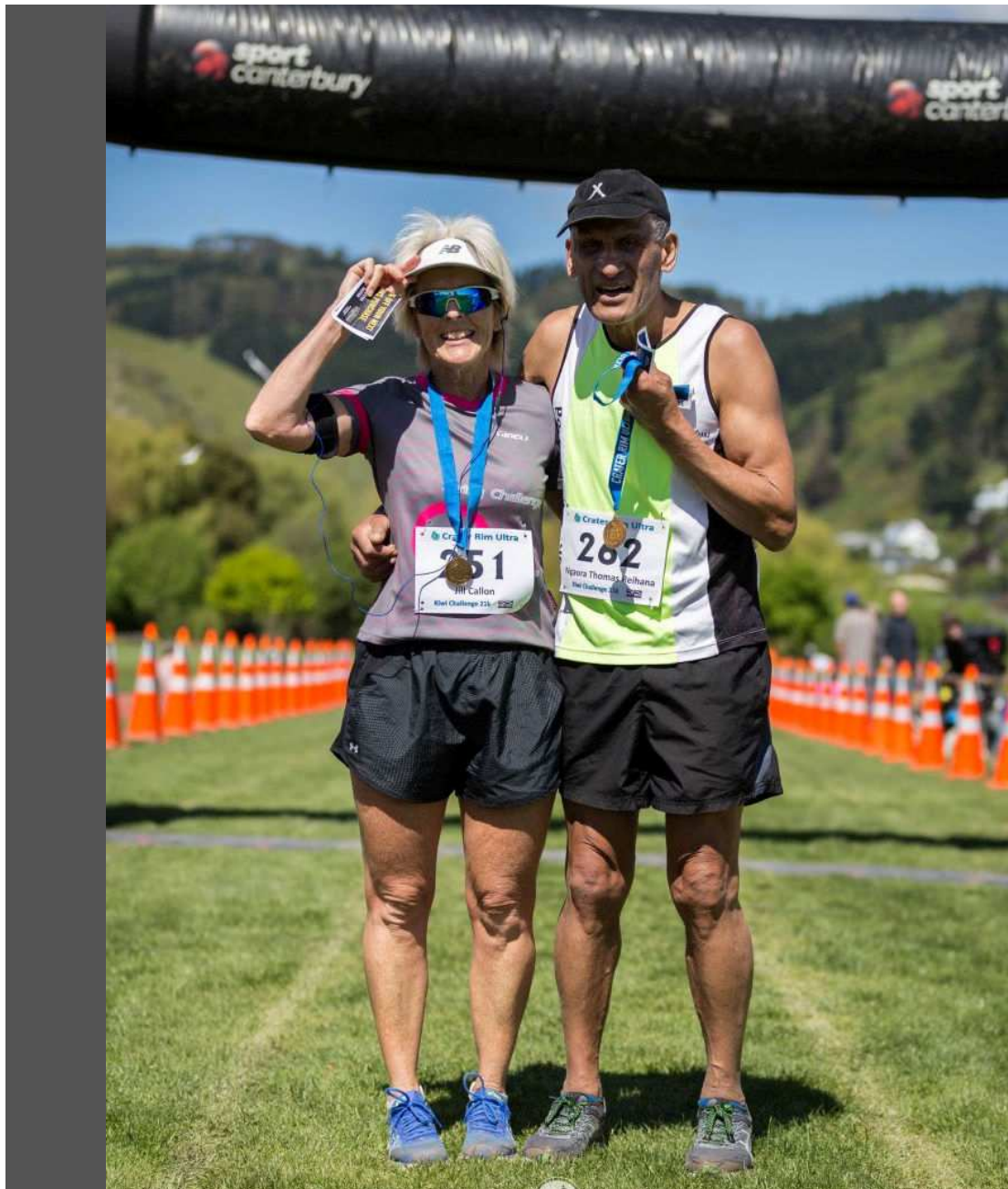


PORT HILLS

A T H L E T I C



PORT HILLS ATHLETIC CLUB
NEWSLETTER October 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

