



# Energy City Harriers NEWSLETTER

Issue 1

April 2009

## Welcome

A warm welcome everyone to the 2009 harrier season. It is great to see new faces each Tuesday night. Knowing you have a club run helps you get out through the cold winter months. If you require any assistance I am happy to guide you to a club member who could help and if you have any concerns please contact me.

This year we have another busy programme. One change we have made is to the Saturday runs/walks. There will be a pack run/walk from the clubrooms every Saturday morning. If the morning does not suit everyone I am very keen that the clubrooms will be available to all members at 1.30pm.

On 16 May we have the Brenda Ballinger Memorial and will need helpers for this event. Please put your name on the noticeboard if you can help. The event consists of a children's race, walker's race and men's and women's race. The event is open to anyone so bring along your husbands, wives, partners, children, friends, work mates and introduce them to some cross country running/walking. If your child is in either Yr 7 or 8 at school encourage them to get their school mates together and compete for the Yr 7 & 8 Interschool Challenge trophy.

I wish you all a good season with plenty of personal bests!

Yours in running and walking

**Helen Begg**  
President

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## Thank You For Your Help

A big thank you to all those members who volunteered to assist at the Fitzroy Olex in February and the Bayleys Mountain to Surf Marathon in March. Your time and effort make these events possible.



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**



[www.thefrontrunner.co.nz](http://www.thefrontrunner.co.nz)

25 Devon Street East

06 758 1590

The Frontrunner New Plymouth is the stockist of our official club singlets, and shorts. Please contact them directly and they will place an order for you. Please note The Frontrunner is not making any profit for providing this service.

## Tuesday Night Pack Runs/Walks

A few reminders for our pack run/walk on Tuesday nights.

- Please wear something reflective, ie belt or top
- Where possible run on the left hand side of the road, no more than two abreast or preferably on the footpath.
- Don't forget to keep an eye on everyone in your group.

### Pack Run/Walk etiquette:

- They are not races
- Keep behind the pack leader.
- Stick together for at least the first half of the run. If you get ahead of other runners do a loop to enable them to catch up.
- Split up by arrangement between the leader and pack members rather than by dropping off a trail of stragglers.
- It is the responsibility of all members to ensure that individual runners do not have to struggle home by themselves. Take your turn at accompanying slower runners home.

**These guidelines ensure pack runs/walks are enjoyable for everyone**

## Reminder - Club Fees

Membership fees should be paid to Brian Hall, Subscriptions Secretary. Please assist the club by paying your membership fees promptly.

Senior/Masters Men & Women	\$60.00
M19, W19, M16 & W16	\$40.00
B13 & G13	\$20.00
Walkers	\$30.00
Social Members	\$10.00

# TIMBERCO

## Upcoming Events

### 25 April

- Pack run from clubrooms 7.30am - Te Henui Walkway.  
(Points = 3)
- Whitecliffs. Meet at Pukearuhe at 1pm. Beach and track run, low tide 3.50pm. Refreshments at Urenui Hotel.  
(Points = 6)

### 2 May

- Pack run from clubrooms 8.00am - Back Beach via Herekawe Walkway, low tide 9.43am.  
(Points = 3)
- Waitara Invitation. Full details on website.  
(Points = 3)
- Lion Foundation Rotorua Marathon. Good luck to those of you competing.  
(Points = 6)

## 9 May

- Pack run from clubrooms 8.00am - Huatoki Walkway.  
(Points = 3)
- Taranaki Mountain Running Champs, Pukeiti. Full details on website.  
(Points = 6)

## 16 May

- Pack run from clubrooms 8.00am - Coastal Walkway.  
(Points = 3)
- Brenda Ballinger Memorial and Graham Cup, St Josephs/ Devon Intermediate school grounds. Off road 4km (2 x 2km circuit) cross country event. Sealed handicap for club members for Graham Cup. Please bring a plate. Full details advised closer to day.  
(Race points)

## 23 May

- Pack run. Meet at Lake Mangamahoe at 8.30am. Run from Lake Mangamahoe back to clubrooms. Full details advised closer to day.  
(Points = 3)
- Hawera Beach Relays. Full details advised closer to day.  
(Points = 3)
- Sunday 24 May - Huntly Half Marathon  
(Points = 6)

## 30 May

- Pack run from clubrooms 8.00am - various reserves to Waiwakaiho river valley and return via Coastal Walkway.  
(Points = 3)
- Hughes Memorial (interclub cross country event), AMP Showgrounds, Hawera. Full details on website.  
(Points = 6)

## 6 June

- Pack run from clubrooms 8.00am - Coastal Walkway.  
(Points = 3)
- Mountain run. Meet at Stratford Mountain House at 9.00am - Waingongoro Track.

