

# PORT HILLS

A T H L E T I C



**PORT HILLS ATHLETIC CLUB**  
**NEWSLETTER December 2016**

# 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

<b>PRESIDENT</b>	Paul Johnston	027 405-8229
<b>VICE PRESIDENT</b>	Tony Hill	021 191-1638
<b>SECRETARY</b>	Tui Summers	027 4222-627
<b>TREASURER</b>	Peter King	341-1154
<b>XC &amp; ROAD CLUB CAPTAIN</b>	Jamie Hawker	027 228-0638
<b>XC &amp; ROAD JUNIOR, CLUB CAPTAIN</b>	Brendan Whittington	021 024-04609
	Assisted by Tony Hill	021 191-1638
<b>T &amp; F CLUB CAPTAIN</b>	Sue Leadbeater	366-2376
<b>T &amp; F JUNIOR, CLUB CAPTAIN &amp; Co-CAPTAIN</b>	Megan Allan	337-9953
	Sarah Clapp	322-4166
<b>COMMITTEE</b>		
Peter Bayliss	980-8395	
Frouke Geartsma		
Wahren Hensley	389-8944	
Amanda Landers	960-7061	
Glen Watts	332-1964	
<b>SELECTORS</b>		
Jamie Hawker	027 228-0638	
Kevin Knight	358-7220	
Peter Bayliss	980-8395	
Paul Johnston	332-1894	(Juniors)

## Your Newsletter

Contributions for the next issue should be received by **19<sup>th</sup> February 2017**. 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:

**John Caughley**, editor 980-4435  
john.caughley@paradise.net.nz  
**George Edwards** 960-3993  
george.marg@paradise.net.nz  
**Paul Johnston** 332-1894  
paulj@solistra.com

## This month's Contents

President and Captains' columns	pp 3, 4
Coming Events	p 4
Notices	pp 4, 5
Events & Results	pp 5 - 11
Advertising	p 4

## Cover photo:

Xavier Fidow, making a determined effort.

**Photos from:** Glen Watts. See pages 5, 7, 9 - 11.

Paul Johnston—Front cover.

## THE CLUB WEEK

This is intended as a guide to regular club activities for members and interested persons.

**Please refer to the Club Website (see above) for up-to-date information, or ring the contact numbers, as the information below may change.**

### MONDAY

**5.15pm** Seniors (ages 19+) Speed workouts – Hagley Park Jamie Hawker (027-2280638)  
NB Last 2016 run Thurs 22 Dec. Next run Mon 9 Jan 2017  
**5.45pm** Track & Field Club Night Hansen Park

### TUESDAY

**5.20pm** Juniors (ages 12+) Hurdles Hansen Park: Paul Johnston (027 4058229)  
**5.00pm** Seniors (ages 19+) Hill run – Sign of the Takahe Phil Chapman (027-2091958).  
**5.00pm** Sign of the Takahe Wahren Hensley (389-8944)  
**6.00pm** T & F Fitness Night (ages 12+) Hansen Park

### WEDNESDAY

**9.30am** Hill run/walk for all levels – Hansen Park: Glen Watts (332-1964).  
**5.00pm** Contact: Jamie Hawker (027-2280638)

### THURSDAY

**5.50pm** Juniors (ages 5 – 18) Squad training Hansen Park: Paul Johnston (027 4058229)  
**5.00pm** Seniors (ages 19+) Steady state /Speed workouts Ayr St, Hagley Park: Jamie Hawker (027-2280638)  
**6.00pm** T & F Technical Training Hansen Park

### FRIDAY

**9.30am** A flat run/bike/walk for all fitness levels – Hansen Park: Glen Watts (332-1964)

### SATURDAY

**TBA** See Club Calendar and **Coming Events** for details for Saturdays.

### SUNDAY

**7.30am** Hill run (Long run on the Port Hills) – meet 31 Dunn St.: Jamie Hawker (027-2280638)

## Uniforms

Adults': available from Faye Fyfe, Ph 942-3366  
Singlets \$40, Caps \$10  
Training jackets (fluoro yellow) \$55.  
Children's: from Sonya Hazlett, Ph 331-6330.