PRESIDENT	Paul Johnston	027 405-8229
VICE PRESIDENT	Tony Hill	021 191-1638
SECRETARY	Tui Summers	027 4222-627
TREASURER	Peter King	341-1154
XC & ROAD CLUB CAPTAIN	Jamie Hawker	027 228-0638
XC & ROAD JUNIOR, CLUB CAPTAIN	Kirsten Rentoul	021 154-3904
T & F CLUB CAPTAIN	Sarah Clapp	322-4166
T & F JUNIOR, CLUB CAPTAIN	Vacant position	
COMMITTEE		
Megan Allen	Track & field	337-9953
Peter Bayliss	Cross-Country & Road	980-8395
Frouke Geertsma	Children	
Amanda Landers	Children	960-7061
Glen Watts	Cross-Country & Road	332-1964
SELECTORS		
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 **19th November 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@gmail.com
George Edwards 960-3993
george.marg@paradise.net.nz
Paul Johnston 332-1894
paulj@solistra.com

This month's Contents

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Cover photo: Crate Rim Ultra medalists:

Jill and Tom R.

Photos from: Glen W and Paul J.

See pages 1, 5 to 8.

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

5.00pm Junior/Senior Trail Running. Ages 6yrs and older; Halswell Quarry Phil Chapman (322-4266)

TUESDAY

5.00pm Juniors (ages 13+) Middle distance running training Hansen Park: Paul Johnston (027-4058229)

5.00pm Seniors (ages 19+) Trail run Sign of the Takahe Phil Chapman (027-2091958).

5.15pm Seniors (ages 19+) Speed workouts – Ayr St, Hagley Park: Jamie Hawker (027-2280638)

WEDNESDAY

9.30am Hill run/walk for all levels – Hansen Park: Glen Watts (332-1964).

5.00pm Contact: Jamie Hawker (027-2280638)

THURSDAY

5.00pm Trail run, ages from 10 yrs upward; Victoria Park Phil Chapman (322-4266)

5.00pm Juniors (ages 13+) Middle distance running 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

Hello members and welcome to the October newsletter. It's been a busy month for a lot of the club with both the summer section of Track and Field getting underway and the Crater Rim Ultra being held over the weekend just gone.

Track and Field planning for the season has been completed and things are underway with the first club night now done and completed. By all accounts, this was a great turnout and I'll be making sure I get down to the next club night to take a look.

The other big ticket item for the club has been the Crater Rim Ultra. The main organising committee of Peter King, Rachel Hill, Tony Hill, Bonnie Hawker, Jamie Hawker and myself have spent a large amount of our personal time on getting things ready for the weekend gone by. All the feedback coming in from competitors, sponsors, volunteers, suppliers and Athletics NZ has all been very positive and quite rewarding. As a club, you've all contributed and the amount of effort put into getting this up and running has been very impressive. Support from the council, D.O.C. and the farmers whose land we used for some of the event was fantastic. The list of people involved in this just goes on and on. Just so many people who all supported this and made it so successful. As a result, Athletics NZ has confirmed that next year, the 50 km event will be the NZ Trail Running Champs.

See page 8 for reviews of the Ultra, published by "Wild Things"

See you out there (and looking forward to a slightly quieter month!!)

Paul Johnston
Club President

COMING EVENTS

October

- 21st Sat 2pm Club Handicap Champs, Hansen Park
PBAP, Names in at HP by 1:45pm.
- 22nd Sun 7:30am 31 Dunn Street AND Trail Run,
Tai Tapu.
- 23rd Mon Labour Day.
- 28th Sat 2pm Club Hill Climb Champs Hansen Park.
- 29th Sun Boulder Bay.

