

PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER August 2012

PORT HILLS ATHLETIC CLUB

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

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

Clubrooms: Hansen Park, Hawford Road, Opawa.

Contact names and Phone numbers

PRESIDENT Gary McIlroy 354-9661
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 Peter Watts 332-1964
XC & ROAD JUNIOR, CLUB CAPTAIN
 Paul Johnston 332-1894
T & F CLUB CAPTAIN
 George Edwards 960-3993
T & F JUNIOR, CLUB CAPTAIN
 Sue Leadbeater 366-2376

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Kevin Knight 358-7220
 Peter Watts 332-1964

COMMITTEE

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 Wahren Hensley 389-8944
 Elizabeth Keenan 322-1006
 Kerry Rutherford 981-0941
 Glen Watts 332-1964
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Your Newsletter

Contributions for the next issue should be received by **16th September 2012**. 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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 george.marg@paradise.net.nz

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Cover photo: Frances in the Riverside Relay.

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

4.30pm Children's Hill Training -
 Halswell Quarry Philip Chapman (322-4266).
5.00pm Steady state OR speed workouts -
 Ayr St, Hagley Park: Pete Watts (332-1964).

TUESDAY

5.00pm Hill reps or Circuit training -
 meet 31 Dunn St: Pete Watts (332-1964).
5.00pm Children's Cross-Country Training -
 Hansen Park Paul Johnston (332-1894)

WEDNESDAY

9.30am Hill run/walk for all levels -
 Hansen Park: Glen Watts (332-1964).
5.00pm Steady state training
 Ayr St, Hagley Park: Pete Watts (332-1964).

THURSDAY

5.00pm Steady state OR speed workouts -
 Ayr St, Hagley Park: Pete Watts (332-1964).
5.00pm Children's Cross-Country Training -
 Ayr St, Hagley Park Paul Johnston (332-1894)

FRIDAY

9.30am A flat run/bike/walk for all fitness levels -
 Hansen Park Graham White (322-7147).

SATURDAY

TBA See Club Calendar (Mar 2012 Newsletter) and
 Coming Events for details for Saturdays.

SUNDAY

7.30am Hill run (Long run on the Port Hills) -
 meet 31 Dunn St: Pete Watts (332-1964).

Uniforms

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

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**

President's August Report

The last few weeks has seen many people, myself included, fighting all sorts of bugs. If that is the case I hope you get well soon.

We are just about to end my second year as President and I would like to take this opportunity to thank our committee members for their efforts over the last twelve months.

Thank you also to all of our membership who contribute to the existence of our great club, especially those who volunteer their time to guarantee the smooth running of club events.

Please rest assured that your committee will continue to serve its members to the best of its ability and I feel confident that there will be some exciting new projects over the next year.

I also look forward to seeing Hansen Park's grounds flourish as we enter into Spring.

The athletics continues as normal, of course, with some exciting events over the next few weeks.

I wish you well with your training and competition.

Gary McIlroy
President

CLUB CAPTAIN'S REPORT

Hi Members.

Well we have had our share of rain which would have made cross country interesting.

Since last newsletter the Canterbury Champs have been held. Port Hills performed very well in children's and masters' races – check results (page 9).

Papanui Toc H Riverside Relays: Port Hills were 1st on handicap (page 11).

NZ Cross Country Champs held in Hamilton. We had two members in Canterbury team:

Fiona Gilroy in masters women and Frances Daly in U17 grade Frances who was placed 19th over all and won a bronze medal for 3rd placed team. Stan Gawler was 2nd in M70 grade. Well done. (See page 8.)

Greta Valley Relay: We had 3 teams entered, Port Hills No 1 finished 2nd in their grade.

Port Hills No 2 were 5th in grade.

Port Hills No 3 were 4th in grade.

A good day out was had by all. (See page 12.)

Well that's all the rambling for now – keep up the good work.

Pete Watts.

