



# Energy City Harriers

## NEWSLETTER

Issue 3

August 2007

### Welcome

Cross country running is now behind us. Looking forward we have a number of challenging road events which I am sure will suit some more than others.

We had success at the NZ Cross Country Champs held on 5 August with Thelma Cochrane coming home with a silver medal in her age group and Graham Cochrane with a bronze medal in his age group. Congratulations to you both.

There was also a great turnout of harriers at the Taupo half marathon held on the same day with some good times recorded and some not so good times. This looks to be a popular event and may be one we need to put on our calendar next year.

This year saw the 40th year harriers have been running at McIntyres. Always a testing run, especially a week out from a half marathon for many, but one we would miss having on our calendar. The McIntyres always make us feel so welcome.

I would like to take this opportunity to thank Sharon for the work she put in to organising the quiz night. A great night - fantastic food and great entertainment. Thanks to Mark Arnold, our very own "Quiz Master" for keeping everyone on track and also Neale Parkinson for keeping us in line with our mathematics! Eleanor's team "The Tri Hards", of Steven Dickson, Brenda Cottam, Emily Davenport and Ali Mace came out the winners!

Some of the club's upcoming initiatives include the running of the annual Taranaki Schools Road Relays on Sunday 9 September (thank you to New Plymouth City New World for coming on board with sponsorship of this event); the resumption of the marathon clinic in October and the Round the Mountain Relay on 29 November/1 December. The latter event gives the club an opportunity for some fundraising and we have put our name down to man two transition areas, hopefully one at the

### Inside this issue:

Welcome	1
Upcoming Events	2
Past Events	3 - 6
Committee contacts	7

beginning of the course and one at the end. This way we will not be precluded from entering teams and competing. These are all fun things to be part of - I encourage your involvement.

With Robert Angus Real Estate merging with Bayleys there was concern re sponsorship of the Mountain to Surf Marathon. I was thrilled to hear, that despite the re-branding, the club's sponsorship is secure. We look forward to developing and enhancing this relationship.

I cannot thank you enough for the work done by a dedicated group of key people and a large team of volunteers. We all lead busy lives and it is encouraging to see everyone chip in and lend a hand. I, for one, feel part of a vibrant and energetic organisation that is attracting a cross section of new members. To date we have over a 100 members. The club cannot prosper without the support of its members and I thank you for your passion.

Yours in running

Helen  
President

**The FRONTRUNNER**

Please Note: If you go into The Frontrunner to buy a Club singlet and there are none available, please ask them to order one for you. Frontrunner is unable to place an order to their supplier until they have more orders by our club members.

## Upcoming Events

### Saturday 25<sup>th</sup> August

#### PACK RUN

Car pooling to be organised, or meet at Patuha Lodge at 1pm.

Lodge booked but need names of people going so numbers for catering can be confirmed.

Afternoon tea costs \$5.00 per person. There is a notice on the noticeboard at the clubrooms, please put your name down if you intend going.

### Saturday 1<sup>st</sup> September

#### PACK RUN

Meet at NPOB Surf Club Oakura at 9am. Low tide 6.08am. *To be followed by morning tea at 193 Surrey Hill Road, Oakura. BYO food.*

#### NZ ROAD CHAMPIONSHIPS - AUCKLAND

### Saturday 8<sup>th</sup> September

#### ROBERTSON SHIELD

Meet clubrooms 1pm. Novelty relay Rosendale Ave/Ngamotu Road (2 x 1.2km circuits). Run to Rosendale Ave for relay and back to clubrooms after relay.

*BBQ and prizegiving.*

#### MARTON TO WANGANUI RELAY

Murray Mace has kindly volunteered to coordinate this event if there are enough people interested. It would be a one day trip. If you are interested in going contact Murray (ph 755 0751).

### Sunday 9<sup>th</sup> September

TARANAKI SCHOOLS ROAD RELAY. Helpers needed for this event which is kindly sponsored by City New World New Plymouth.



CITY NEW WORLD  
NEW PLYMOUTH

### Saturday 15<sup>th</sup> September

#### HUTCHINSON CUP

Hickford Park, Bell Block. 5km (2 x 2.5km circuit) handicapped road race. Start times to be advised.

M Hutchinson Cup

W Hurworth Cup

M19 K Green Trophy

W19 O'Rourke Cup

Walker awarded miniature cup.

*Afternoon tea and prizegiving at clubrooms please bring a plate.*

### Saturday 22<sup>nd</sup> September

#### STRATFORD TEAMS ROAD RELAYS

Meet at Stratford Racecourse at 1pm to be organised into teams with a 1.15pm start.