November

- 4th Sat 2pm Club run/walk,
Robyn & Peter Daly's 80 Chrystal Street, Richmond,
PBAP & chair.
- 5th Sun from 8am Selwyn Running Festival /
Canterbury Half Mara Champs, Leeston.
- 10th-12th SI Masters T&F Champs, Timaru.
- 11th Sat 2pm Club run/walk, Hansen Park.
- 12th Sun 1pm Winter Season Prizegiving & Picnic,
with Special General Meeting. The Groyne's.
- 17th Fri Show Day.
- 18th Sat 2pm Club run/walk, Hansen Park.
- 19th Sun 7:30am 31 Dunn Street AND Trail Run,
Sumner.
- 25th Sat 2pm 6km Points Race 1 & 6km Open,
Hansen Park.

December

- 2nd Sat 2pm Club run/walk,
Karen & Len Millward's,
44 Ruapani Street Marshlands; PBAP & chair.

Senior XC, R & T Club Captain's Report

The highlight for me over the last month would be our club receiving the Athletics Canterbury Winter "Club of the Year Award" Trophy for 2017.

This was achieved with the help of so many club members entering and running all the 2017 Winter events under the Canterbury Athletics umbrella and we all had fun whether as a team member or running as an individual.

The Takahe to Akaroa Team Relays saw 7 teams enter and a medal haul of 2 Gold, 1 Silver and 4 Bronze Medals reflected the quality of the team runners.

(See results on page 6)

The Junior Trail runners were treated with a Hares and Hounds Trail race in the Botanical Gardens during the school holidays hosted by Phil Chapman.

The Senior monthly club trail run was a mixed group with some of the Crater Rim Ultra entrants who were given a run over some private farm trails which were used as part of the 50k race.

One of our regular weekly club training runners down at Hagley Park, Richard Young has just recently completed his third year in a row at the NZ Athletics 24 hr Race in Auckland with a top 5 finish. Well done Richard on another great effort over 24 hours continuous walking /running.

Richard backed up the following weekend as our 21 km Kiwi Challenge Tail-end-Charlie at the Crater Rim Ultra. LEGEND!!!

The Crater Rim Ultra weekend has just concluded with another mighty effort from soooo many club members answering the call to help marshal/volunteer for this iconic Christchurch Trail Event. One of our club members had a wee crew hike up to the Mt. Herbert Summit on the Banks Peninsula and stayed the night to be ready to check off all the 50 km entrants on race day. (Was a cold wet night up there I hear) Your hard working committee also helped make this event a success and will be a sought after race on the NZ Trail Running Championships.

Our first ever Club Trail Running Championships had to be cancelled due to wet weather but will be back on the club calendar for early 2018 Winter Season.

Looking forward we have a busy end of season with our Club Handicap Race, Club Hill Climb and the Canterbury Half Marathon Championships being held during the Leeston Running Festival.

Our popular summertime club run from a member's home starts in early November from the Daly's home and the last event for our winter season is on the 12th Nov. at The Groynes for our Winter End of Season BBQ and Prize Giving.

Put this date in your diary and we hope you can join us.

Jamie

Senior Club Captain – Cross Country, Road & Trail.

Search for Newsletter Editor

The Club Committee are looking for a new editor for this newsletter. If you are interested or know someone who may be willing to take this on, please contact the Club President or Secretary, or me. (See contact details on p 2.)

John Caughley, the present editor.

Change of email address

Please note that from November my email address will be: john.caughley@gmail.com

LOST JACKET

I have lost my Port Hills jacket.
It is the latest jacket we now sell.

Mine has "Hill" written in the back of it

Contact email if it is found, is
tonyh2911@gmail.com

Thanks heaps,
Rach



Shop 120, Westfield Mall, Riccarton
Phone 348 0841

*Shoe Clinic is proud to be a sponsor of the
Porthills Athletics Club*

30 DAY MONEY BACK GUARANTEE ON ALL PRESCRIBED FOOTWEAR

ALL new balance

REDUCED

+ A FREE INSULATED DRINK BOTTLE WITH EVERY PAIR



30th October – 12th November

ALL MERRELL FOOTWEAR REDUCED + A FREE CAMELBAK DRINK BOTTLE!