COMING EVENTS

NB Check the Sports Draw in Wednesday's Press

August

25 th		Around the Gorge Relay, Timaru
	2pm	Club run/walk, Hansen Park

September

1 st	2pm	Club Road Champs, Rangiora
	2pm	Club run/walk, at race venue

2 nd (Sun)	3pm	Pre-season training commences Hansen Park
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8 th	9.30	Governors Bay - Lyttelton 10k
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	2pm	Port Hills U17 Races, Hansen Park
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	2pm	Club run/walk, Hansen Park
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15 th	2pm	Club run/walk, Hansen Park
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16 th (Sun)		Children's Relay, Marylands Reserve
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17 & 18 th	5.30	Pre-season registration Hansen Park
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22 nd		Takahe - Akaroa Relay. No club run
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		Marshalls needed - contact Glen
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27 th (Thurs)		Inter Region Primary School XC, Wellington
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29 th	2pm	Club 8k Hcp Champs, Hansen Park
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October

1 st	6pm	Club opening night, Hillmorton H.S.
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6 th		NZ Road Relay Champs, Nelson
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	2pm	Club run/walk, Hansen Park
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TRACK & FIELD CLUB CAPTAIN'S REPORT August 2012

Well, were told that it is nearly spring but the weather doesn't seem to know it. But spring means that it's getting close to the opening of the track and field season. This means that, although nothing seems to be happening at the moment, a lot of work is going on behind the scenes to prepare for the forthcoming season. The Track & Field subcommittee has had a number of meetings and discussions to formulate plans for the new season, and a number of milestones have been arrived at. We have scheduled our pre-season registration nights for the 17th and 18th of September, from 5.30 till 7pm at Hansen Park. Come along and get all the hassles out of the way before the season starts, and have all your questions answered.

For athletes 12 and over pre-season training starts on Sunday the 2nd of September at 3pm at Hansen Park. All welcome for some gentle reminders of what you need to enjoy your events.

Then the opening night proper is at Hillmorton High on the 1st of October at 6 pm and we look forward to meeting again with past members, as well as welcoming new recruits. So everything is nearly in place for the season to start.

This year we plan to have a more structured approach to our coaching programme, ensuring all events are covered, not every week, but at least once a month. This will be a little tentative at first, but will firm up, as we progress. This has been in response to feedback from parents.

As always we are reliant on parent help, both in running club nights and our coaching programme, and this year we intend to involve parents more in the coaching, both to relieve the coaches, and to make parents more informed on the various events. We are also keen to turn parents into knowledgeable coaches and officials, both by running courses and sending those willing to outside courses. If you have an inclination to learn more about the sport, or become more involved as a coach please approach any of the committee.

So we have things in place to make it a great season, its up to you, the members, to make it happen. See you at the track.

George Edwards

New Members Welcome

A special Port Hills welcome to our new member this month:

David Ryan

Chucka's Run

Chucka's Run this year is on Sunday 28 October and will follow the same route as in previous years meeting at Hansen Park for a departure time of 8am, heading towards the Hilltop Tavern with a quick stop at Little River along the way. We run from the Hilltop along the Summit Road, briefly before heading up through some rocks till you are above the treeline and from there onto some very good trails.

We will split up into packs and then be on our way along the tops and to the summit of Mount Herbert from which there are two choices - the first being to go down to Diamond Harbour which is about 29km and the second which is around the back of Mount Bradley and onto an old hut and then out onto Gebbis Pass and then down the road to the Teddington Tavern which is the end and this way is about 36km. We will have a bite to eat and a drink before reboarding the bus for the return to Hansen Park around 5pm.

As in previous years the cost is \$25 and I can be contacted in these ways Home 9808395, Mobile 0273587153 or e-mail chucka@clear.net.nz

Chucka

From the Quarry

At last we've had some rain and mud! This certainly softened up the Quarry Park, although the Rim Track we use is still in pretty good condition.