Very interesting 2700 metre course incorporating hard sand tracks, the bushy main entrance drive into the Racecourse, plus the downhill of Flint Road.

Running Teams 4 per team (4 laps)

Walking Teams 3 per team (3 laps)

One team member only on the start line at 1.15pm.

Another team member to join in at the start of each lap. (Teams to STAY TOGETHER)

Time taken of the last team member to cross the finish line on the last lap. Teams to take their individual times.

Entry fee - plate of food for afternoon tea.

#### PACK RUN

Clubrooms 8am - Coastal Walkway.

### Saturday 29<sup>th</sup> September

#### BROOKLANDS ROAD RACE

Kaimata Street, New Plymouth. 6.4km (4 x 1.6km circuit) estimated time race. No watches. Start times to be advised.

### Saturday 6<sup>th</sup> October

#### PACK RUN

Meet at Bellringer Pavilion, Pukekura Park 8am.

#### NZ ROAD RELAY CHAMPS

South Canterbury. Full details advised closer to the day.

### Sunday 7<sup>th</sup> October

#### DAILY NEWS HALF MARATHON

### Saturday 13<sup>th</sup> October

#### MARATHON CLINIC

Meet Bellringer Pavilion, Pukekura Park 8am.

### Saturday 20<sup>th</sup> October

#### END OF YEAR DINNER AND PRIZEGIVING

The Courtenay Room at the Devon Hotel has been booked for our end of year function on Saturday 20<sup>th</sup> October. Pre-dinner drinks (at own cost) will commence at 6.30pm with a banquet style dinner commencing at 7pm. Cost of meal still to be confirmed but will be approximately \$30.00. We will require names of people wishing to attend later in the season, a reminder will be sent out closer to the time.

## Past Events

### Waiongongoro Mountain Run 16 June 07

I awoke early on the morning of Saturday 16 June to hear the increasingly present South Easterly wind blowing its familiar tune. Winter was well and truly here, with winds blowing and temperatures dropping. The upshot was that the sky was blue and the mountain (as always) was looking a treat. With half my wardrobe either packed on me or packed in my kit bag, it was into the car and heading southwards to meet at the Mountain House car park at 0900.

Reaching Stratford, the temperature reading in the car indicated 3 degrees outside, dropping to 1 degree on arrival at the Mountain House. With no other cars and not another Harrier soul to be seen, I started to wonder if everyone else had seen the light and decided to stay in town and run there. Relief was soon with me as a few more cars and a van arrived and about 25 hardy souls wrapped up in anything from tights, gloves and woolly hats emerged to take on the might of the mountain.

We split into 3 packs with everyone given strict instruction not to leave anyone to run by themselves. Course notes were dished out and bunches of intrepid Harriers disappeared into the bush line.

The Waiongongoro Track is narrow and relatively undeveloped so care had to be taken to keep your eyes on the track ahead. The track is fairly well marked and we followed the signs which point towards Dawson Falls. Plenty of steep ups and downs soon got the blood flowing and the lungs working to breath in the icy air. Hats and jackets were soon shed as it wasn't long before I had a good bead on my brow.

We ran past the Patea Loop track with a number of stream crossings along the way (doing the best to keep our feet dry of course!!). The next track to pass was the Enchanted Walk and a short time later we reached the swing bridge. Only one person at a time is allowed on the bridge as per DOC rules and I guess there is good reason for this. It was interesting to watch a few faces as

people crossed; after all, it was quite a drop to the cool waters below!!

After a bit more upping and downing (or ascending and descending for the technically minded??) we ran into a series of steep steps which were definitely "upping" type steps! They took you on a steep climb which leads to the Ridge Track. From here we hit the sign pointing left to Dawson Falls, where we turned right to join the Round the Mountain Track towards the Stratford plateau.

I thought at on stage I had found a new form of wildlife on the mountain but on closer inspection realized it was Karl Dravitzki, and in fact, not an antelope running in tights leading the way!!

On reaching the plateau car park I thought we'd be heading back down the road to the cars below, how wrong I was!! It was then up to the Manganui Gorge, through the tunnel and up to the Manganui ski lodge. What a sight it was up there with all the tussock blanketed in heavy frost, an awesome view in anyone's eyes. A few hardy souls wanted to add a little more time and did a short out and back on the Translator Track. I opted for the "soft option" joining Gerald in a couple of short runs up and down the T Bar. Being cautious of wind chill we decided to head back for home and ran back the same way in which we had come up the mountain, still demanding even though we were descending.