Offer ends 31st October

DRYMAX PERFORMANCE SOCKS — BUY 3 GET THE 4TH PAIR FREE!

Offer ends 31st October

**NEW SEASON NEW BALANCE
AND ASICS SPIKES IN STORE**



Proudly supported by PodiatryNZ

Takahe - Akaroa Relay: Junior Men's and Women's teams.



TAKAHE-AKAROA RELAY

16 September 2017

<u>Team</u>	<u>Place</u>	<u>Total time</u>
Masters Men	2 nd	6.01.43

Lap no.	Time	Name
1	43.48	Guy Field
2	51.37	Ian Pendle
3	42.06	Brendan Whittington
4	40.58	Matin Pearce
5	55.40	Rick Harlow
6	44.27	Richard York
7	39.21	Michael Smith
8	43.46	Carey Jones

Masters Men O'50	1 st	5.38.09
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1	40.18	Charlie Nolan
2	46.34	Phil Chapman
3	43.01	Nick Rutter
4	42.11	Len Millward
5	48.50	Chris Arnold
6	37.33	Mel Orange
7	36.11	Jamie Hawker
8	43.31	Tom Jarman

Masters Women	2 nd	6.12.30
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1	46.46	Tui Summers
2	47.56	Bernie Jago
3	43.13	Ariana Summers
4	45.52	Lisa McGonigle
5	50.08	Dee Richards
6	41.27	Robyn Daly
7	41.34	Loris Reed
8	55.54	Sheryl Fraser

Open Masters O'60	3 rd	3.48.01	(6 laps)
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1	24.59	Liz Laban
2	34.35	John Gordon
3	49.42	Hugh Conly
4	50.35	Ross Allen
5	39.32	Tom Reihana
6	28.35	John Caughley

 From top down: Guy; Phil;
 Ian; Liz.


Charlie has the bit between his teeth!



From top down: Chloe;
Rick to Richard;
Henry;
Marshalls.



From top down: Carey;
Over 50 winners;
Dee to Robyn;
(Marshalls)



Crater Rim Ultra – Reviews from 'Wild Things' website

Miriam Bielki, 16th October 2017:

As far as trail running goes this is a 5star event. I loved having access to lots of private farms over paddocks, along sheep track and up a few narly wee fence lines in forest. The course is very varied underfoot. Lots of good climbs and some well earned down hill towards the end. The Marshalls and volunteers were really well briefed and I found them all to be really helpful supportive and fun! The course was well marked which was great as it could of been a hard course to follow otherwise. You get some great views and if your not full on racing – definitely being your camera!

Martin Walker, 16th October 2017:

A great event and was super well organised by the Port Hills club. It was a great fun atmosphere and it was good to see the 3 different races all well attended . Its a great event if you are running your 1st race through to the full Ultra. The highlight for me was at the top of Rapaki – the Aid station which was like something out of the Tour de France loads of music and super pumped marshals egging you on. If you get the chance give it a go next year.

Jon Hart, 16th October 2017:

Awesome run with two solid climbs and nice undulating terrain. Rewarding views throughout. Well organised with good signage which was needed for some of the turns with several options. Requires some good hydration/food prep as the first aid station isn't until around 20ks in.