A big Thank You to all those who helped on Thursday 16th September when we hosted the Canterbury Primary Schools Rep team. The Port Hills people definitely had a big advantage. Climbing the Rim circuit requires a good steady pace if you are going to be still running at the top.

Summer Running At the start of Daylight Saving, I will convert to trail running and change the start time to 5 pm, the same as last year. This is a loose (run for fun) format, depending on who turns up. Last year I introduced a couple of workshop sessions as well and I have a couple of new ideas for this year. As per usual, if anyone has any friends they want to bring along, they are more than welcome - who knows - they might run cross-country next winter.

Over the winter I have experimented with a fun run on Wednesday evenings (5.30 pm), using the Harry Ell track. If anyone wants to join in with us, give me a ring - there are a few spare seats in the van. This is a slightly uphill/downhill trail that takes around 30 mins at an easy pace and is suitable for parents as well.

Road/track season is upon us now, so don't forget to remove those longer spikes (so they don't rust in your shoes) and put them away "somewhere safe", till next winter.

All the Best

Phil Chapman Ph 322-4266



WELCOME to all athletes returning and new athletes for the
2012 / 2013 Track & Field season.

Pre Season Training commences Sunday 2nd September

Hansen Park 3.00 – 4.00 PM

All ages and ability welcome

Pre Season Registration and Information Evenings

Monday 17th September and Tuesday 18th September

5.30pm until 7pm

PORT HILLS CLUB ROOMS

HANSEN PARK

ST MARTINS

Club Night commences Monday 1st October 2012

6.00pm to 7.30pm at Hillmorton High School playing fields.

Enquiries please contact

Sue Leadbeater

Junior Club Captain

366-2376 or 0275 500028

nickandsue@clear.net.nz



CORNER

I know a lot of us are looking forward to more daylight hours in the evenings to make the after work runs a bit easier. At Shoe Clinic we are still receiving new product instore from most of our brand partners. Most would have probably noticed all the colour of the products being worn by athletes at the London Olympic and this seem to be the consistent theme with a lot of product arriving.

For the next few weeks we have **ALL OUR BROOKS FOOTWEAR REDUCED AND WITH EVERY PAIR YOU RECEIVE A FREE \$60 TRAINING TEE** – but get in quick as stock is limited.

For professional friendly advice on all your gear needs, come see us at Shoe Clinic – we would love the opportunity to help you

Happy Running Shaun, Kevin and The Shoe Clinic Team

P.S. Don't forget your Porthills Club Discount.

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Athletics New Zealand Club Connect and AGM and

National Cross Country Championships

(4 August 2012)

Since Athletics New Zealand changed its constitution so that athletic clubs all around New Zealand are direct members they have run a Club Connect and AGM conference in August each year. This is the opportunity for clubs such as ours to let Athletics New Zealand know our views directly and to understand what they and the rest of the sport are doing. This year's meeting was in Hamilton from 3rd to 5th August and I went as Port Hills' representative. It was all well organised in a good venue at the Kingsgate Hotel although they could have done better with the weather as it rarely stopped raining.

The AGM itself was very short and apart from the usual annual reports and elections there was only one item of business. Financially the association is starting to get back on its feet after being near broke five years ago but still needs to build its reserves. The election for board members was a keen contest and one of the candidates recommended by the board appointments panel missed out. I got the feeling that quite a few clubs felt that there was too much emphasis on getting management experience on the board at the expense of athletics administration experience. While there is support for making sure there are professional skills on the board this needs to be appropriately balanced with experience in running the sport. The only important motions were from Lynndale club in Auckland. They proposed doing away with the appointed board members. Currently about half the board is appointed and the rest elected with the objective of ensuring continuity and the right mix of skills. After a rather long-winded explanation by the Aucklanders and a trenchant rebuttal by Wellington the decision was to make no change.