On arrival back at the Mountain House everyone had that "Ah, what an awesome run that was" look on their faces. Makes you realise that we're so fortunate to have an asset like Our Mountain in our backyard.

A good sized group stopped off at MacFarlane's in Inglewood for a well earned lunch on the way home. Special thanks must go to Gerald for organizing this fantastic run, one I'm sure we'll all remember.

*Murray Hodson*

# TIMBERCO

### Gold Coast Marathon - 1 July 2007

Well here I am, 2 days after the Gold Coast Marathon, reminiscing over a few of the highlights, where shall I start....

We came over a few days before to take advantage of the cheap flights before school

holidays kicked in, sunny but cool windy weather greeted us & prompted a few nervous glances at the weather forecast, the locals told us it was the coldest in 20 years but the outlook was improving and by race day the wind had eased and the weather was warm again, probably hitting 20C by the business part of the day with the light breeze keeping things comfortable, great running weather to be honest.

I have to say I was most impressed with the event organisation, 16,000 runners catered for on the day with 2.5Km & 4Km junior dashes, a 7.5Km walk, 10Km run, half & full marathon. Everyone ended up with finisher t-shirts, medals, goodie bags, there were shuttle busses to bring you in & out, access to luggage holding facilities at the race, water & sports drinks on course, pacemakers, pre drop of personal refreshments on the marathon course if you wanted, even complimentary massages in the post race cool down areas, hard to fault without being nit-picky.

As for the races themselves I'll start with the 7.5Km walk, my wife Marlana took part as part of the Gold Coast Bartercard corporate team of about 20 walkers, good result on very little training, finished in the top 1/5th with a 1hr7min, well done! On the shuttle on the way in I meet a couple from Stratford also taking part in the Marathon & Walk, must be a popular choice for couples when only one has lost the plot!

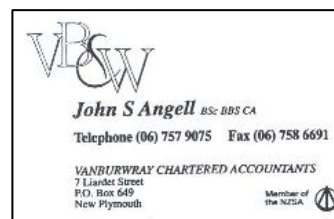
The Half started at 6.30am without a hitch, I saw Steve Dickson amidst the masses, another top 1/5th finish for Steve as well with a 1hr43min, well done Steve, I didn't get to watch much more of the half as the Marathon start was in 20mins, time for last minute preparations...

The marathon started at 6.50am, first highlight was a slow jog over the bridge from Southport to Mainbeach, the first of the 'massive' hills out of the way I settled into a comfortable pace through Surfers, Broad Beach & down to the first turn around at Nobby Beach. Highlights on the way down were the various bands of musicians including a trio of Elvis's in full kit, & an unofficial drink station manned by a group of young lads handing out cold stubbies off the top of a barbie. On the way back the slight headwind started to grind away & by the time I reached the half way point I could feel the wheels slowly starting to come off but I just ground it out to the top turn around in

Southport. Again one of the highlights was the bunch of lads at the unofficial drink station, by this time the party was in full swing, the volume was up & they were also handing out spliffs, no takers though! A couple of runners from Hawera spotted the NP Harriers shirt and pulled up along side me for a chat.

At the top turn around I headed back to the finish, with 8Km to go and a tail wind I got my second wind and picked the pace up for the next 5Kms, caught one of the Hawera guys again which was a bonus, maybe a bit too much pace though because I fell apart over the last 3Km, so near & yet so far! Still 3hr57min, a top half finish, can't complain.

Excellent race all-round if you want to combine a winter break with school holidays & some adult entertainment (that's running by the way!), highly recommended.  
*Greg Chapman*



## Club Cross Country Championships 7 July 2007

I arrived at the clubrooms late morning on Saturday to find that the usual hardy souls were well into the task of setting out the course for the Club cross-country championships. There was still plenty to do, so I gave a hand. It was decided, because of the softness underfoot around the area just after the start line, to re-route the course higher up the bank and behind the cricket bowling nets. With the course laid out it was left to those experienced in such matters to measure it and make the appropriate adjustments so that we did not have to run any further than necessary. Because it looked as if there was little chance of rain, but the wind could have posed a problem, we decided not to erect the tent or the gantry and clock, opting instead to use the old clock on the back of Keith's ute.