Ian Pendle, 16th October 2017:

A fantastic 51.5km Ultra based in a city -but with a feeling of 'remote ruggedness' for a major part of the course. A real variety of terrain from open mountain tops with huge 360 degree vistas, to intimate 'dark and intense' forest scrambles that provide welcome relief from sun or rain. The whole set-up was meticulously planned (over 100 Marshall's) and signage ensured that navigational prompts and enthusiastic support were never far Away. This will become a 'must do' event on the NZ trail running calendar, and will attract big crowds in future years. HIGHLY RCOMMENDED AAA+

Vanessa Gopperth, 16th October 2017:

It was my first ultra and it was a blast. As the final competitor to finish in the 50k, I can tell you, you get HUGE bang for your buck! It's really 52.5K...at least that's what my watch said. Over 2k for free! Tail end Charlie and medic are excellent company. Meticulously organised and run, wonderfully supportive marshals. There are ups and downs and yummy junk food at the aid stations and cows and black and white sheep and horses to run past and skinks and geckos to scare off the trails. The views are epic. The people are awesome.You have to do this event.

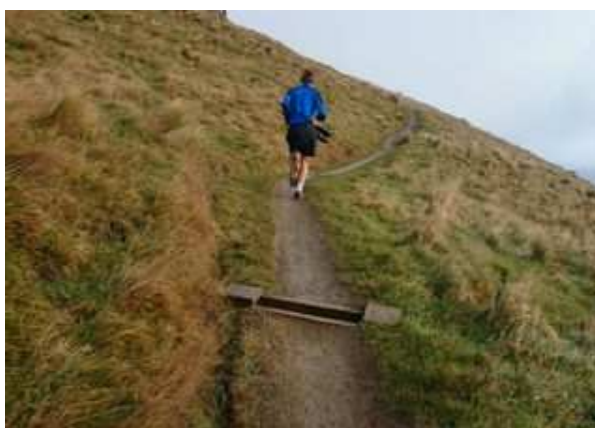
5 km Time Trial

23 September 2017, at Hansen Park

<u>Place</u>	<u>net time</u>	<u>est time</u>	<u>name</u>
1 st	21.43	23.00	Bernie Jago
2 nd	22.44	23.15	Robyn Daly
3 rd	23.31	23.30	Pete Daly
4 th	24.58	24.11	Hugh Conly
5 th	26.59	28.00	Peter Kling
6 th	31.30	33.00	Jos Galavazi
7 th	32.32	34.33	Shirley Rolston
8 th	32.35	38.33	John Caughley
9 th	32.52	---	Eric Saxby
10 th	34.14	35.00	Julie Roots
11 th	36.14	39.00	Bob Fyfe
12 th	37.09	37.00	Glyn Williams
13 th	37.45	37.00	Kevin Knight
14 th	38.01	38.25	Brian Alexandre
	32.14	---	Mark Russell - 2k Walk.

Crater Rim Scenes:

Rapaki Track;
Mt Vernon Track.



CRATER RIM ULTRA—50K Trail Race.

Sunday 15th October, 2017

A year ago I joined the Port Hills Athletic Club for many reasons and as time goes by I continue to tick off everything that I set out to achieve and more.

About 4 months ago I was asked if I was able to take a day off work for a day of filming as part of the promotional video for the up and coming Crater Rim Ultra 50 km Trail race that was being held on 15th October 2017. A 9-hour day of filming which was stripped back to produce a 2 min 40 promotional video.

A first for me to do something like this but more importantly a first for the Port Hills Club that in previous years has successfully held 10 km, 20 km and 29 k Crater Rim races.

In the months leading up to Crater Rim I was actually signed up to run Taupo 100km – this being my debut 100km. As days and weekends went by I found myself at a low point and my overall health and wellbeing was low and all the miles I was doing were for an event that I wasn't invested in physically or emotionally. Taupo was merely to fill a gap for an event that I wasn't able to get entry to because all spots were filled.

2 months from Crater Rim Ultra I made the decision to withdraw my entry from Taupo – from that moment a weight was lifted and running again become more enjoyable. It took courage to tell those that had invested time and money into my Taupo experience to turn around and say... "I'm not doing it.." Despite the heartache I felt it was for the right reason.

Weeks went by and then I invested in a running coach and this opened many doors to training smarter not harder that it was only fitting that I entered the Crater Rim Ultra given my emotional attachment to the club and all the preparation that was going into this first time event in Christchurch.

