



# Energy City Harriers NEWSLETTER

Issue 1

May 2007

## Welcome

A warm welcome to all club members. It is great to see new faces and a good contingent of walkers each Tuesday night.

Congratulations to all those who successfully completed the Rotorua Lion Foundation marathon on Saturday.

This year we are trialling some 8am Saturday pack runs/walks. Keep your programme handy so you can check each week what is coming up and times and venues. It is another busy programme and offers a lot of variety.

I would like to extend my thanks to all those who assisted at the Dr Davie. We would not be able to hold these events without the support from club members.

On 19 May we have the Brenda Ballinger Memorial and will need helpers at 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 and introduce them to some cross country running/walking. Last year a Yr 7 and 7 Interschool challenge was introduced with Hawera Intermediate winning the trophy. I have mailed information out to all schools in the area. If you have children in Years 7 and 8 at school encourage them to get their friends together and compete in the challenge.

There has been some confusion regarding whether you have to be registered to compete at interclub events. Athletics Taranaki are looking at this issue through the year and will have clear guidelines in place for next season. Meantime, if you are a club member and wearing club uniform you may compete at the interclub events.

Enjoy your running and walking.

Helen Begg  
President

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## *The* **FRONTRUNNER**

### Club Singlets/shorts

The Frontrunner New Plymouth are the stockists of our club singlets/shorts. They endeavour to do their best to keep a supply of all sizes in stock. We ask club members to be patient if they are temporarily out of stock. Currently they need more orders before they can put an order in to the supplier. Please note The Frontrunner is not making any profit for providing this service.

**All club members competing in registered 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

Subscriptions/registrations are now due to Brian Hall, Subscriptions Secretary

## Upcoming Events

### Saturday 5<sup>th</sup> May

#### WAITARA INVITATION

Hillsborough Hall, Egmont Road. An invitation event to be run on an 'Estimated Time' basis. The course is across paddocks and metal tracks.

#### Start Times

Walkers - All walkers 1pm - 4 km

Runners - All Women + U/16 boys & girls 1pm - 4 km

All men over 16 yrs 1.45pm - 6 km

Estimated times must be advised at least 10 minutes prior to the race start. Entry fee \$2.00 plus \$2.00 Afternoon Tea entry fee (includes raffle ticket).

Pack run/walk from clubrooms at 8am - Te Henui walkway.

### Saturday 12<sup>th</sup> May

Mountain Run/Walk, I haia Track to Waiiau Gorge Hut - followed by Lunch at Butlers Reef. If you require transport in the vans please put your name on the noticeboard in the clubrooms. Cost is \$5.00 per person.

Pack run/walk from clubrooms at 8am - Back Beach via Herekawe Drive.

NZ Mountain Running Champs - Nelson.

### Saturday 19<sup>th</sup> May

BRENDA BALLINGER MEMORIAL/GRAHAM CUP  
Off road 4km (2 x 2km circuit) open handicap race on St Josephs/Devon Intermediate school grounds. This event is open to anyone who would like to give cross country running/walking a go so please bring along partners, relations, friends, work mates.

#### Start Times

All walkers - 12.15pm (\$5.00)

All male runners - 1.00pm (\$5.00)

Children's race - 1.30pm (2km) - no charge

Intermediate (Yrs 7/8 School Challenge) - 1.45pm (no charge)

All female runners - 2.10pm (\$5.00)

Sausages for sale during the event. Prizegiving will be held at our clubrooms at the conclusion of the events followed by afternoon tea. Members please bring a plate.

This event is run in conjunction with the Graham Cup.

### Saturday 26 May

#### SCHI ZENHAUSER TROPHY

Forest novelty relay Pembroke Street (2 x 1.3km circuit race) Meet at clubrooms 1pm, run to Pembroke St for relay and back to clubrooms for BBQ and prize giving. Members please bring a plate.

### Saturday 2 June

#### HUGHES MEMORIAL

Cross country event at AMP Showgrounds, Hawera. Interclub event. Full details of this event will be placed on the noticeboard.

Pack run/walk from clubrooms at 8am. Various reserves to Waiwakaiho river valley and return via Coastal Walkway.

### Saturday 9 June

#### TOM VERNEY

Cross country event at Stratford Racecourse. Scratch starts. Interclub event. Afternoon tea and prize giving at Stratford clubrooms. Full details of this event will be placed on the noticeboard.

Pack run/walk from clubrooms at 8am - Back Beach via Herekawe Walkway.

#### NZ SECONDARY SCHOOLS AND SHORT COURSE CROSS COUNTRY

### Saturday 16<sup>th</sup> June

#### MOUNTAIN RUN

Meet at Stratford Mountain House at 9am. Waingongoro Track. *Lunch at McFarlanes Inglewood.*

Pack run/walk from the clubrooms at 8am - Coastal Walkway.

### Saturday 23<sup>rd</sup> June

Meet at Lake Mangamahoe 9am. Run from Lake Mangamahoe back to clubrooms. Full details advised closer to the day.

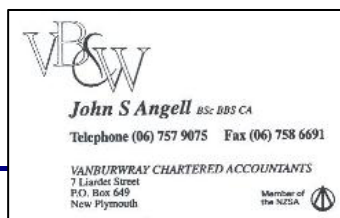
There will also be a pack run leaving from the clubrooms at 1.30pm for those who are unable to make the earlier run.

### Saturday 30<sup>th</sup> June

Pack run/walk from the clubrooms at 8am - Te Henui Walkway.

There will also be a pack run leaving from the clubrooms at 1.30pm for those who are unable to make the earlier run.

NORTH ISLAND CROSS COUNTRY CHAMPS  
Taupo. Full details closer to the day.