With all events over a distance of 4km, the walkers were first away. This event was won by Anne Fraser who, with a time of 27m19s, bettered Katie Tahere's 2006 time. Pat Clark finished

second. In the women's race, Renee Graham took the overall title with a time of 13m 43s, 13 seconds faster than Sonya Barry's 2002 record. Hannah Sturmer took second place and the G13 category with a time of 17m 16s, while Cheryl Leuthart was third and won the Masters Women's Championship in 17m 29s.



As the time for the men's race came closer, the all-important warm-up (which takes me a lot longer these days!!) took me around the circuit to check out the soft patches. Thankfully there were only a couple - one just after the start line and one over by the stream where Keith's ute got stuck in the mud. Having sussed that out, I headed out onto the road for more warm-up time. When I got back, I spent the next 10 minutes in the downstairs doorway out of the wind. One of the John's knows me well enough to ask me how many layers of clothing I was going to take off before the race. "None" I replied. He chuckled as if he already knew that that would be my response. I, along with several other softies, emerged from the doorway just in time to be on the line for the start.

Soon after the start, I found myself in a bunch with Des Stanford, Keith Dye and Gerald Dravitzki. I'm not sure who was more surprised!! We stayed together for almost the first lap, but then I had to let them go. Keith finished in 15m 47s and I crossed the line in 16m 53s. That is only a minute behind and on the face of it, that looks good, but because we were together after lap one, it really means that I lost one minute in just two laps. Oh, well, such is life!! I didn't see it, but the men's race was won by Nathan Coombes, who ran a time of 13m 51s, beating Luke O'Connor's 2004 time of 14m 07s. Nathan was awarded the Senior Championship cup. The Master's Men's title went to Tony Vaughan with a time of 14m13s. The M16 title was won by Cameron Holden (14m 31s) and

the Junior Championship cup was won by Tyler Griffin.

The decision not to erect the tent and gantry meant that the clean up task was a lot easier and quicker. This allowed for an earlier afternoon tea, where the food was plentiful. A big thank you must go to those who helped set up the course, to timers and recorders, to Anne Fraser for her wonderful calligraphy which allowed us to receive certificates at the prize-giving, to Helen and Steve for their parts in the prize-giving, to the tea/coffee makers, dishwashers and to anyone else who helped make the event a success. Well done.

*Mike Ingram*

### **Hawera Harriers Beach Relays 14 July 2007**

A small contingent of Energy City Harriers took the opportunity to travel to Hawera and to join the Hawera Harriers for their fun event, the Beach Relays. We gathered at their clubrooms at the Hawera Showgrounds and while we were being put into teams, some members of the Hawera club were down at Ohawe Beach setting out the course. The teams were a cross-section of runners of different ages from different clubs. Each team had a designated leader and the team had to run in the order set down by the organisers. Our team consisted of Kelly, a young girl from Hawera, Brian, a teenager also from Hawera, Sam, a teenager from Egmont Athletics and me. We got our instructions and then travelled to Ohawe to the start.

While this type of event is always subject to the elements, the day was well chosen. The beach was in good condition although there were a couple of patches where rock-hopping was required. In contrast to cold wind of last year's event, the sun was shining and there was hardly any wind at all. Each team had a young person who ran 2km, while all others ran 4km. Kelly, probably the youngest competitor, was first away for our team. Although she ran well, at the interchange we were in last place. Brian did a great job of closing the gap as he completed his 4km and I was able to continue this when I took over from him. That left Sam to run the final leg and to try to catch the leader. After a valiant effort, our team came in second. Then it was back to the clubrooms for refreshments.

For those of you who decided to spend time in the garden, you missed a good day. It's nice every now and then to have an event where there is an element of competition, but the focus is simply on running for enjoyment. Thanks Hawera Harriers, we'll be back.

**Mike Ingram**



## **McIntyre Cross Country Run - 28<sup>th</sup> July 2007 (40<sup>th</sup> Anniversary)**

### **A new members perspective...**

Saturday, 12.15pm. Laden with fresh cheese buns filled with ham, cheese & lettuce, & all my running clobber, I loaded myself & gear into Mikes wagon and off we set to pick up both Johns, where we switched vehicles for the ride out to the McIntyre property.

The afternoon had settled into cool, cloudy with possible showers.

I sat in the back & tried to imagine this 'wee run' as Mike described it. How long, how big, will I keep up, as I stuff a second banana in my face, it certainly won't be a lack of fuel that will see me end up on my knees.

Arrival at the McIntyre property came soon enough, and after 20 minutes of organizing oneself, chatting, introductions, stretching, we headed off in three groups led by Max, Mike & Keith.