## 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 **Peter King** or **John Caughley**

### **President's Report**

Hello members and welcome to the last newsletter for 2016. As we approach a new year and enter the summer season, it's a great time to reflect on the year that has been and think towards the future season. As a club and committee, we're always striving to look for ways to make the club run smoothly and add value to the services we provide to you as members. With this in mind, all of the Executive, Track & Field and Cross Country & Road teams are working on plans that will provide benefits to you as members and keep the club running smoothly.

As always, we need our volunteers for the upcoming 5K series in Hagley Park. Volunteers make this event what it is and without your event participation and support on the night, these events couldn't function properly so please get in touch with Peter King or Glen Watts if you can assist in any way no matter how small your availability might be. You can volunteer and compete in the fun run or the registered race as I've done this personally over many years without any problems.

This newsletter will see some great feedback from the recent NZ Secondary Schools Track and Field champs held in Auckland at the start of December. (Page 11) The Port Hills team was well represented through several athletes for their schools, and their development continues to impress. Well done to you all (and your coaches).

The Primary and Intermediate school sports has just been completed too and looking through the results, I can see a lot of Port Hills athletes again: McMeekens, Prattens, Palamos, Dunlops, Hughes, Howells and probably more that I've missed - so well done to those athletes too. There's also been a slew of triathlons recently with again, Port Hills athletes applying themselves at the multi-discipline sport and achieving great results.

For the cross country and road athletes, there's been plenty of results from around the country too, including athletes and parents of athletes in the Kepler Challenge which is a tough and long race. I even made the Athletics NZ weekly round up when I finished a 5K Park Run in 1st place too, which was a bit of a laugh.

All the best for Christmas and New Years and I'll see you all soon!!

*Paul*

### **XC & R Captain's Report**

Season's greetings to all club runners as we head into the silly season we look back on another busy month for our members.

During the last month Lois Anderson and Glen Watts were out collecting World Masters Championship medals in their specialty events held in Perth, Australia. (See pages 6 and 7)

We thank all the club members who have hosted a run from their place recently as members get to run other trails and tracks.

The Club's 1st and 2nd Points Race Series have been held with a Handicap Race and A Turkey Trot (See results on pages 9 and 10.)

Our up and coming (more senior runners) in our junior section have been competing for their schools at The National Secondary Schools Championships held in the Waitakere's with some great results.

Some club members were seen down in Queenstown (see report further down), running in the Queenstown half and full marathon held under warm skies.

The Wednesday Group's Christmas Party recently had over 50 members come together for a run/walk and then share the Christmas spirit with a Fancy Dress Party that saw Tracy Grose take out the best dressed outfit.

There is our Christmas in the Park Theme on Saturday Dec 17th at 2pm from our club rooms. Come along and share the last Saturday club run for 2016. There are no Saturday club runs for the 24th and 31st Dec 2016.

Our last club run for 2016 will be on Dec. 25th at 7.30 am as Peter and Ray King host this popular early Christmas Day run from their place at 7 Palazzo Lane (off Deans Ave).

Join in the season's festivities and enjoy with club members as we celebrate Christmas Day in running style.

We look forward to our early New Year club's major fundraiser and a fun time for all at the Asic/Shoe Clinic 5K Series starting on Tues Jan 10th for Junior, Senior club runners and the very popular non-club runners who want to kick start their New Year's Resolutions. Your club is looking for some volunteers to make this another successful 5 race series.

Contact me if you can help and I'll put you in touch with the Race Director.

*Continued on page 4*



*XC & R Captain continues:*

I take this time to wish all club members and all their extended families a safe, happy Christmas.

Enjoy your summer break over the New Year and I trust you all come back with renewed energy to again help make our club be the great mix of members and events that we can all enjoy and share with other keen runners/walkers.

Happy Holidays and enjoy running/relaxing in some new places.

See you all in 2017.

*Jamie Hawker*

## COMING EVENTS

### December 2016

17<sup>th</sup> Sat 2pm Club Xmas walk/run, Hansen Park pbap.  
25<sup>th</sup> Sun 8am Xmas Day run/walk, Ray & Peter's,  
7 Palazzo Lane, Riccarton pbap.