Crater Rim Ultra was drawing closer and the time being invested from the Port Hills committee was paramount to ensure that the runners and volunteers and marshalls would have a great experience.

In the week leading up to Crater Rim I encountered some real lows (pre race nerves perhaps?) that my heel and ankle that I endured two stress fractures 18 months ago decided to remind me that something was wrong so the training was dialled back a notch in the last few days so needless to say I really wasn't sure how the day would go.

My mum who lives in Dunedin was arriving on the Friday, and The Crater Rim Ultra was the first ultra, supporting me. It gave her a real insight as to what preparation goes into the lead up to race day. The weather through the week had been a real mixed bag and I knew the rain would make the exposed part of the course really muddy and boggy. Saturday night was as expected an early night with a tummy filled from mums home cooking. The alarm was set for 4am which would allow me time to consume my pre run breakfast and a last minute check that I had everything I needed before my race check in at 5:15am Sunday morning at Hansen's Park.

At 2am Sunday morning the skies opened and the rain pelted down - I'm sure I wasn't the only runner that muttered a few expletives. Luckily it was short lived. 5am and I made my way to Hansen Park, in dark but calm weather. I could feel the nervous energy amongst the other runners and as I mentioned before I think I experienced these pre race nerves in the week leading up to the event because I felt calm and eager to start and of course the Port Hills Athletic Club are like an extended family so I felt I had the upper hand given this was my club and having first hand experience of the entire course.

The buses arrived just before 6am and we all boarded the bus to make our way to Lyttelton Port. The ferry ride from Lyttelton to Diamond Harbour just heightened the overall experience of the event. The ferry crossing takes approximately 12 mins to reach Diamond Harbour where we all disembarked and made our way to the start line at the Rugby grounds. From here we were greeted by Jamie who no doubt was experiencing all sorts of emotions given the lead up to this very special day.

At 7:15am the horn went off and after a lap of the rugby grounds we all started to spread out as we made our way to the beginning of Mount Herbert.

Mt Herbert for those unfamiliar takes you over a working farmland to the highest point on Banks Peninsula of 919 m which is very exposed to the all of the elements and is actually closed for lambing between 1st August until 16th October so again we are all very lucky to be able to run it. Today we experienced rain and hail and very low lying cloud so we missed out on the 360 degree views.

My favourite part of the course is from Mt Herbert to Packhorse and the week's weather leading up to race day made for many runners to fall not once but many times. I fell at about 11 kms in which, despite the torn leggings and swollen ankle, I couldn't but help but smile at the view of The Packhorse Hut in my sights. It's about the 14 km mark that you descend into Packhorse and words couldn't describe the overwhelming beauty of Packhorse. Here we were greeted by a group of marshals who recorded our race numbers. It was also here that I spent more time than I wanted due to an unexpected tummy upset.

Making my way from Packhorse to Gebbies Pass felt fast - it was almost as if my feet knew where to go and even with the muddy downhills I didn't let that stop me - or was it the two guys behind me that gave me the confidence I needed to navigate the slippery terrain?? I could see Gebbies Pass in sight and it was here that I realized how warm it was getting (such a contrast from the weather at the top of Mt Herbert) so knowing the first aid station was just ahead I felt perfectly timed to fill my hydration vest, change my top and stuff my mouth fill with jet planes and gummy bears.

It was here that I saw Allan Hooper (a dedicated Tuesday and Thursday club runner) directing us across the road to the second major climb for the day.. lets just say its a real 'bastard' of a climb - 6 km to be exact of climbing and scrambling through private farmland to make our way up to Summit Road. It was here that I made another gain on

two more runners which I guess was reflective of my training and knowledge of this part of the course. I felt so great and fresh despite the increasing weather temperatures and the climbing just endured. It was at this point that I reached the beginning of the Crater Rim Trail - a significant landmark for us all. Its here that I have spent countless weekends and hours spent running and it wasn't until today that I realised how much confidence this provided me.

