



Energy City Harriers

NEWSLETTER

Issue 2

June 2007

Welcome

The club is booming!! Great to see so many new faces at both our Tuesday night pack runs/walks and also our Saturday runs. We have had excellent turnouts to our two mountain runs and the lunch and get-together after these runs was a great opportunity to recap the runs and meet new members.

I am disappointed that complaints have been received regarding our Tuesday night pack runs/walks. The complaints relate to lack of reflective gear being worn and lack of road sense when crossing the road. It is in our interests to a) act safely and b) not alienate the public, so **please** wear your reflective gear and observe road rules. The Fronrunner sells reflective belts, jackets and has a new 'Brooks' range of 'high vis' apparel. Call in and see the team.

Last year we lost our major sponsor for the Mountain to Surf Marathon. Robert Angus and Associates, formerly known as Robert Angus Real Estate, offered to become our major sponsor for 2007 and have confirmed their sponsorship for 2008.

For a number of years Neale Parkinson, Graham Cochrane and this year Beau Burmester from Robert Angus and Associates were major sponsors of our Fitzroy Olex fun run/walk. With Robert Angus and Associates now sponsoring our marathon they felt it time to step down from the Fitzroy event. I would like to thank them for their generous support and for making the event the success it is today. I am pleased to announce our new sponsors for the 2008 Fitzroy Olex fun run/walk will be "Timberco". Thank you Dave and Cheryl Leuthart for taking on this sponsorship and we look forward to working with you.

I would also like to extend my thanks to all those who have assisted at our harrier events this year. The support from club members, and even those who are not club members, has been fantastic.

Good luck to those competing in the North Island Cross Country Champs on 30 June in Taupo.

Yours in running and walking.

Helen

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The **FRONTRUNNER**

Club Uniform

We have received feedback from members expressing dissatisfaction with the cut of the shorts of our club uniform. We have been investigating an alternative and in consultation with The Fronrunner and Taranaki Athletics we are looking at changing to a plain navy short. With regard to the club singlets, currently The Fronrunner needs more orders before they can put an order in to the supplier. Please note The Fronrunner is not making any profit for providing this service.

All club members competing in registered, club and interclub events must be wearing club uniform

Club Tee-Shirts

The club has in stock a supply of dri-fit tee shirts. If you wish to purchase a tee shirt please see Cheryl Leuthart. The cost of these shirts is \$25.00

REMI NDER

If you have not already paid your Subscriptions/registrations please see Brian Hall, Subscriptions Secretary

Upcoming Events

Saturday 7th July

CLUB CROSS COUNTRY CHAMPIONSHIPS
Clubrooms - off road 4km (3 x 1.33km circuit)
sealed handicap race on St Josephs/Devon
Intermediate school grounds.

Start Times

Walkers 1.00pm
Women 1.40pm
Men 2.10pm

Club uniforms to be worn.

M Dalglish Cup #2
W NPHC Senior Women Cup
M19 Dalglish Cup
M16 Colts Championship Cup
MM, MW, W19, W16, B13, G13 and walkers
awarded miniature cups.

Afternoon Tea and prizegiving - members please
bring a plate.

Saturday 14th July

HAWERA BEACH RELAYS
Full details closer to the day

Pack Run/Walk
Clubrooms 8am and 1.30pm - Coastal Walkway

Saturday 21st July

TARANAKI CROSS COUNTRY CHAMPIONSHIPS
Inglewood - Full details closer to the day.

Pack Run/Walk
Clubrooms 8am - Back Beach via Herekawe
Walkway. Low tide 8.15am.

Saturday 28th July

MCINTYRES INVITATION
Meet at Rimutauteka Road 1.30pm. Run across
farmland. Wear old shoes!
Afternoon tea to follow - please bring a plate.

Saturday 4th August

PACK RUN
Meet at Bell Block Pool car park at 8am. Bell Block
beach, low tide 7.18am.
Brunch at Big Jim's to follow.
Additional Pack Run at 1.30pm

Sunday 5th August

NZ CROSS COUNTRY CHAMPIONSHIPS
OTAGO

Saturday 11th August

CLUB ROAD CHAMPIONSHIPS
Sealed Handicap races at Kaimata Street, New
Plymouth. 5 x 1km circuit. Start times to be
advised.

