



Energy City Harriers NEWSLETTER

Issue 4

November 2006

Welcome

With the harrier season officially at an end things don't seem to have slowed down any.

We have had our first two BBQ run/walk. Many thanks to Steve and Angela Grant and Murray, Sue and Ali Mace. For a list of dates and venues for the 2006/07 BBQ series see page 2.

You will also see that the series has undergone some changes. Jeni Gilbert, convenor of our BBQ series, has reassessed the requirements for hosts and guests and these are outlined in the next column.

The marathon clinic is exceeding all expectations. Thank you Neale for the time and effort you have put into organising the clinic. We currently have 167 registered runners/walkers.

Entry forms are now open for the 2007 Robert Angus Mountain to Surf Marathon. Check out our website www.energycityharriers.co.nz.

Yours in running and walking.

Helen Begg
President



NZ Road Relay Champs

These were held in Feilding on 7 October. Our Master Men 50+ team consisting of Des Stanford, Max Dravitzki, Keith Dye, Mike Ingram, Murray Laird, Brian Hall and Murray McEwen were placed third and came home with a NZ bronze medal.

Our Senior Men C team consisting of Steve Grant, Mark Doody, Tony Vaughan, Terry Burnard, Murray Hodson, Chris Sturmer and Tony Brownrigg were also placed third.

Well done boys!

BBQ Series 2006/07

Host responsibilities are:

- ~ Take the pack (or arrange someone on your behalf to do so).
- ~ Provide a BBQ - it doesn't have to be flash!
- ~ Supply post run/walk liquid for re-hydration. Water is fine but juice or a 'replacement' drink is much appreciated.
- ~ Showering facilities are optional. As is swimming pool and/or spa pool. A garden hose is mandatory for the guys!
- ~ Pre dinner nibbles are "optional"
- ~ Offer potatoes to complement guest's BBQ meats/salads.
- ~ Tea/coffee to end the evening.

Guest responsibilities are:

- ~ Come prepared for an 'easy' run/walk. These events are social not competitive.
- ~ Supply, and cook, your own meats, kebabs, fish etc on the BBQ.
- ~ Bring a salad or dessert to share with other guests
- ~ Provide your own alcoholic/ non alcoholic refreshments.
- ~ Assist the Host wherever possible.
- ~ Be prepared to enjoy yourself!

The **FRONTRUNNER**

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BBQ DATES AND VENUES

Date	Time	Host & Venue
7 Nov	5.30pm	Steve and Angela Grant 11b Virginia Pl, New Plymouth
15 Nov	5.45pm	Murray and Sue Mace 208 Henwood Rd, New Plymouth
22 Nov	5.30pm	Murray and Helen Hodson 96f Branch Rd, New Plymouth
29 Nov	5.30pm	Cheryl and Dave Leuthart 22 Patterson Rd, New Plymouth
6 Dec	5.30pm	Jeni Gilbert and Ross Bowling 1 Neve Pl, New Plymouth
12 Dec (Tues)	5.30pm	Eleanor Hamilton & Dennis Banks 9f Kereru Pl, New Plymouth
20 Dec	5.45pm	Helen Begg and Brian Hall 193 Surrey Hill Rd, New Plymouth
17 Jan	5.30pm	Graham and Thelma Cochran 279 Carrington St, New Plymouth
24 Jan	5.30pm	Red and Sharon Edmunds 47 Record St, New Plymouth
31 Jan	5.45pm	Neale and Fiona Parkinson 445 Henwood Rd, New Plymouth
7 Feb	5.30pm	Mike and Anne-Marie Ingram 3b Julian Pl, New Plymouth
14 Feb	5.30pm	Crelin Keig 2 Turehu St, New Plymouth
21 Feb	5.30pm	Ra and Steve Rubick, 3 Nadine Stanton Dve, Bell Block
28 Feb	5.45pm	Max and Carolyn Dravitzki 71 Hurworth Rd, New Plymouth
7 Mar	5.30pm	Peter and Pat Clark 14a Truby King St, New Plymouth
14 Mar	5.30pm	John and Margaret Henwood 6a Karina Rd, New Plymouth

Energy City Harriers "Iron Woman" - Eleanor Hamilton

Congratulations to Eleanor Hamilton who recently competed in the Florida Ironman. Eleanor, all your hard work certainly paid off. Eleanor did a "PERSONAL BEST" and completed the event, consisting of a 3.8km swim, 180km bike and 42.2km run, in 14 hours 27 minutes and 54 seconds. An amazing achievement!!! We are proud of you.