Lunch at McFarlanes Inglewood.

(Points = 6)

## 13 June

- Pack run from clubrooms 8.00am - Back Beach via Herekawe Walkway, low tide 7.11am.  
(Points = 3)
- Tom Verney (interclub cross country event), Stratford Racecourse. Full details advised closer to day.  
(Points = 6)

## 20 June

- Pack run from clubrooms 8.00am - Huatoki Walkway.  
(Points = 3)
- Dravitzki Invitation. Meet at Max and Carolyn Dravitzki's, Carrington Rd, New Plymouth at 1.00pm. Run across farmland. Wear old shoes! Please bring a plate.  
(Points = 6)
- NZ Secondary Schools Cross Country Champs, Nelson.

## 27 June

- Pack run from clubrooms 8.00am - Huatoki Walkway.  
(Points = 3)
- Mountain run. Meet at Ihaia Track 9.00am - Ihaia Track to Waiau Gorge Hut. Lunch at Butler's Reef.  
(Points = 6)

## 4 July

- Pack run from clubrooms 8.00am - Barretts Lagoon and Ratapihipihi Reserve.  
(Points = 3)
- North Island Cross Country Champs, Taupo. Full details advised closer to day.  
(Points = 6)



**CITY NEW WORLD  
NEW PLYMOUTH**

## TET Athletics Taranaki Awards Evening

To be held at the TET Centre, Inglewood  
Saturday 25th April at 6:30pm  
The guest speaker is **IAN FERGUSON** - Olympic and World champion - should be awesome!  
Tickets cost \$40.00 - available from Christine Feek - email [cfeek@slingshot.co.nz](mailto:cfeek@slingshot.co.nz)  
Please let Christine ASAP as she has to notify the caterers.



80's, 90's and Now!

## Past Events - Dennis Jordan

Recently I have done two marathons - Te Houtaewa Challenge along 90 mile beach on 21<sup>st</sup> March and Great Forest Marathon at Waitaere Forest on the coast between Levin and Foxton on 4<sup>th</sup> April.

### 17<sup>th</sup> Te Houtaewas Challenge 90 Mile Beach

I left for Kaitaia late on Thursday night (19<sup>th</sup> March) I had a mattress in the back of my wagon and stopped around 11pm on a quiet side road somewhere west of Hamilton for some sleep. I arrived at Kaitaia at 3pm and went into race headquarters to walk into Tony Ahern from Hawera. Neither of us realised the other was doing the event. Tony was doing the 63km. I then booked into my accommodation to find Tony and his son in the next room.

I was sharing a room with Mike Stewart (Mad Mike Hut Valley) and Norman Chan (Christchurch). We had organised this at the Mountain to Surf weekend as Mike and Norman were staying with me that weekend. Saturday morning 12 of us were waiting for the bus to take us to the start line - 2 from Sweden (who had only just meet each other), 1 Spaniard, 2 women (1 doing her first marathon)

and Ingrid Frost, Norman Can, 100 Marathon Club members Malcolm Grey, Mike Stewart and myself plus 4 others.

While waiting at the start line several of the 63km ultra's and some relay teams went past. There was nothing to distinguish between the relay runners and the ultras so I did not know what place Tony was, but it was clear he was well up in the field.

The starting hooter blasted and we were away, the young Swedish guy sprinted away, while Ingrid started with her usual solid stride with the Spaniard (running only his second marathon) keeping up with her for 1km or so. They slowly drifted out of view. The rest of us stayed within contact for 3km before Norman, Mike and I started to leave the rest behind. At around 8km Norman upped the pace a little, I tried to go with him, which got a break from Mike. Norman later faded, so I went past him and he dropped away surprisingly fast. I knew I was in 4<sup>th</sup> place. At 30km Mike Stewart was not too far behind, but with 36km he had dropped so far back I could not see him. I kept up the good pace considering the breeze we were running into had become a strong wind.

The sky cleared only briefly, then clouded over again, so keeping it a very good temperature. I stayed on the firm dry sand just above the wave line. Drink stations were 3km apart, with the next drink station coming into sight shortly after leaving each drink station.