### January 2017

7<sup>th</sup> Sat 2pm Club run/walk Hansen Park.  
Lovelock Classic Track Meet Timaru.  
10<sup>th</sup> Tues \*\*Shoe Clinic Asics 5k Series #1,  
\*\*\*N Hagley Park, Riccarton Ave,  
\*5.30 Children, 5.45pm Reg Race, 6.15pm Fun Run.  
14<sup>th</sup> Sat 2pm Club run/walk, venue TBA.  
17<sup>th</sup> Tues \* \*\*5k Series #2, \*\*\*  
21<sup>st</sup> Sat 2pm Club Mystery run/walk,  
Glen's 31 Dunn Street Somerfield (rear)  
24<sup>th</sup> Tues \* \*\*5k Series #3, \*\*\*  
28<sup>th</sup> Sat 2pm 6k Points Race 3 (Sealed Handicap)  
31<sup>st</sup> Tues \* \*\*5k Series #4, \*\*\*

### February

4<sup>th</sup> Sat 2pm 5k Best Guess Time, Hansen Park  
CMA T&F Champs Day 1, Rawhiti Domain  
AND 3000m Champs all grades  
7<sup>th</sup> Tues \* \*\*5k Series #5 \*\*\*  
11<sup>th</sup> Sat Buller Marathon, Half M, Relay, Westport  
CMA T&F Champs Day 2, Rawhiti Domain  
18<sup>th</sup> Sat 2pm 8k Points Race 4 (Handicap), Hansen Park

### 5K Series - Helpers needed !

If you can help in the tent for Registrations, or at the Finish, please contact me by email: [wattsinaname@clear.net.nz](mailto:wattsinaname@clear.net.nz) or phone 322-1964 or 027 775-8716.

Please include your name and contact number.

Times involved are from 4.45 pm until 6.45 pm on January 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, and February 7<sup>th</sup>.

*Thanks, Glen.*



Shop 120, Westfield Mall, Riccarton  
Phone 348 0841



*Shoe Clinic is proud to be a sponsor  
of the Port Hills Athletics Club –  
Don't forget you Club discount 10% OF RRP  
+ Advantage club points*

**ALL KEEN FOOTWEAR REDUCED +**  
**KEEN FREE GIFT**  
**FREE STAINLESS STEEL WATER BOTTLE\***  
**WITH EVERY KEEN FOOTWEAR PURCHASE**  
\*WHILE STOCKS LAST  
*Shoe Clinic* DECEMBER 01-JANUARY 31, 2017  
**30 DAY MONEY BACK GUARANTEE ON ALL PRESCRIBED FOOTWEAR**

**ALL SUMMER  
SANDALS  
REDUCED**

**Thorlo's**  
**SOCKS.**  
**BUY 3 GET THE  
4<sup>th</sup> PAIR FREE!**

**GO IN THE DRAW TO WIN A**  
**TOMTOM BANDIT**  
**ACTION CAM**  
**WHEN YOU PURCHASE ANY**  
**TOMTOM**  
**SPARK GPS SPORTS WATCH**

**WORTH \$720**

**25% OFF  
SELECTED**  
**asics**  
**FOOTWEAR**

### **HOLIDAY WALK/RUNS FOR WEDNESDAY/FRIDAY GANGS**

All start at 9am. Bring some goodies for morning tea.

#### Dec 2016

- 28th Wed Heathcote Domain, Bridle Path Road  
30th Fri University of Canterbury car-park, Ilam Road opp Homestead Road

#### Jan 2017

- 4th Wed Ann & John Henderson's, 9 Cossar Street, Burwood  
6th Fri Halswell Quarry MAIN CARPARK, Kennedys Bush Road  
11th Wed Victoria Park main carpark  
13th Fri Rawhiti Domain carpark, by NBO Athletic's club rooms  
18th Wed McCormacks Bay Road carpark, at Redcliffs end  
20th Fri N Hagley carpark, Riccarton Road - meet in gardens just over vehicle bridge  
25th Wed Sign of the Bellbird: turn right at Sign of the Kiwi drive about 2-3 km on.  
27th Fri Curletts Reserve, near 100 Warren Cres Hillmorton

February is back to Hansen Park, at 9.30am

### **HOLIDAY QUIZ**

1. I am not related to royalty
2. I was rapt with the hippies
3. I am a symbol to people who like me
4. My associates were tailor made
5. I had a knack for portraits

Answers to Glen via email only.,  
[wattsinaname@clear.net.nz](mailto:wattsinaname@clear.net.nz)

Who will be first to claim the prize?

I'd like to say it's a trip to Hawaii, but as I'm down to my last million, it will have to be chocolate instead!!!