The Club Connect part of the meeting consisted of sessions on quite a few topics, some of which ran in parallel so it was not possible to attend all of them. Of the ones I went to there was a good one on fund raising – we should always talk to charity trusts before applying for funding, and an interesting one on a new nationwide membership scheme. This is a system already in use by several sports bodies in Australia and New Zealand. In brief Port Hills would have a separate section within the overall Athletics NZ system to which members would have access for recording their membership details and paying subscriptions. It would also be able to manage all our competition details and even sell our uniforms. There was an effort to do something similar a few years ago that came to nothing so we should not hold our breath just yet.

The meeting was also coordinated with the NZ National Cross Country Championships so we were

Photo right: Frances in the Canterbury Bronze team

able to go and watch on the Saturday afternoon. It was a great course with plenty of hills and good for spectators but the conditions were very muddy and wet. Everyone knew they had been in a real race by the time they finished. There were three Port Hills competitors. Fiona Gilroy was a Canterbury representative in the Masters Women but an injury two weeks earlier left her below her best. Frances Daly represented Canterbury in the Women's 16 grade and running against others quite a bit older did extremely well to finish in 19th place and having an excellent second lap. The Canterbury team including Frances won the bronze medal. In the only fluoro green singlet of the day, Stan Gawler took out second place in the Masters Men 80 grade. All in all a good meeting and we should continue to make sure Port Hills is represented.

Peter King

A Competitor's Account

I was lucky enough to be selected to compete in the Canterbury team at the National Cross-Country Champs in Hamilton. I travelled with five other girls in the 16's grade and stayed at the Kingsgate hotel which was a 10 minute walk from the course. The whole Canterbury team walked the course on the day before and it was very muddy. However we didn't realise that on the day after, so many runners have trampled all over the 2k circuit that it would become a big sloppy mud slide with a killer hill to top it off. The mud was very deep and I saw a few shoes come off.

In my race I was running for a teams medal and I knew I had to dig deep to get there. On lap two I was dying but somehow I got a second wind and I gradually got up to 19th position. I was the third Canterbury runner in and our team had come third! My first nationals' medal! It was such an enjoyable experience and I couldn't have got there without the support of my Family, Pete Watts and my fellow club members. I would also like to thank the club for their generosity towards my race in Auckland for the Secondary School's Nationals.

Frances Daly



Canterbury Cross Country Champs -

21 July 2012

Junior Results

We had perfect cross country weather for this event with a good turnout by Port Hills juniors including several first places and medals. Keep up the good work!! It's always really pleasing to see the effort these kids put in. The kids in the 8 and under age groups are a great example of giving it 100% and not giving up. Great attitudes and really positive.

Paul
Girls 8 & Under - 2Km

1st	9:09	Vivien Guttman
7th	10:32	Rosie Zinzan-Dickie

Girls 9 - 2Km - Team 1st

1st	8:23	Maria Hendry
7th	10:38	Alyssa Whinham
8th	11:23	Jaime Van der Voort

Girls 10 - 2Km - Team 3rd

9th	10:10	Robyn Van der Voort
10th	10:28	Trinity Gilmour
13th	11:01	Samantha Robins

Girls 11 - 3Km

4th	13:47	Eva Pringle
7th	14:24	Katie-Rae Botica

Girls 12 - 3Km

4th	12:29	Louise Daly
17th	15:35	Holly Johnston

Girls 13 - 3Km

6th	13:35	Tayla Clarke
8th	13:46	Georgia Hendry

Boys 8 & Under - 2Km

8th	11:24	Hugo Wrathall
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Boys 9 - 2Km - Team 2nd

6th	9:06	Clayton Shadbolt
7th	9:18	Bradley Robins
11th	10:30	Matthew Clarke

Boys 12 - 3Km

20th	15:30	Jacob Budgen
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Boys 13 - 4Km

7th	16:07	Kevin Guttman
9th	16:51	Farran Landers

Boys 14 - 4Km

8th	17:16	Isaac Fairbairn
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Masters Women: 6K
MW40