## 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

## Past Events

### Robert Angus Mountain to Surf Marathon (3 March 2007)

Benign conditions and a talented field greeted the starter at this year's race, which doubled as the 2007 New Zealand Marathon Championship.



Wheelchair podium finishers  
Left to Right. Richard Nichol森 2nd,  
Pierre Fairbank 1st, and Gavin Foulham 3rd

Chris Corney set out like a man on a mission and dragged the leading trio of male runners through the 5km mark at a highly respectable 2:16 pace. With him was 1999 winner and national 100km

champion Seaton Meredith and Stafford Thompson. They remained locked together at the halfway mark as they slowed to a 2:22 pace with Thompson looking to be just holding on.



However as the temperature rose and runners had to negotiate the uphill section of the course it was Dunedin physiotherapist Thompson who handled the early bruising pace the best. He would go on to win his first national title after his first serious attempt at the marathon distance in a time 2h26m11s. The modest winner whose previous best in national championships had been sixth said, "I think the marathon suits me more, as I'm not very fast".

The early pace would prove too much for Corney and Meredith as they faded to 4th and 5th respectively. Stephen Lett of Glenfield and Ross McIntyre of Taupo were rewarded for their more conservative early pacing coming through the field for second and third.

In the women's race last years winner Pakuranga's Melanie Burke found Dunedin's Sarah Chisnall a tough nut to crack. Burke coming back from a shin splint injury on limited training only broke away from the gritty southerner at the 34km mark to win in a time of 2:42:16. Chisnall was just a minute behind her. Melissa Morris was third. Burke will have only a short break before racing the London Marathon in April where she is hoping to qualify for the World Athletics Championship in Osaka in August.

This years race also included a wheel-chair division which attracted an international field of eight athletes keen to set fast times as they descended the gentle slopes of Mount Taranaki towards the Tasman Sea. Sydney and Athens para-olympian Pierre Fairbank from New Caledonia was in a tight tussle with Richard Nichol森 of Canberra and Gavin Foulsham of Auckland for most of the race before prevailing in a time of 1:28:05. He was delighted to be the first French athlete to have beaten the qualifying time for the Beijing para-olympics.

*John Lykles*

## Opening Day (31 March)

The club season started officially with a pack run along the coastal walkway on a hot afternoon on 31 March. It was great to see such a good turnout to the start of the season including many runners from the marathon clinic. With the regular Saturday morning pack runs now starting at 8.00am; we hope that this early season enthusiasm continues.

The afternoon tea was well attended and the extra room that the new clubroom deck provides was appreciated. Max Dravitzki was presented with the club's best performance award in the Mountain to Surf marathon. His time of 2h 50m 24s not only broke the age group record by over five minutes but was also third fastest in the world for his age in the last year.

*Robin*

## Dr Davie Cup (14 April)

The annual Dr Davie Cup, a 4km interclub off-road handicap race was held on 14<sup>th</sup> April. This year the course comprised of 3x1.33km laps around Saint Joseph's school grounds.

It was fantastic to see such a large number of participants and supporters turnout despite uncertain weather. Energy City Harriers were well represented and there was a great turn out from other clubs especially Stratford and Hawera. New Plymouth Boys High School also added to the competition by entering a huge contingent of racers.

In the men's race Steven Dickson (Inglewood), running off the front mark led the whole way to win with a total race time of 19.18min. In the same manner I managed to take the Body and Soul trophy by winning the woman's event in a time of 21.13min. In the walking race Pat Clark (ECH) won the Pat and Peter Clark Trophy with a total race time of 36.16min (looks like the trophy is destined to stay in their hands!).

Congratulations also go to the three competitors who achieved fastest overall race times. Dougan Butler (Inglewood) fought off Nathan Coombes (ECH) by narrowly achieving a fastest man's race time of 13.16min. Nikita Butler (Inglewood) kept the family in speedster's ranks by being the fastest woman home (16.15min). Eric Kemsley (TRWC) achieved a fantastic fastest walker time

of 21.24min (outdoing a number of runner's times in the process).

Being relatively new to the club, this was my first Dr Davie race experience. I was thrilled to win my first trophy from a sports event ever! I now have a greater challenge on my hands to keep up the training given that I have set myself a harder race target for future handicap events.

Well done to all participants, especially anyone who achieved a PB. Finally a big thank you to everyone who helped organise and run the event. I very much enjoyed the comradeship on the day.

*Ali Mace*

## Taranaki Mountain Running Championships (21 April)

This event was held on 21 April in the Pukeiti gardens in good weather conditions. The course was the same as last year and included a section marked simply on the map as "huge hill"! This may be why there were only 12 competitors as some of last years runners remembered the huge hill. The race was won by Dougan Butler of Hawera Harriers closely followed by our own Nathan Coombes. The evergreen Keith Dye had a great race finishing fourth overall. The other Energy City runners, Gerald Dravitzki, Mike Morressey & Cameron Holden all won their respective age groups.

Thanks to Gerald for setting up the course and to Tony Vaughan & Mike Ingram for doing the road plan. There was a pack run over the course after the race which gave the non-competitors a chance to see just how long & steep the huge hill was. This was followed by a pleasant afternoon tea & prize giving. The only mishap of the afternoon was Steve Grant's fender bender on the way to the event. This section of Carrington Road is treacherously narrow & windy which we need to bear in mind when running up there.

*Robin Grant*

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

Please wear your reflective belts or tops when running at night

## Pack Run (28 April)

The pack run on the Huatoki walkway on 28 April called for gumboots rather than running shoes as it was raining so hard. Luckily the rain stopped just after the run finished. The early start did not seem to deter runners from staying on for morning tea as opposed to afternoon tea last year. For those runners unable to make the 8.00am start, there is usually a smaller group of runners meeting at the clubrooms at 1.30pm.

*Robin Grant*



## 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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