### **Queenstown Half Marathon**

19 November 2016

I have just been down to Queenstown for a long weekend to do the Queenstown half marathon.

Rachel, Joanna, Lincoln, Trudi, Sophie and I all travelled in convoy together for the trip down.

We heard that Jill from our club was also down for the half.

The event is very well organised. The day before the event there is a "village" type set up to process your race entry. There were multiple product stands and many giveaways. If you have never done a race with 10,000 plus people you would appreciate the need for this type of set up.

Race day dawned with clear skies and great running conditions.

Some travelled out by multiple buses they put on to get you to the start line. Rachel, Joanna and I travelled out by car and got a park a few hundred metres from the start line. Thanks to our great support crew Stu.

We started in the second wave and always felt like we were running with multiple others. The scenery was incredible. There was tremendous support along the way. More support than Christchurch city marathon. There were bands situated in several locations along the course and plenty of goodies at the aid stations.

The last ten km of the course runs along side the lake. It ends in the town centre.

I would highly recommend this race to anyone. It was a fun weekend. Topped off by a fantastic course.

*Tony Hill*



Start of Wednesday morning run

### **PERTH: World Masters' T & F Championships**

After toying with the idea of entering the World Masters Athletic Championships for a couple of months, I finally mentioned this to my daughter Toni. Ever enthusiastic about "spending the kid's inheritance", she leapt at the chance of booking flights and accommodation for me. Soooo... hardly without drawing breath, I was committed, with 5 weeks or so up my sleeve to closing date for entries. No sooner had this happened, I got an injury trying to do light short "sprint" reps uphill in rubbishy shoes. And this, after many years of telling Pete on and off to upgrade his shoes, you would think I would have known better! I began to wonder why I entered, but too late.

A visit to my doctor, lead me to a new physio who had just started at the medical centre and I was able to get an appointment two hours later. As luck would have it, she had competed in athletics a few years ago, so understood the ins and outs of what was involved in competition. With treatment and regularly doing the recommended exercises, I returned from being a silly old chook with a walking stick to a silly old chook without a walking stick! Normality returned, when 17 days before my trip I went to Auckland to spend some time with my sons Shane and Darin and their families and from then on, never gave the injury a thought.

Andrew Stark had kindly given me some of his busy time to help me enter the champs – everything done in the twinkling of an eye. My minder travelling to Perth was Mike Riley who took me under his wing, first to Sydney and then to swap over planes to Perth. Thank you Mike and Wendy for looking after me. We caught a taxi at Perth – stand in line, no queue jumping – with one person directing the big line of taxis and another showing the passengers where to stand and which taxi to take. All very efficient! Our driver was an Ethiopian, but didn't run! What!!! I thought all Ethiopians ran. We drove past the WACA and a wee bit further on, we kicked Mike out at his hotel. He was meeting with his wife Wendy, who had been overseas for work for about 6 weeks or so. Wendy was a volunteer as an official starter for the races at the champs. My driver then dropped me off at Riverview Apartments and I booked him to take me to the stadium for my first event at 10.15 the next morning. By the time I had got to Riverview it was closed and dark and secret coding from the front security box was a bit tricky as the lighting wasn't so good, but three attempts later I had the key for my room and more numbers to get into the building. Wow!

Well I didn't sleep in and was ready for my 8am pickup. The stadium and surrounding sports buildings was a huge complex, so after signing in, I was able to pick up my race pack. First hurdle over! I managed to check out a hammer so that I could have a bit of a warm for my first event, but couldn't find anywhere to toss the thing without killing anyone, so took it back. After all, one does not want to be up on manslaughter charges on their first day. I checked out a coffee stall on the stadium site and lo and behold, she made a coffee just the way I like it ... white, weak and sweet. Just like me. Say nothing you doubting Thomases. Reporting time was 45 minutes prior to the event and everyone was huddled into a large "room" where there could be up to 6 events awaiting their call out – very cosy. But everything was done with military precision –all volunteers knowing what their job was. Thirty minutes before each event, competitors were marshalled out to their event, with Health and Safety very much to the fore – no slackers, no dragging the chain.