M Ballinger Cup
W Ballinger Cup
MM NPHC Vet Man Trophy
MW NPHC Vet Woman Trophy
M19 Anniversary Cup
W19 NPHC U20 Woman Trophy
M16 Ballinger Cup
W16 Sonia Barry Cup
B13 Ballinger Trophy
G13 Ballinger Trophy

Walker awarded miniature cup.

Afternoon tea and prizegiving clubrooms
immediately following the event. Please bring a
plate.

Saturday 18 August

TARANAKI ROAD CHAMPIONSHIPS
Waitara. Full details advised closer to the day.
PACK RUN
Clubrooms 8am - Barretts Lagoon/Ratapihipihi
Reserve.

Saturday 25th August - Club Trip

PACK RUN - PATUHA LODGE
There are two options for a run here:
1st option - Run in the direction of Blue Rata
Reserve for a mostly road run.
2nd option - Regular Pukeiti run loop through to
Richardson Walk, loop track, Saxton
track, lookout, top road Dover through
to Pitone etc.

Run to be followed by afternoon tea at Patuha
Lodge at a cost of \$5.00 per person. There is also
the option of staying on for dinner (\$30.00 per
person for a three course meal) or you could make
a night of it and stay overnight (\$220.00 per
double, includes 3 course meal, breakfast
consisting of continental or cooked) If you would
like to book for either of the two extra options
we will require confirmation closer to the time.

TIMBERCO

Past Events

Ihaia Mountain Track 12th May

Two bus loads of intrepid Energy City Harriers set off from the club on Saturday morning at 8am with the intention to run the Ihaia Mountain Track. On the road for 30 minutes, we climbed up towards the mountain and arrived at the start point in a grove of pine trees.

Looking forward to running on the mountain tracks since arriving in New Plymouth in January but not sure what I might find (what with bridges being washed away!) we set off across a field (sorry paddock) to the beginning of the lower bush line, over a stile and onto the track that was the beginning of the National Park Boundary. Conditions were firm underfoot with the track gradually rising for about 7 k. After about 45 minutes of hard push we arrived at the old Oaonui hut site. All that's left of the hut is a old chimney stack and a concrete base. Must have had to bring all the building material up by hand, never mind arranging the open home!

The fast group had already set off from the Hut as we made our way up the Brames Falls Track and onto the bed of the Oaonui stream to avoid the washed out part of the river and bridge. The view from the river bed back towards the sea was amazing but even better was the view over the valley high above the Waiaua when we got to the Waiaua Gorge Hut. We waited awhile at the Hut and took a small detour to check out the enclosed steel ladder that drops down the side of the gorge and forms part of the 'around the mountain' loop.

The descent back down was a bit of a gallop and great fun. It was necessary to concentrate on your footing as rocks, roots and slippery bits of wooden track lay waiting to trip you up. Finally back at the Pine trees, some of the faster runners carried on down the road whilst the rest recuperated. The stop off at Butlers Reef was most welcome with a well deserved pint and some food.

Chris Jones

Brenda Ballinger Memorial 19th May

A newcomer's impression of the Brenda Ballinger Memorial Race – by Emily Davenport

It all started as a normal Saturday morning. I popped into work for a bit before going straight to the clubrooms, for what I thought would be an easy run. 4km – much shorter than the usual pack run, but I didn't realise that there would be any other difference from usual. Little did I know!

I arrived early to help out with the men's' race. The atmosphere was carnival-like – children everywhere, Classic Hits on the sound system, party food on the table. I assumed there was another event on and ignored it as I changed into my running gear. I made my way down to the field, only to realise that all the commotion was for the Brenda Ballinger. I kindly volunteered my handicap at the desk to be equal with Brenda's (the girl I run with). We both thought whoever came up with this handicap was highly optimistic (and subsequently blame them for our poor outcome).