Congratulations Karl

On Sunday 5 November Karl Dravitzki won the Devon Mile for the third year in a row. Karl crossed the line in four minutes 31.8 seconds, just 0.8 seconds outside his best. Congratulations Karl. Great photo in The Daily News.

Robert Angus
MOUNTAIN TO SURF

Marathon

New Plymouth
Saturday 3rd March 2007

Runners and Walkers Welcome

Also incorporating a two person team event with each person completing a half marathon.

ATHLETICS NZ MARATHON CHAMPIONSHIP HOST 2007

Starts at the gates to Egmont National Park, Egmont Road, 7:30 am
Finishes at Marine Park, Waitara
Race Records: Men - Matt Dravitzki 2:13:02 (2006) Women - Bernie Portenski 2:34:39 (1992)
Organised and conducted by Energy City Harrier Club in accordance with A.N.Z. rules

Take Part And Help Make Funds For

Child cancer
FOUNDATION

www.energycityharriers.co.nz

Brooklands Road Race

The final points race in the club programme which decides the most sought after points trophies was the Brooklands Road Race held on 14 October. Murray Hodson won this event ahead of Terry Burnard by .03 of a second. Congratulations Murray.

Many thanks Karen and Keith for hosting the afternoon tea.

Thanks also to John Angell and Murray McEwen who generously sponsored this event.



Women's Points Trophy
Cheryl Leuthart



End of Year Dinner and Prizegiving

Thanks to Rob Davies for organising this event. Venue and food was excellent.

Photos of the winners below...



Men's Points Trophy
Keith Dye



Boy's Points Trophy
Nathan Coombes

Jean Wilson Trophy
Nathan Coombes

Best Club Supporter trophy
Tony Vaughan

Girl's Points Trophy
Hannah Sturmer

Unfortunately Tony and Hannah were unable to be at prizegiving.



Most Improved Senior
Ra Rubick



Most Improved Junior
Davis Sutcliffe



Gerald and his boys!
Many thanks for the time and effort you have put
into training these boys Gerald

sponsored by



Fun Run/Walk Series

2006

- Sun. 15th Oct - Hawera - 2.5 / 5 / 10km - 10.00am Start
- Sun. 29th Oct - Stratford - 2.5 / 5 / 10km - 10.00am Start
- Sun. 19th Nov - Tikorangi - 2 / 6.4 / 10km - 10.00am Start
- Sun. 3rd Dec - Opunake - 2.5 / 5 / 10km - 10.00am Start
- Sun. 17th Dec - Okato - 2 / 5 / 10 / 16km
- 16km walk - 9.00am start / Everyone else 10.00am Start

 ATHLETICS
NEW ZEALAND
AFFILIATED

2007

- Sun. 7th Jan - Bell Block - 2 / 5 / 10km - 9.30am Start
- Sun. 21st Jan - Inglewood - 2.5 / 5 / 10km - 10.00am Start
- Sun. 4th Feb - Fitzroy - 2.5 / 5 / 10km - 10.00am Start
- Sun. 11th March - Eltham - 2 / 5 / 10km - 10.00am Start

**Complete 6 out of the 9 events to qualify for
OLEX TRAVEL PRIZES Drawn at the last run/walk**

Join in the fun - take part with your family, friends, workmates
QUALITY SPOT PRIZES at each event, 1 chance in 6 wins a prize



Every time Primary & Secondary Students enter and finish in the
OLEX Fun Run / Walk Series, they go into the draws for the 3 \$100.00



**3 prizes of Marbles meals
to the value of \$100
for students**

Marbles Restaurant Vouchers.
Finish all NINE events - get Twenty-Seven chances to win.
(Drawn at the Eltham Olex Fun Run / Walk)

Entry Forms Available From the Local Sponsors:

Olea NZ, Bell Block - Medkays Pharmacy Stratford - BP Eltham - Selkirk 100% Hawera
- McCullums Paper Plus Hawera - Walkers of Walkers - Icon Sports Walkers - Walkers Shoe Salon
- J&J's Cycles Walkers - Bell Block Book Centre - Inglewood Book Centre - Taranaki Farmers Opunake
- Greaves Electrical Okato - Club Health - Health's Healthy Living New Plymouth - Robert Angus Youth Centre
- Mitchell Cycles - The Devon Hotel (Marbles) - The Footlocker New Plymouth - www.olex.co.nz

NOTE: Events are organised by Taranaki Harrier, Athletic, Running & Walking Clubs.



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