Two warm up throws were allowed – in throwing order. I already knew two Australian women in my age group and they told that an old hand at World Champs from Mongolia always managed to sneak an extra throw, using, I believe, the trick of not understanding English. Sure enough! So after having 6 official throws, it was all over bar the shouting. We were then escorted from the grounds, not forgetting Health and Safety of course! The rest of my events were spread over the two weeks of competition with 2 "lay days" thrown in for good measure. On the second day I watched Peter King take part in the M70 800 metres prelims with 25 starters divided into 4 heats. The following day, Peter went for a light run at 7am and had only done 50 – 100 metres from his accommodation when he took a tumble and was rescued by someone from a nearby building who helped him back to his hotel. Then it was on to the hospital under Ray's tender loving care. An operation followed the next day to try to fix the knee / tendon problem. With to-ing and fro-ing with hospital and medical insurance it was decided to abandon ship and get back home asap. All plans of their extended trip went out the window.



Day 3 saw Lois Anderson start the first day of the W70 heptathlon which I was unable to see as my event was at the other stadium, but I caught up on the second day just as she was doing her last event of 800 metres. Lois made a burst with 200 metres to go and left the opposition in her wake. Her accumulated points earned Lois a bronze. Yippee! She went on to win 2 more bronzes in the 4x100 metre relay and 4x400 metre relay. What a little ripper!

On the days I wasn't competing, I still went to the track because I love watching athletics in all its various forms even if I don't know the competitors. Most times I sat with Mike R who had found a good spot below the commentators in the media room. They were great ... especially one, also called Mike ("on the mike" we called him). He was an ex athlete, a wonderful man with great knowledge and great patter, and lots of wit. He praised everyone, never put anybody down and referred to lots of great past athletes and had us in stitches many times. He said he had done late night radio where you could say anything you liked because no one listened! He had also been a teacher where again he said no one listened. Just in case you are still reading and hanging on to every word, I had a coffee every day from the same "coffee queen". Are you envious PK?

Getting to and from the stadiums was well organised with trains leaving the main station at regular intervals and buses always at the station nearest to the main stadium, so there was no hanging around. All public transport was free providing you were wearing your athlete's ID. Buses were always available from the stadium back to the train. You would have to be very picky to fault any of the organisation of any of the champs. The event was smoothly run, transport was great, volunteers and officials efficient and friendly and ... Oh ... the coffee was superb!

My biggest "hurdle" was from my accommodation when, to my horror, I found that the shortest way to the main streets was over a footbridge high up over a 6 lane highway and although it was not a "swing bridge", I do have a mental "hang-up" with heights and bridges. Although I had to travel over it at least twice a day, I never quite got over the fear of falling. Perth is lovely – the waterfront, the statues and sculptures, the new buildings that kept their old facades, the eating places that go on forever and the amazing number of the people that appear from the main train station at 8am and cross in a big mob at the first traffic lights and then melt away to their places of work.

My trip was an enjoyable experience, although a little lonely at times. I will not miss the flies!

*Glen Watts*

**PS** The results for our club members, and some photos, are in the November newsletter, on page 10.



Sunday morning runners outside Watts' house



Trish on the knee of "Terry Christmas"

## SUMMER TRACK & FIELD

We have had a great start to the 2016 season – we have 91 junior athletes registered with CCAA and competing on Saturdays at Rawhiti and a massive 181 children registered for our summer athletic season. We have a group of dedicated trainers, helpers and committee members that we could not do without.

Our club nights are a great success thanks to the talents and incredible skills of Rosie Philips. She is fantastic, she co-ordinates club night and keeps it running smoothly. She is well supported by Joe Bennett and Tate Allan who are at club night each week training our budding athletes along with our team of parent helpers. Club night is now finished for 2016. We will welcome you all back on 30 January at 5.45pm.

Every Tuesday night our 12 plus athletes train with Hamish Dewar – a Canterbury University student who studies Sports coaching. He is great with our athletes and being a senior competitive athlete himself he knows exactly what he is talking about. He is always well supported by Megan Allan who is always there to help keep our athletes strong and fit. Kerry Rutherford runs hurdles training on Tuesday before fitness, for any children keen to better their skills. Our athletes are very lucky to have such a dedicated team looking after them.

Thursdays see our squad training athletes running, jumping and throwing. Our trainers are: Jemesa Landers, Niva Chittock & Sophia Percy, Sue Leadbeater & Paul Davison, Lauren Bruce & Megan, Allan & Hayden Hall.