The first race was the men's' – much more competitive than I expected, and won by one of the youngest runners – luckily a member of ECH. Next came the kids – it was fantastic to see young people getting involved! Soon it was time for our run. After watching all of the sprightly young Girls' High girls bound off in front of me, and doubting I would ever catch them, it was our turn at 4mins 30. The course was relatively flat, but the pace was much faster than I am used to on the pack runs. Half way round the first lap I wondered if I would survive. I turned out to be right. I never passed any of the young girls in front of me. Or anyone else for that matter. I did however make the finish line, close to vomiting, but I made it.

Unfortunately, due to my complete lack of realisation of what a big event this would be, had arranged for visitors to my house at 4. Therefore I missed prize giving and afternoon tea. As Murphy's Law would have it, I won a prize that I wasn't there to claim. Despite this, I still had a very enjoyable day. I expect to be back next year, better prepared, and with a slightly smaller handicap please!

Past Events

cont...

Pack Run 29th May

A good size group had gathered to do the pack run to Fitzroy on the 29 of May. On the surface, everything seemed normal. The weather was fine, runners were chatting but something was wrong. The run started & someone said “where is Keith?” Keith Dye was not on a Tuesday pack run for the first time in 3 years. It didn't seem right to not hear that familiar “c'mon you jokers”. I am happy to report that Keith was back the next week but will he be able to make up for those lost points?

Robin Grant

Tom Verney Cross Country 2nd June

The weather was cold and blustery for the Tome Verney Cross Country in Stratford on June 9th but at least it was dry. There was a good turnout from Energy City Harriers & the club was able to win the interclub title ahead of Stratford & Hawera. Renee Graham of Hawera was a convincing winner in the woman's 6k race. Cheryl Leuthart is steadily improving her x-country running & came in third. That Monday evening hill circuit is paying off Cheryl. Tony Vaughan had a great run finishing second overall & winning the men's master title. Max Dravitzki seems to still be improving and finished sixth overall. Des Stanford had the best performance of the day to beat his arch rivals Murray number one (Laird) and Keith Dye. The afternoon tea was delicious and there was even food left over perhaps because Gerald's boys weren't there! Congratulations to those runners who were selected for the Taranaki team at the North Island x-country champs in Taupo.

Robin Grant

Thank You

A Big thank you to those club members who have volunteered their time to assist at recent community events, including marshalling at the cycle event on Queens Birthday weekend, and more recently helping with the Port to Park event last Sunday. These popular events would be impossible to hold without volunteer assistance.

Points

The following is a reminder of the allocation of points for the point's trophy:

Tuesday night pack runs/walks – 2 pts
Weekend pack runs/walks – 5 points
home, 10 points interclub/
Taranaki events.

Race points to be awarded for the following events:

- Dr Davie
- Graham Cup
- Club Cross Country and Road Champs
- Hutchinson Cup
- Brooklands Road Race

The point's scorer is given discretion for the awarding of points.

Awarding of points will stop after Brooklands Road Race on 29 September.

For those who are interested Brian Hall will be posting an interim point's score sheet on the noticeboard at the clubrooms at the end of June.

Calling all Einsteins

Energy City Harriers
is having a
Mid Winter Dinner &
Quiz Night

7pm Saturday 21st July
Upstairs @ The Hub,
Fitzroy

*Bring your smarter half and
be prepared
to join a team not of your
making
to be challenged, perplexed
and
maybe even stumped.*

\$30.00 per person,
drinks extra
3 course buffet dinner
& loads of free fun

Please RSVP to Sharon on 758 1235,
Helen on 752 7590
or put your name on the notice board
at the clubrooms

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, and we don't bounce when we hit them, we squish.

Trophies

Club Champs

For the 2007 club cross country champs and club road champs the winners of the open men and open women trophies shall be the first male and female across the line. The winners of the B13, G13, M16, W16, M19, W19 and masters championships shall be the first across the line in each category so long as they are not winners of the open championship, i.e. members can win only one championship category.





Top Left: Courtney Sole – winner Brenda Ballinger Women’s Memorial trophy

Top Right: Eleanor Hamilton – winner of Elder Cup

Bottom Left: Brody Schultz – winner Brenda Ballinger Men’s Memorial trophy and Graham Cup

Bottom Right: Mangorei School – winner of Brenda Ballinger Yrs 7 & 8 Inter School Challenge trophy

Right: Max Dravitzki showing future Harriers how it’s done.



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**

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