I was almost to half way when the half marathon started, so I drifted through the walkers, then started picking off the slower runners. From just past half way I could start to make out the buildings on the hills in the distance. This I discovered later was where the event finished.

I was warned that this was a hard event, so I used my ultra running experience to get me through, plus flat coke, water and a piece of banana at most drink stations. I went through a couple a brief 'flat' patches, but knowing that I was in fourth place helped keep me motivated and determined to hang in there. I finished still running strongly, and with the satisfaction that I could not have done it any faster on the day. I had put a lot of effort into this run, yet my time was slow, 4 hrs 42 mins, testament to how hard this marathon is.

It was pleasing to be a placegetter, 3<sup>rd</sup> male, plus extra personal satisfaction of being 1<sup>st</sup> kiwi male. It was also great to find out that Tony had won the ultra.

This was a great, well organised event with a terrific atmosphere, and one that I have always wanted to do since it's inception. I will go back and do the 63km Ultra when I have got over my present aches and pains (which was very sore on the drive up, but fortunately went away at 5km).

The next day I took a bus trip to Cape Reinga, which was great value. I took two days to get home (first time I have been up there). I had my tent with me but was quite comfortable sleeping in the back of the car for the rest of my time up north.

### 13<sup>th</sup> Great Forest Marathon

I travelled down with Stratford Runners and Walkers members after work and stayed in a cabin a short walk from the event headquarters. This event is entirely off road on forest tracks. This is very well organised, with increasing numbers of competitors every year. They hold a marathon,  $\frac{1}{2}$  marathon 10km and 5km. I have done the marathon here every year it has been going. This year was bitterly cold at the 7.30am start. My body and legs soon warmed up but it was in the 2<sup>nd</sup> half before my frozen fingers finally thawed out, I will ensure I have gloves next year.

Stratford's Jim Reed completed his 199<sup>th</sup> marathon at this event. He is doing his 200<sup>th</sup> marathon at Rotorua, which is where he run his 1<sup>st</sup> marathon 32 years ago, and also his 100<sup>th</sup> marathon also at Rotorua in 1998. Jim will be the 3<sup>rd</sup> New Zealander to reach the 200 marathon milestone.

My next marathons - Rotorua 2<sup>nd</sup> May so I now have a four week break between marathons. I have yet to decide whether to do the Aurora Handicap Marathon (Upper Hutt) on 31<sup>st</sup> May (Queens birthday weekend). This is another great event with the staggered start handicap bringing everyone together towards the end. A week later (June 7) I am running the Macleay River Marathon somewhere half way between Sydney and Brisbane. I will also have a holiday and will meet

my new grandson born January. My daughter lives in Sydney and my eldest son lives near Canberra, both now have sons. A week after getting home from Aussie I will freeze my but off again at the Capital Marathon (Wellington) on June 28<sup>th</sup>. There are no marathons in NZ in July, then there are three races, three weeks in a row, I will decide what events I will do closer to the time.

The 100<sup>th</sup> anniversary of the Invercargill marathon is 22<sup>nd</sup> of November. They have big plans for with event including hosting Athletics NZ Marathon Champs. This was the first event in the Southern Hemisphere (and one of the first in the world) to run the new standardised marathon. It was the most southern marathon in the world until the Antarctica Marathon was started a few years ago. This year is the 100<sup>th</sup> anniversary of the first Invercargill Marathon however there have been years it was not held, but still a great effort to celebrate.

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www.glasbergen.com



**"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."**

Please email any contributions for the next newsletter to [michelle.coulton@infogen.net.nz](mailto:michelle.coulton@infogen.net.nz)

## Energy City Harriers Committee

President:	Helen Begg	752 7590
Club Captain:	Steve Grant	751 3259
Vice Captain:	Steve Dixon	753 6894
Secretary:	Jane Elder/Brenda Smith	
Treasurer:	Cheryl Leuthart	753 2144
Handicapper:	Brian Hall	752 7590
Subscriptions Secretary:	Brian Hall	752 7590
Committee:	Gerald Dravitzki	
	Robin Grant	
	Keith Goodwin	
	Mike Ingram	
	Steven Dickson	
	Julie Johns	
	Michelle Coulton	



**ENERGY CITY  
HARRIERS**

P O Box 683, New Plymouth

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