Along with our support coaches: George Edwards, Kerry Rutherford, Nick Leadbeater, Liz Williams and Sarah Clapp who are always available to help us train and provide us with advice.

Then there are our parents who come along every week to help, because they want to. They are there to support our trainers and carry those jolly heavy high jump mats, hurdles and starting blocks to and from the shed each week. We really appreciate your support and thank you for taking time to help us.

All of our trainers are dedicated and give us their time and skills each week to help our athletes better themselves. They are always there before anyone else arrives putting out gear, organising rotations and preparing to support our budding stars in their training session. Our trainers have great credentials, their backgrounds range from Canterbury champions to budding New Zealand representatives.

On behalf of our parents and athletes I would like to thank all of you for giving your time and expertise.

Here are some of our results so far this season. Listed are our Quadrathon results and Club best performances. I would love to list all of our athletes achievements but that would just be showing off!! We have athletes that achieve personal bests constantly through-out the season, who train hard and compete in four events every week with huge smiles on their faces.



**To us, each and every one of you are stars**

QUADRATHON MEDALS - 2016	
Grade 7 - 9	
9 yr Boys	PJ Palamo 1st
7 yr Girls	Georgia Martin 2nd equal
8 yr Girls	Rebekah Pratten 1st
9 yr Girls	Leah Pratten & Violet McMeeken 1st
Grade 10-14	
11 yr Boys	Liam O'Donnell 1st Noah Smith 2n
13 yr Boys	Jake Waldron 3rd
10 yr Girls	Orla Dunlop 2nd
11 yr Girls	Esther Pratten 3rd
12 yr Girls	Winnie Palamo 1st
14 yr Girls	Fia Lai Kong 1st

CLUB BEST PERFORMANCES - 2016/17 season			
PJ Palamo	9 yr boy	100m sprint	14.89s
		discus throw	29.82m
		long jump	4.22m
Josh Dempster	10 yr boy	60m sprint	8.81s
		200m sprint	26.90s
		400m sprint	67.03s
Zachary Landers	10 yr boy	1200m walk	9:23.57s
Micah Landers	13 yr boy	1600m walk	10:49.29s
Jake Waldron	13 yr boy	Long jump	5.34m



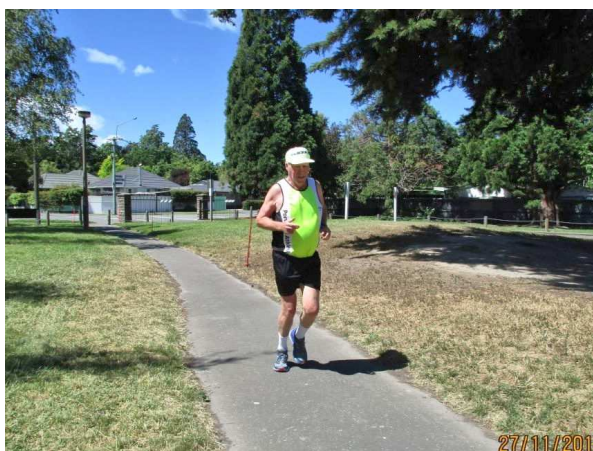
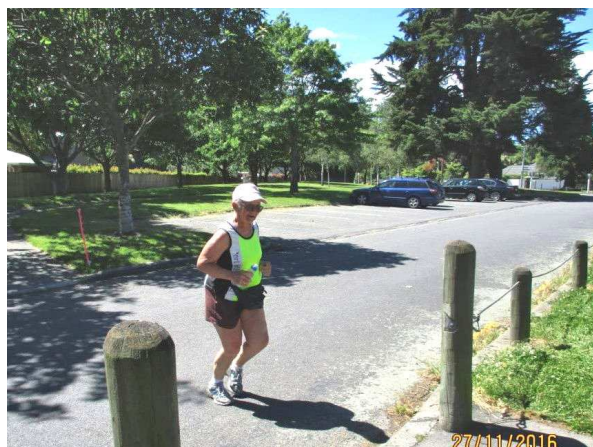
### 6 km Points Race #1 (Handicap)

