



# PORT HILLS

A T H L E T I C

---



**PORT HILLS ATHLETIC CLUB**  
**NEWSLETTER July 2017**

# 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	027 286 8122
<b>T &amp; F CLUB CAPTAIN</b>	Sue Leadbeater	366-2376
<b>T &amp; F JUNIOR, CLUB CAPTAIN</b>	Sarah Clapp	322-4166
<b>COMMITTEE</b>		
Megan Allen	337-9953	
Peter Bayliss	980-8395	
Frouke Geertsma		
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 **20<sup>th</sup> August 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 3
Notices	p 5
Events & Results	pp 6 – 8

**Cover photo:** Liliana & Martina racing in the South Island Cross-Country Champs.

**Photos from:** Glen.

See pages 1, 6 – 9.

## 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

- 4.30pm** Junior/Senior Trail Running. Ages 6yrs and older; Halswell Quarry Phil Chapman (322-4266)  
**5.15pm** Seniors (ages 19+) Speed workouts – Ayr St, Hagley Park: Jamie Hawker (027-2280638)

### TUESDAY

- 4.30pm** Juniors (ages 5 – 18) Cross Country training Hansen Park: Paul Johnston (027 4058229)  
**5.00pm** Seniors (ages 19+) Hill run – Sign of the Takahe Phil Chapman (027-2091958).

### WEDNESDAY

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

### THURSDAY

- 4.30pm** Trail run, ages from 10 yrs upward; Victoria Park Phil Chapman (322-4266)  
**4.30pm** Juniors (ages 5 – 18) Cross Country training Hansen Park: Paul Johnston (027 4058229)  
**5.00pm** Seniors (ages 19+) Steady state /Speed workouts Ayr St, Hagley Park: Jamie Hawker (027-2280638)

### 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

Children's: from Sonya Hazlett, Ph 331-6330.

For the current prices, look on our website:

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

## 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

Welcome members to the July edition of the Port Hills Athletic newsletter. We unofficially finished off the Cross Country part of the season with the Canterbury Cross Country Champs being the final event. It was a particularly muddy course but for those of us sporting the 15mm spikes, was a great run with no problems to report. The club is going really well in the "Winter Club of the Year" competition too, currently holding first place overall. Thanks to all the members turning out to compete. Every runner counts even if you're not taking out one of the top spots, you may be contributing to our overall position and can proudly take some of the credit for our current standing, so keep turning up and trying your best – it's doing the entire club proud.

We're also closing in on the yearly annual general meeting scheduled for Monday the 14th of August, 7:30PM at the club rooms. We do have a couple of challenges as a club filling some of the roles this year so if you're interested in being a part of a great leadership team within the club, we'd love to have you. We're also in need of someone to perform club room maintenance tasks. We've got a couple of one off jobs if anyone is available, specifically relating to shifting our trophy cabinet down to somewhere that we can actually view it. We had a lot of trophies last year as a club which were a bit hard to display so high up. If you can assist here, please get in touch with me.

Thanks for being part of a great club and we hope to see you at the AGM.

*Paul Johnston* Club President

### Port Hills AGM

Monday 14th August, 7:30 pm,  
Hansen Park Club Rooms

All members welcome!!

*Paul*

### Junior XC & R Captain's Report

Well July definitely saw some true cross country running with the change of weather giving us some soft and muddy conditions on some of the courses. The Andrew Reese scratch race saw 16 junior runners tackle the course resulting in 4 firsts, 2 seconds and 1 third and some of the older juniors running in the longer senior relay.

Next it was off to the steeplechase run of the Kennett Cup, the start of the mud and some cooler conditions. Port Hills had 27 junior runners compete for the South Island cross country champs and provided a number of podium finishes: 5 firsts, 6 seconds and 3 thirds.

With the most recent run being in the middle of the school holidays the Canterbury Champs had a slightly smaller turnout of 17 runners in brilliant sunny but very muddy conditions with the odd water crossing thrown in for good measure. In the trying conditions, the junior runners represented the Port Hills club proudly and ended up with seven podium finishes: 2 firsts, 2 seconds and 3 thirds.

*Brendan*

## COMING EVENTS

### July

29<sup>th</sup> Sat 2pm Club Road Champs, Hansen Park.  
30<sup>th</sup> Sun 7.30am Run AND Trail Run, 31 Dunn St.

### August

5<sup>th</sup> Sat from 10am Greta Valley Relay, Greta Valley  
Tavern carpark for race packs.  
5<sup>th</sup> Sat 2pm Club run/walk, Hansen Park.  
12<sup>th</sup> Sat 2pm Club Relays: 4 x 1600m & 4 x 400m,  
Hansen Park.  
19<sup>th</sup> Sat fr. 1.30pm Canterbury Road Champs,  
Bottle Lake Plantation.  
20<sup>th</sup> Sun Teenage Run.  
26<sup>th</sup> Sat 2pm Port Hills Under Age XC Race,  
Hansen Park.  
27<sup>th</sup> Sun 7.30am Run, 31 Dunn St,  
AND Trail Run, Rapaki to Guns.

