic with the Christmas period beginning and from now until the end of summer things won't get any slower.

We are looking forward to the 2011 Shoe Clinic Asics 5km Series starting in mid January and hope to see you all down there for this great series run by the club.

New models in running have just arrived instore with the new Asics Kayano 17, 2160 and the all new adidas Adestar range.

Shoe Clinic isn't just about running shoes. We also stock a great range of apparel, eyewear, summer sandals, school shoes and casual footwear so if you are looking for Christmas presents come in and take a look. For those that are hard to buy for we also have gift vouchers available and remember you get a point for every dollar spent. 500 points gets you a \$50 voucher to use instore.

From all the staff at Shoe Clinic we hope you all have a great Christmas and a wonderful year and look forward to seeing you instore soon.

Merry Christmas and until next year, happy training Shaun, Kev and team at Shoe Clinic



Free Keen Socks with all Keen Footwear

During the months of December and January, you get a **Free pair of Keen Socks** (rrp \$40) with every pair of Keen Footwear purchased at Shoe Clinic.



CHRISTMAS GIFT IDEAS



The **adidas miCoach Pacer** is an interactive coaching system that gives audible realtime information on pace, distance, time, heart rate and calories burned. Select a training plan, receive coaching while you run, and then see the results and feedback online.



NIKE+ SPORTSBAND

Make every run count by tracking your pace, distance, time and calories burned.



Turn your current shoe into a Nike+ compatible shoe. At Shoe Clinic we have "The Shoe Pouch" Simply slip the Nike+ sensor into the pouch attach it to your laces and you're ready to go.



SELECTED ADIDAS EYEWEAR



adiStar Raven

A trail runner made to take the worst, and keep going strong. The adidas adiStar Raven fully adapts to the trail with 3D ForMotion™, keeping your foot stable no matter how uneven the terrain.



NEW SEASONS SANDALS INSTORE NOW



Timberland



SUMMER HYDRATION IDEAS



The 2011 Shoe Clinic Avalanche Peak Challenge is set for Saturday 19th February. Entries are limited so get your entry form from Shoe Clinic or enter online at www.avalanchepeak.co.nz



Shoe Clinic
The fitting choice

Shop 120
Westfield Riccarton
Phone 348 0841

230 High Street
Phone 377 9004