26 November 2016, at Hansen Park

Gross Place	Gross Time	Hdcp	Net Time	Net Place	Name
1 <sup>st</sup>	43.28	9	34.38	14 <sup>th</sup>	Corinne Lucas-d'Souza
2 <sup>nd</sup>	45.52	13	32.52	12 <sup>th</sup>	Mike McFie
3 <sup>rd</sup>	46.24	20	26.24	3 <sup>rd</sup>	Len Millward
4 <sup>th</sup>	46.28	20	26.28	4 <sup>th</sup>	Kerstin Sandford
5 <sup>th</sup>	46.38	15	31.38	10 <sup>th</sup>	Tom Reihana
6 <sup>th</sup>	47.05	18	29.05	8 <sup>th</sup>	Pauline Poore
7 <sup>th</sup>	47.23	12	35.23	15 <sup>th</sup>	Jos Galavazi
8 <sup>th</sup>	47.47	20	27.47	5 <sup>th</sup>	Robyn Daly
9 <sup>th</sup>	47.59	24	23.59	1 <sup>st</sup>	Phil Chapman
10 <sup>th</sup>	48.42	15	33.42	13 <sup>th</sup>	Louis Lucas-d'Souza
11 <sup>th</sup>	48.56	21	27.56	6 <sup>th</sup>	Nick Rutter
12 <sup>th</sup>	49.05	23	26.05	2 <sup>nd</sup>	Jamie Hawker
13 <sup>th</sup>	49.17	5	44.17	20 <sup>th</sup>	Kevin Knight
14 <sup>th</sup>	49.26	0	49.26	22 <sup>nd</sup>	Glyn Williams
15 <sup>th</sup>	49.42	8	41.42	19 <sup>th</sup>	Helen Rutter
16 <sup>th</sup>	49.46	4	45.46	21 <sup>st</sup>	Brian Alexandre
17 <sup>th</sup>	49.56	21	28.56	7 <sup>th</sup>	Loris Reed
18 <sup>th</sup>	50.03	10	40.03	17 <sup>th</sup>	Geoff Swallow
19 <sup>th</sup>	50.11	21	29.11	9 <sup>th</sup>	Hugh Conly
20 <sup>th</sup>	50.15	10	40.15	18 <sup>th</sup>	Warren Elliott
21 <sup>st</sup>	50.41	0	50.41	23 <sup>rd</sup>	Colleen Donaldson
22 <sup>nd</sup>	50.48	14	36.48	16 <sup>th</sup>	Terry Warren
23 <sup>rd</sup>	52.20	20	32.20	11 <sup>th</sup>	Peter Daly
24 <sup>th</sup>	58.20	walk		24 <sup>th</sup>	Mark Russell

6 km Points Race, 26 November:

Colleen,, Geoff; Pauline; Nick, Jamie & Hugh.



Wednesday morning group before a run





### 8 km Points Race (Turkey Trot)

Finish Place	Finish Time	Estim'ed Time	Diff'	Estim Place	Name
1 <sup>st</sup>	39.52	39.10	0.42	2 <sup>nd</sup>	Dee Richards
2 <sup>nd</sup>	40.05	39.48	0.15	1 <sup>st</sup>	Jamie Hawker
3 <sup>rd</sup>	40.15	39.30	0.45	3 <sup>rd</sup>	Loris Reed
4 <sup>th</sup>	43.55	49.39	5.44	8 <sup>th</sup>	Hugh Conly
5 <sup>th</sup>	45.25	-	4 km walk -		John Waite
6 <sup>th</sup>	45.58	49.40	3.42	6 <sup>th</sup>	Peter Bayliss
7 <sup>th</sup>	46.33	47.30	0.57	4 <sup>th</sup>	Mike McFie
8 <sup>th</sup>	53.14	50.00	3.14	5 <sup>th</sup>	Terry Warren
9 <sup>th</sup>	56.02	49.00	7.02	9 <sup>th</sup>	Jos Galavazi
10 <sup>th</sup>	56.36	51.00	5.36	7 <sup>th</sup>	John Caughley
11 <sup>th</sup>	64.24	56.00	8.24	10 <sup>th</sup>	Kevin Knight
12 <sup>th</sup>	69.09	56.00	13.09	11 <sup>th</sup>	Glyn Williams

### Bell Hill Challenge

This is a shortish off-road run relatively close to Christchurch, on the Ferguson family's farm "Baldoon" in the Selwyn Plantation B. lock between Sheffield and Springfield. It is held on Race weekend at the end of October.