### September

2<sup>nd</sup> Sat not known NZ Road Champs, Canterbury  
Agricultural Park, Curletts Rd.  
2<sup>nd</sup> Sat Club run from venue.

### **Senior Captain - Road, Cross Country and Trail Running**

The winter season is in full swing with many runs and races to challenge members over these cooler, less sunlight and wintry days. At time of writing there is a snow warning in place for Canterbury down to 100 m on our beloved Port Hills.

The Andrew Reese Memorial Relays saw many club members head out to Woodend Domain and race in teams off different handicaps. There was some very close racing in most grades and the weather was a bit warmer than predicted. (See results on page 7).

Special thanks to Glen and Phil for getting there early to “set up” our tent and arrange the relay teams bibs etc.

The following day was our monthly trail run and a rather wet 18 runners heading out from The Takahe , up through Victoria Park, onto Sugarloaf Reserve (was a very cold wind out in the open there) and from the Kiwi we split into two groups with one group staying on the Summit Rd and the others following the Crater Rim Trail Track all the way out to the Ahuriri Reserve/Summit Rd where our Crater Rim Ultra will take runners on this trail on 15<sup>th</sup> October 2017.

The junior trail group under the control of Phil Chapman sees young club runners learning how to run trails but having fun as well. Phil took the juniors on a Hares and Hounds school holiday treat run. Well done Phil.

The South Island Kennett Cup saw a big club group take on this challenging course out at The Old Ascot Golf Course with very noticeable fluoro singlets getting onto the podium. One presentation had all 3 places filled with Port Hills members. Well done everyone.

It was great for me personally to see all the support from “non/not running club members” who braved the cold to come

along to cheer and support runners as we ran the course many times. (See results on page 8)

Earlier in the month saw the midweek group have their annual mid winter walk/run/party.

I hear that Warren Elliot came out the winner of the quiz and a great time was had by all. Well done Glen Watts for organising this very popular event. At the time of writing, the Canterbury Cross Country Champs are being held at The Halswell Quarry and I see there are many club members taking on the personal challenge and competing. Hope you all raced well.

The Roto Kohatu Relays are set for the 22<sup>nd</sup> July and will see teams compete on a very challenging course.

Our Club Road Championships on Saturday 29<sup>th</sup> July finishes off a busy month of club running and the following week is the Greta Valley Relays where our club has had some good results in the past few years.

Stay warm out there over these wintry months and take a spare change of dry clothes for after your training runs/races and remember to stay hydrated.

*Jamie*

Senior Club Captain  
Road, Cross Country and Trail Running

**PORT HILLS ATHLETIC CLUB NOTICE OF ANNUAL MEETING****Monday, 14<sup>th</sup> August 2017 – 7:30PM, Port Hills Club Rooms****Agenda:**

1. Apologies
2. Approval of Proxies
3. Approval of Minutes of the 2016 AGM
4. Consideration and approval of Annual Report
5. Consideration and approval of Financial Accounts
6. Election of Officers
7. Election of Life Members
8. Setting of Club fees
9. General Business

**Nominations for Office**

The following nominations have been received:

<b>Position</b>	<b>Nominee</b>	<b>Nominated By #1</b>	<b>Nominated By #2</b>
<b>President</b>	Paul Johnston	Peter King	Glen Watts
<b>Vice President</b>	Tony Hill	Paul Johnston	Peter King
<b>Secretary</b>	Tui Summers	Paul Johnston	Peter King
<b>Treasurer</b>	Peter King	Glen Watts	Paul Johnston
<b>Track &amp; Field Senior Club Captain</b>			
<b>Track &amp; Field Junior Club Captain</b>			
<b>Cross Country &amp; Road Senior Club Captain</b>	Jamie Hawker	Tony Hill	Peter King
<b>Cross Country &amp; Road Junior Club Captain</b>			
<b>Committee Track &amp; Field</b>			
<b>Committee Track &amp; Field</b>			
<b>Committee Cross Country</b>	Peter Bayliss	Paul Johnston	Glen Watts
<b>Committee Cross Country</b>	Glen Watts	Peter King	Paul Johnston
<b>Committee Children</b>	Frouke Gertsma	Paul Johnston	Amanda Landers
<b>Committee Children</b>	Amanda Landers	Glen Watts	Tony Hill

**Auditor:****Notices of Motion:**

There are no Notices of Motion.

**Please Note:**

Those nominated automatically fill that position. Nominations to fill vacancies can be made at the AGM or preferably earlier than that for consideration at the AGM.

[Proxy for 14<sup>th</sup> August 2017 Annual Meeting of The Port Hills Athletic Club Incorporated](#)

I give my proxy to ..... My Name .....

My Signature..... Date.....

**Note:** The Constitution allows any voting member no more than 3 proxy votes. All proxies must be in writing and advised to the Secretary and qualified prior to the meeting.



### **WILLIAM'S WORLD CHAMPS**

Well, by now William is fully ensconced in London and, when you read this, will have completed his events, so it's no use giving you details so you can watch.