My smiles got bigger and every aspect of the terrain and the landmarks along the way kept my legs ticking over at a really nice comfortable pace which caught me up to other runners that had made a gain on me at the beginning of the day. It was in no time that I reached the Sign of the Kiwi another special and significant landmark. I think I was almost doing cartwheels at this stage - Bonnie and Raquel and Co were at the ready with more tasty temptations that it was only fair to fill the water bottle to avoid dehydration (given the temperature by this stage) grab some more jet planes and gummy bears - hugs all round from the Port Hills crew that gave me that next boost as I made my way up Sugarloaf.

Feeling quite grateful as I reached the top of Sugarloaf as I was cheerfully greeted by another Club member, Heather who gave me more words of encouragement to see me right along the undulating trails to Rapaki...

Still feeling fresh and full of energy as I made my descent to the next aid station at Rapaki before venturing back up onto the Crater Rim Trail and along to Bridle Path where we were instructed to collect our yellow bands as proof that we reached the turning point. Here I made another gain on a runner who looked noticeably uncomfortable. I collected my yellow band and made the decision to power walk the climb from Bridle Path to Castle Rock (approx 1 km) which gave me the right amount of energy I needed in my legs to bring me home for a strong finish as I knew the descent down Rapaki would be the slowest point of my run - given downhill is not my strength.

I was blown away by all the weekend walkers (up and down Rapaki) that provided kind

words of encouragement. At the bottom of Rapaki I noticed more club runners (Rod and Robyn) cheering my name; a special mention to Debbie in the clown suit. Traffic Management literally stopped cars to allow me to cross to the Scout Den which was about a 1 km from the finish line.. Needless to say I was filled with many emotions from today's journey which had been filled with many highs and being so well supported by all the volunteers.

Entering into Hansen Park I could see the finish line in my sights along with all the families and support crew of those still out running – but one thing that stands out from what had already been a very special day was seeing my mum standing at the finish line along with my friends Vanessa and Carissa and Jamie cheering me to the finish, only to be then greeted with heartfelt hugs and of course my well deserved finishers medal having just completed 52 kms and 2500 m total elevation.

Has my year since joining Port Hills Club been one success after another... YES – Am I privileged to have been a part of the Port Hills journey and the promotional video of Crater Rim Ultra... ABSOLUTELY – Do I encourage those that want to run it next year and the years to follow... YES... Why? because running has taught me that I am capable of so much more than I ever imagined and with the amazing support of the entire Port Hills family why wouldn't you!!

Lastly... and I know that I speak for many... a huge heartfelt thank you to each and everyone of you that have given up your time (some for two days) to help in what has been a huge success on the day and of course to the entire Port Hills Committee that have spent months in the making to execute what has been a truly remarkable and memorable day for all the runners..

Club runner – *Dee*, aka T.G

PORT HILLS ATHLETIC CLUB NOTICE OF SPECIAL GENERAL MEETING

Saturday 12th November 2017

A Special General Meeting of the Port Hills Athletic Club Incorporated is to be held at the **Groynes Park, Johns Rd. Belfast** at 2.30pm **Saturday 12th November 2017** to consider and, if decided appropriate to amend the Club's constitution

Agenda:

1. Roll Call
2. Apologies
3. Approval of Proxies
4. Explanation of proposed changes to the constitution
5. Discussion of proposed changes
6. Consideration of proposed changes.

Note:

1. As per the rules for Special General Meetings no other business will be considered
2. Written details of the proposed changes will be circulated at least ten days prior to the meeting

The SGM will follow the CCR&T break up.

PROXY FOR 12th November 2017 SPECIAL GENERAL MEETING OF THE PORT HILLS ATHLETIC CLUB Incorporated

I give my proxy to.....

Name

Signature..... Date.....

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

Tui Summers, **Secretary**