1st	25.40	Mary Hart
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MW45

4th	26.27	Robyn Daly
11th	31.39	Chris Burnett
12th	31.42	Catherine Moran

MW50

2nd	26.01	Maree Greig
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MW60

2nd	36.24	Shirley Rolston
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MW70

1st	42.17	Carol Thompson
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Senior Men 12K

21st	48.58	David Ryan
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Masters Men 8K
MM35

4th	36.54	Kieron Berry
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MM40

3rd	30.18	Paul Johnston
11th	35.30	Mike Glen
14th	37.22	Peter Bayliss

MM45

11th	33.54	Mel Orange
13th	34.55	Kevin Slattery

MM50

2nd	30.58	Tom Jarman
5th	32.29	Charlie Nolan
7th	33.21	Nick Rutter
12th	35.56	Jamie Hawker
16th	37.22	Phil Chapman
17th	41.07	Mike McFie

MM55

6th	35.42	Len Millward
13th	49.13	Warren Elliott
14th	54.54	Kevin Knight

MM60

5th	36.19	Hugh Conly
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MM65

2nd	42.52	Jos Galavazi
5th	55.09	Stew Hill

MM70

2nd	44.14	Wahren Hensley
3rd	47.50	Bob Fyfe

MM80

2nd	54.29	Stan Gawler
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Riverside Relay

28 July 2012

A solid team effort, combined with the luck of the Irish, saw a Port Hills masters' team take line honours in the Riverside relay, run in fine calm conditions on July 28. Harry Wager got the team off to a flying start but newcomer David Ryan, from Ireland, was the star with an impressive 18:36 time on lap three. Len, Phil and Mike Newland completed the winning team.

Port Hills also excelled in the senior women's race, finishing second, with Sammy and Frances clocking the team's fastest times. Our masters women's team (Mary, Bernadette, Robyn and Maree) faced some solid competition and tough handicapping in their grade, but they all ran well and finished **runners-up** in net time. Mary and Maree were second and third fastest masters women and Bernadette put in a flyer to finish sixth.

Gary blasted off the blocks with a 17.54 first lap for our masters men A team, which had to settle for an overall time about five minutes behind **the fastest team**, Papanui Toc H. Our three other masters men's teams also put in good effort. All in all, it was a good day's racing, an enjoyable change from the crosscountry season - and a wakeup call for some of us for some of the harder, longer road races to come.

Masters men : Harry, Len, David, Phil, Mike 1st on handicap (2.15.17 clock time); Gary, Paul Johnston, Tom Jarman, Nick Rutter, eighth (2.21.44); Mark Russell, Bob Fyfe, Eric Saxby Warren Elliott, Fred Cooper, 15th (2.25.03); Kevin Slattery, Peter King, John Shivas, Jamie Hawker, Andrew Fairbairn, 16th (2.25.48).

Masters women: Mary Hart, Bernadette Jago, Robyn Daly, Maree Greig, 5th (2.21.21)

Senior women: Sammy Benson-Pope, Frances Daly, Catherine Moran, Loris Reed, second (2.21.06)

Top times - Masters men: Gary McIlroy 17.54, Paul Johnston 18.15, Tom Jarman 18.18, Harry Wager 19.10.

Masters women: Mary Hart 20.34, Maree Greig 20.44, Bernadette Jago 21.11, Robyn Daly 21.53.

Senior women: Sammy Benson-Pope 20.26, Frances Daly 20.57.