In the lead up he travelled to Fiji at the end of June for the Oceania Champs where he was first in the Para Long Jump with a 5.07 m and first in the Para 800 m in 2:11.84. Both these events were on the same day. Earlier he was second in the Para 400 m in 55.89 and in the 100 m in 13.55. All these performances indicate he is on target for the World Champs.

The team then travelled to Cardiff for a training camp, where they competed at a meeting at Reading on the 8th July where he ran a good 200 m in 26.16, again indicating he is close to his best.

So now its the countdown to the big events. Unfortunately his coach wasn't able to travel with the team due to an injury which saw him in hospital, so he is also watching nervously from afar.

*George (coach)*

### **Andrew Reese Relays -**

Top down, Right: Photos of Senior events:

Robyn to Loris;  
Tom to Brendan;  
Paul to Carwyn;  
Wendy to Christine

Below: Peter D to Ross A.

*(More photos on page 7)*





### Andrew Reese Memorial Handicap Relays

24 June 2017, at Woodend Domain

Team	Gross Place	Gross Time	Net Time	Net Place
<u>JW</u>	<u>1<sup>st</sup></u>	<u>1.55.08</u>	<u>1.19.08</u>	<u>1<sup>st</sup></u>
17.55	Liliana Braun			
19.46	Louise Daly			
19.28	Martina Connor			
21.59	Annika Levestam			
<u>MM2</u>	<u>2<sup>nd</sup></u>	<u>1.55.04</u>	<u>1.19.04</u>	<u>5<sup>th</sup></u>
19.07	Tom Jarman			
20.45	Brendan Whittington			
20.31	Mel Orange			
18.41	Charlie Nolan			
<u>MM3</u>	<u>5<sup>th</sup></u>	<u>1.55.46</u>	<u>1.34.46</u>	<u>9<sup>th</sup></u>
25.25	Rick Harlow			
20.14	Jamie Hawker			
23.41	Peter Daly			
25.56	Ross Allen			
<u>MM1</u>	<u>9<sup>th</sup></u>	<u>1.56.52</u>	<u>1.15.52</u>	<u>4<sup>th</sup></u>
18.32	Paul Johnston			
18.23	Carwyn Cockerill			
18.52	Carey Jones			
20.05	Phil Chapman			
<u>MM4</u>	<u>12<sup>th</sup></u>	<u>1.59.50</u>	<u>1.59.50</u>	<u>12<sup>th</sup></u>
28.33	Tom Reihana			
27.24	John Gordon			
33.40	John Caughley			
30.13	Mike McFie			
<u>MW</u>	<u>2<sup>nd</sup></u>	<u>1.57.03</u>	<u>1.41.03</u>	<u>3<sup>rd</sup></u>
23.03	Robyn Daly			
23.43	Loris Reed			
26.27	Wendy Fox-Turnbull			
27.50	Christine Bycroft			

New Brighton Olympic (MM 2?)

23.31 Richard Young (Port Hills runner – completing the NBO team)

From the top: Junior Relay start;

Sarah McC;

Alannah;

Lower left: Liliana to Louise

(Senior photos on page 6)



**South Island CROSS COUNTRY CHAMPS  
/ KENNETT CUP**

1 July 2017, on the Old Ascot Golf Course

**OW 5000m**

 5<sup>th</sup> 29.09 Isla Smith

**W Under 18 5000m**

 1<sup>st</sup> 18.35 Liliana Braun

 6<sup>th</sup> 20.34 Louise Daly

**W60 5000m**

 1<sup>st</sup> 28.13 Christine Bycroft

**W70 5000m**

 1<sup>st</sup> 24.19 Loris Reed

**M Under 18 5000m**

 8<sup>th</sup> 17.44 Ayrton Shadbolt

 12<sup>th</sup> 18.18 Thomas Coleman

 16<sup>th</sup> 18.40 Gregory Coleman

**M40 9000m**

 7<sup>th</sup> 39.51 Brendan Whittington

**M45 9000m**

 5<sup>th</sup> 35.12 Paul Johnston

 6<sup>th</sup> 36.19 Carey Jones

 10<sup>th</sup> 53.16 Peter Bayliss

**M55 9000m**

 4<sup>th</sup> 40.01 Jamie Hawker

 6<sup>th</sup> 43.53 Richard Young (NBO)

 8<sup>th</sup> 58.53 Mike McFie

**M60 9000m**

 4<sup>th</sup> 45.04 Arne Ericson

**M65 7000m**

 4<sup>th</sup> 37.41 Ross Allen

**M75 7000m**

 1<sup>st</sup> 39.59 John Gordon

**POINTS**

 MM 35-49 3<sup>rd</sup> :

Johnston, Jones, Whittington, Bayliss.

(Seniors' photos on page 9)

 From top down: Charlie H & Louie;  
Tobias;  
Lewis;  
Ashlee & Grace S.




More photos from the SI XC Champs

Left, from top down –

Gregory;  
Brendan.



Right, from top down –

John G;  
Paul.