At the farm gate, Keith & a small group headed left & we turned right down Rimutauteka Rd for 50 metres before turning right again re-entering the property, down what appeared to be a main downhill race, which led in the general direction of the Maunganui River which appeared to border the Northwest of the property.

The pace was great, nice & easy, able to breath instead of gasping, I started to warm up, legs felt good, really enjoying this, certainly not as quick as the Tuesday night run.

Along the way, Mike explained the general route as far as the eye could see, which consisted of rolling paddocks of lush green calf high grass

(this farm appeared to have grass in abundance). This terrain required a running style that had me lifting my knees higher than normal to prevent entanglement - a great workout I thought, as we romped through the paddocks, stopping briefly to negotiate the odd gate or fence. We swung around to the Nth East and ran parallel to the river for a while heading for what appeared to be a small forested hill & the track that cut up thru the centre of it.

The length & steepness of the hill fooled me & halfway up, this newbie admitted defeat and committed myself to a brisk walk. Two good lessons for me here I thought,

1. John Walker I am not, so keep up the training & include some good hill work.
2. Never assume the top is just around the corner, keep your step short and find a pace that I can manage.

The majority of the crack along the way came from older fellow runners, who shall remain nameless, (mainly due to me not knowing their names anyway) reminiscing about the run years gone by and how much easier the track was today - "in our day, there were no tracks, the hills were steeper, there was more scrub to run through, we ran faster (of course, you were 20, not 55)". They kept us amused right up until they decided to return via the shorter route & skip the last big ridge on the way home - 'with age comes wisdom', some would say.

Still running parallel to the river, we entered another property and headed for the junction of the two rivers ( Maunganui & Waitara ) traversing Bull paddocks on the way without more than a friendly glance from the residents. I personally have an affinity for rivers & Fly fishing so this special spot would have to rate for me as the highlight of the trip for the physical beauty of two rivers joining & its remoteness - another mental note to kayak this section with my Fly rod this summer.

The rest here was brief. We backtracked, this time leaving the Maunganui River behind us and running now alongside the Waitara R. heading upstream at a gradual climb knowing full well that the main ridge to our right had to be negotiated at some stage - another healthy climb.

So putting my hard earned lessons from the last hill into play, I shortened my step as we turned into the ridge and began the climb. The ridge top

finally came into view, Neil was running steadily & hardly faltered up the ridge, I was impressed & told him so - between gasps.

We crossed over the ridge, & picked our way down into a bowl like series of paddocks passing a Hay barn, climbing briefly past this and finally cutting the metalled Rimutauteka Rd. Nearly home I thought, as the leg aches & mental running stamina began to decline. This section of road continued in a steady uphill climb for approximately 2 kms and then an easy downhill section of 1 - 2 kms back to the start point of our scenic journey.

Run time - 1hr.43 mins, we cooled down, stretched out, rehydrated & waited for fellow runners to complete. I missed it, but apparently one even returned on a tractor with a large smile, so figured the injury was not too serious.

The food was spread out on the McIntyres front lawn, with a hot cup of sweet tea a priority. The McIntyres were very welcoming, with Victor stating that this was clearly one of the highlights of their year and were obviously thrilled to host so many of us. A basket of goodies from the club went to Victor's Mum in appreciation of the afternoon and their efforts.

Winding down in the back seat on the way home, I had time to reflect on such a cool afternoon - the sprawling farm of trees, forests, hills, rivers rolling paddocks, old Farm buildings, tractors, farm animals, the physical & mental push required to complete the course.

All being well, I will be back for next years run, see you there.  
*Paul Crighton*

### **BE SAFE, BE SEEN**

Please wear your reflective belts or tops when running at night, and adhere to all road rules. Remember cars have right of way

## **Energy City Harriers Committee**

President:	Helen Begg	752 7590
Club Captain:	Steve Grant	751 3259
Vice Captain:	Keith Goodwin	753 6894
Secretary:	Sharon Edmunds	758 1235
Treasurer:	Cheryl Leuthart	753 2144
Handicapper:	Brian Hall	752 7590
Subscriptions Secretary:	Brian Hall	752 7590

Committee: Gerald Dravitzki  
Max Dravitzki  
Mike Ingram  
Denise Stewart-Jacks



**ENERGY CITY  
HARRIERS**

P O Box 683, New Plymouth

Clubrooms  
Calvert Rd, New Plymouth Ph 06-758 8714  
[www.energycityharriers.co.nz](http://www.energycityharriers.co.nz)