Hugh Conly

Hcp place	Net time	Clock time	Time place
MM2 1 st	<u>1.39.17</u>	<u>2.15.17</u>	<u>8th</u>
19.10 Harry Wager m16			
21.06 Len Millward			
18.36 David Ryan sm			
20.26 Phil Chapman			
19.59 Mike Newland			
MM1 8 th	<u>1.34.13</u>	<u>2.21.13</u>	<u>5th</u>
17.54 Gary McIlroy			
18.15 Paul Johnston			
18.18 Tom Jarman			
19.52 Nick Rutter			
19.54 Mike Glen			
MM4 9 th	<u>1.54.44</u>	<u>2.21.44</u>	<u>13th</u>
22.11 Mike McFie			
22.28 Peter Bayliss			
21.32 Hugh Conly			
24.22 Terry Warren			
24.11 Jamie Houston			
MM5 15 th	<u>2.25.03</u>	<u>2.25.03</u>	<u>16th</u>
29.17 Mark Russell			
27.11 Bob Fyfe			
32.02 Stew Hill			
27.52 Warren Elliott			
28.41 Fred Cooper			
MM3 16 th	<u>1.46.48</u>	<u>2.25.48</u>	<u>11th</u>
20.45 Kevin Slattery			
21.35 Peter King			
21.23 John Shivas			
21.01 Jamie Hawker			
22.04 Andrew Fairbairn			
MW 5 th	<u>1.24.22</u>	<u>2.22.22</u>	<u>2nd</u>
20.34 Mary Hart			
21.11 Bernie Jago			
21.53 Robyn Daly			
20.44 Maree Greig			
SW 2 nd	<u>1.30.06</u>	<u>1.21.06</u>	<u>3rd</u>
20.26 Sammy Benson-Pope			
20.57 Frances Daly			
25.48 Catherine Moran			
22.55 Loris Reed			



Peter K to Jonny S.

Papanui Toc H Under 16 Road Relay

28 July 2012

I had high hopes of winning back the two trophies we had from last year but unfortunately it wasn't to be. We were close as you'll see in the results. I gave them an extra clean just to make sure I didn't get in trouble with the organisers before giving them back thinking we'd be getting them back again but no such luck.

Paul

Boys Results

6th - Boys Team 1 - Matthew Clarke, Hugo Wrathall, Bradley Robins, Micah Landers

7th - Boys Team 2 - Corey Johnston, Brendan Lewis, Farran Landers, Isaac Johnston

Girls Results

2nd - Girls Team 1 - Vivien Guttman, Rosie Zinzan-Dickie, Jaime Van der Voort, Maria Hendry

10th - Girls Team 3 - Penny Burrridge, Robyn Van der Voort, Trinity Gilmour, Eva Pringle

11th - Girls Team 5 - Tayla Clarke, Georgia Hendry, Georgia Rutter, Abigail Van der Voort

12th - Girls Team 4 - Louise Daly, Holly Johnston, Jemesa Landers, Katie-Rae Botica

DSQ - Girls Team 2 - Samantha Robins, Francesca Williamson, Tayla Best-Lewis, Francesca Williamson

Mixed Team Results

4th - Team 1 - Annika Levestam, Isaac Fairbairn, Sasha Fairbairn, Zachary Landers

Individual Results

Boys 7

1 st	14:24	Hugo Wrathall
2 nd	15:21	Zachary Landers

Boys 9

4 th	12:26	Bradley Robins
6 th	12:58	Matthew Clarke
7 th	14:05	Micah Landers

Boys 10

8 th	11:09	Brendan Lewis
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Boys 13

10 th	10:14	Farran Landers
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Boys 14

4 th	9:52	Corey Johnston
-----------------	------	----------------

Boys 15

6 th	8:48	Isaac Johnston
-----------------	------	----------------

Girls 8

2 nd	11:40	Vivien Guttman
4 th	12:57	Rosie Zinzan-Dickie

Girls 9

1 st	10:50	Maria Hendry
6 th	13:16	Jaime Van der Voort
7 th	13:19	Sasha Fairbairn

Girls 10

3 rd	10:54	Francesca Williamson
10 th	12:22	Trinity Gilmour
14 th	13:22	Robyn Van der Voort
16 th	13:30	Samantha Robins