A cold southerly front had moved up the South Island late on the Friday, leaving a generous coating of snow on the summit of Bell Hill (960 m). When we left Christchurch for the 10 am start, it was raining heavily, so Phil (my husband) refused to come! It was busily snowing at Arthur's Pass - not a good omen!

However, although it was cold, there wasn't much wind. Chris Cox, the race director, reminded us in the briefing to carry full cold/wet weather gear. But the rain and hail held off until the very last competitors were scurrying over the finish line, so conditions were pretty good - just like a cold winter's day.

The 18 km run and the 12 km walk both start at the same time - across the paddocks and then up the long, steep grunt to the top of Bell Hill. By the time the slower runners hit the snow, a clear track had been forged and we didn't even get our shoes wet. Until reaching the top, runners and walkers alike were walking, and we only separated out on the downhill through the forest.

*Continued on page 11*

### 8 km Turkey Trot, 10 December:

Jos, John C, Mike M; Glyn; Jamie, Loris, Dee; Terry



*Bell Hill, continued from page 10.*

Same old story here - walkers running, so I was relieved that I wasn't walking, or I would have been highly frustrated by cheating walkers.. Walkers turn off onto the road to return to the woolshed, while runners continue on for an extra 6 km of undulating forestry tracks.

Charlie Nolan and Mel Orange turned in excellent times for 4th and 6th M50+, with Simon Crosbie (ex Port Hills/St Martins) finishing in between them. I took my time for 7th W50+, but there were still at least half-a-dozen runners behind me - all younger! The older I get, the less I like races where the oldest age group is 50+ !

Ray Bennet found the walk a real challenge, as he didn't have Brian and Bob to egg him on! He wandered in with several (much younger) walkers, just before the hail started!

The top runners can break 1 hr 30 min, and the tail-enders take about 4 hours.

This is a most enjoyable course; the snow-laden branches of the pines were reminiscent of running through a Christmas card! And this year we certainly couldn't complain of sunburn and heat!

*Shirley Rolston*

Tracy as "Rag Doll", winner of 'R' at Christmas Party



## **NZ Secondary Schools Championships, Auckland, 2<sup>nd</sup> - 4<sup>th</sup> December.**

The biggest athletics event in NZ, by competitor numbers, was held at the Trusts Stadium, west Auckland on the first weekend in December. The club had eleven athletes attending representing their various schools. Athletes from the Christchurch region were well represented in the results, as were our club's athletes.

Liliana Braun had more competition than she is used to in Christchurch but still managed second placing in the Junior Girls 2000 m steeplechase, in 7.12.16 and third in the Junior Girls 3000 m in 9.56.65.

Jaiden Busch won the Junior Girls Shot with a put of 13.87 m.

William Stedman had a busy weekend and ended up first in all four Para events he was entered in as he was the only entry. Nevertheless his performances in the 100, 200, 400 and long jump were good for the stage of training he is at and he set a new meet record for the long jump and was presented with the "para-athlete of the meet" award.

Brianna Fidow did well to progress to the final of the 80 m Junior Girls hurdles with times of 12.93 and 12.87 in the heat and semifinal, but had the mortification to strike the last hurdle when coming fourth in the final, ending up eighth. She also competed in the Junior Girls 300 m hurdles coming tenth and was in the Villa Maria Junior Girls relay which was 13<sup>th</sup>.

Ayrton Shadbolt was fifth in the Junior Boys 2000 m steeplechase in 6.39.75 while Hamish Dewhirst was eighth in the senior Javelin with a 48.20 m heave. Eva Pringle did well to record fifth in the Junior Girls 4000 m Road Race in 15.29.95 and Gregor McKay came 26<sup>th</sup> in the Junior Boys 4000 m Road race and tenth in the 3000 m track race.

Tayla Clarke had a busy weekend with a seventh in the Senior Girls Shot, ninth in the discus and twelfth in the Javelin. Alicia Yee gained good experience in coming seventeenth in the year 9, 3000 m Road Race and 22<sup>nd</sup> in the 3000 m track race. Alice Clapp gained valuable experience in her first outing in the Junior Girls Throws, with a 20<sup>th</sup> in the Shot, and the horror of three "No Throws" in the Hammer and Discus. All good lessons of what to avoid in the future.

All in all a great weekend of competition in fine warm weather, with club athletes gaining five gold, a silver and a bronze and some good top eight finishes.

*George*