Girls 11

2 nd	9:55	Penny Burrridge
3 rd	10:47	Eva Pringle
6 th	11:10	Katie-Rae Botica
7 th	12:31	Jemesa Landers

Girls 12

4 th	9:40	Louise Daly
14 th	11:56	Holly Johnston

Girls 13

4 th	9:56	Tayla Clarke
6 th	10:39	Georgia Hendry
8 th	10:55	Annika Levestam

Girls 14

7 th	12:18	Abigail Van der Voort
8 th	3:41	Georgia Rutter

Team 1: Rosie to Jamie



Team 5: The two Georgias



Greta Valley Relay

11 August 2012

The morning of Saturday the 11th of August saw three teams from Port Hills lining up for the start of the fourth Greta Valley Relay. A total of 19 teams were taking part with some coming from as far as Nelson.

The course starts at the local school and heads out toward Motanau Beach before looping back to the main road by way of a back valley. With a mix of sealed and shingle roads the course has a good variety and is mostly devoid of traffic which is a bonus.

Port Hills had rustled up two masters' men's teams and one mixed team. The MM1 team consisted of, in running order, Chris Arnold, Mel Orange, Kevin Slattery, David Ryan, Paul Johnston and our team captain and anchor, Peter King. Many thanks to Dave and Paul who stepped in on short notice to replace Nick and Gary who were both laid low by winter ills.

The race was handicapped and our team headed away with three other runners. Chris settled in a the rear of the bunch but soon showed his improved form by clearing away from the field and handing over to me with a handy gap over a youth from Christ's College.

My leg, like all the others, was undulating and very scenic (not that I took much of it in between gasping and fretting that a young whippet from Christ's would overtake me any minute). By the time Kevin's leg started we had the Port Hills MM2 team in sight and the in house competition was on. Dave took over and impressed all with his reckless approach to the downhill portions before Paul headed away with several other teams in his sights and North Canterbury lurking behind us. Peter managed to hold them off till near the line and, as with all good handicap races, there was a flurry of runners finishing within minutes of each other (with the exception of the social teams who did not quite get the concept of handicapping).

All of the team acquitted themselves well in what were ideal running conditions. Much fun was had leap-frogging the runners and providing side line support. Many thanks to Peter Watts for providing a taxi service and the inevitable "drop the arms" and "really dig it in now" coaching tips and Peter King for offering up his chauffeur services as well.

I would thoroughly recommend both the course and the event to all. What better way to spend a Saturday than running on country roads on a course with a strategically placed finish adjacent to the Greta Valley Tavern where I can thoroughly recommend the Murphy's Stout.

Mel

Hcp	FinishPlace	Net Time	Net Finish
<u>SM</u>	<u>7th</u>	<u>2.58.32</u>	<u>6th</u>
18.48	Chris Arnold		
31.43	Mel Orange		
32.28	Kevin Slattery		
35.13	David Ryan		
31.27	Paul Johnston		
28.53	Peter King		
<u>MM1</u>	<u>11th</u>	<u>3.45.58</u>	<u>17th</u>
25.41	Wendy Fox-Turnbull		
42.27	Wahren Hensley		
38.40	Catherine Moran		
52.21	Bob Fyfe		
44.12	John Waite		
<u>MM2</u>	<u>15th</u>	<u>3.21.57</u>	<u>10th</u>
20.47	Peter Bayliss		
40.21	Terry Warren		
31.59	Kieron Berry		
38.45	Jamie Hawker		
37.26	Rick Harlow		
32.29	Jamie Houston		

Riverside Relay:
Frances on the footbridge.



Photos from Canterbury Cross-Country Champs:
Club runners; Warren E; Bob F; Kevin K & Stew.

Keiron; Len; Hugh; Chucka.



From Canterbury Cross-Country Junior Champs:
Clayton; Farran; Tayla; Holly.



Riverside Relay:
Catherin & Terry; Hugh

