



Energy City Harriers

NEWSLETTER

Issue 3

September 2008

Welcome

As my first year as a bystander instead of competitor, it has been wonderful to stand on the sidelines and see the large number of enthusiastic people out enjoying their running with the club.

As we come to the end of the Harrier season, it is a good time to take stock and have a look at the things that we have done well, and the areas that we can improve on. The Tuesday night runs have continued to be very well supported although the numbers have dropped off slightly the last couple of weeks. The Saturday morning run has been better attended than the 1.30pm runs would have been. I think the most disappointing feature of the season has been the very small numbers starting in the road races. I know that we have had more of our runners injured than usual, however this does not account for the complete lack of junior members. Also a large number of club members are in training for the local half marathon, but are not running the shorter races. We need to dispel the myth that Harriers are elite runners. Sure we are great, positive, friendly people, but not super runners. We must get the message to any interested joggers that we try to cater for all abilities.

The committee was not happy with the very heavy traffic volumes at the recent Hutchinson Cup. For safety reasons we will look at finding a new venue for next season. I wonder if I dare suggest that we return to Hurworth and run the old block of 10.4km around Carrington and Frankley Roads. This would give a longer race but perhaps a better lead into the local half marathon. I know that people vote with their feet and if you do not provide what people want they will not turn up. So if anybody has any ideas on an alternative venue to run next year's Hutchison cup, please let me know.

It is very disappointing to report that recently we had a break in to our storage shed at Hurworth. We lost some cones and signs worth several hundred dollars. Despite our best efforts it is very difficult to make the shed totally theft proof. One suggestion has been to purchase a large container and place that inside the old shed. This should improve the security for our valuable gear. If anybody has a better idea we would like to hear from you.

It is interesting how circumstances alter your attitude and your goals. At the start of the season I was looking forward to running fast (*well relatively..... for an old man*) and hopefully to run the Auckland marathon for the first time. Now after being injured for three months I would be happy to be able to run just one slow lap around the park with my running mates. It goes to show that you never know what is around the corner, so enjoy every day and go for a run if you get the chance!!!

Yours in running

Max Dravitzki
President

Inside this issue:

Welcome	1
Upcoming Events	2
Past Events	3-4
Traffic Management	4
Points Table	5
End of Year Prize Giving	6
Committee Contacts	7

Upcoming Events

Saturday, 27 September

BROOKLANDS CIRCUIT RACE Race points
Kaimata St, New Plymouth. 7.2km (4 x 1.8km circuit)

Estimated time race. No watches. First race to start immediately after the presentation of our new tent at 1pm.

Afternoon tea and prizegiving at Keith Dye and Karen Fabish's place, 248 Coronation Ave - *please bring a plate*

Saturday, 4 October

PACK RUN

Meet Bellringer Pavilion, Pukekura Park 8am.

Sunday, 5 October

DAILY NEWS HALF MARATHON

NZ ROAD RELAY CHAMPIONSHIPS

Otago. Full details advised closer to day.

Saturday, 11 October

MARATHON CLINIC

Meet Bellringer Pavilion, Pukekura Park at 8am.

END OF YEAR PRIZING GIVING

see page 6 for details



**CITY NEW WORLD
NEW PLYMOUTH**

Smiths Sports Shoes 5km & 10km fun run/walk 2nd November

It's a fundraiser for an extensive building project that will cost the Kindergarten in excess of \$200,000. Lisa Tamati will be running the event to support us which is fantastic, and Smiths Sports Shoes is the sponsor. We have some amazing spot prizes, like weekend escapes courtesy of Bach2Go. Entries will be \$10 and early bird entries received prior to 24th October will be in the draw for a prize from Smiths Sports Shoes. Entry forms available at Smiths Sports Shoes, Energy City Harriers and Kahikatea Kindergarten.

For more info Phone Jane 7592010

Westpac Halberg Celebrity Sporting Function: Valerie Vili

Westpac Halberg Celebrity Sporting Function: Valerie Vili, New Plymouth, **9 October 2008**

The Trust is delighted to have Commonwealth Games Gold Medal winner and Supreme Halberg Award Winner Valerie Vili as guest speaker.

The funds raised will support the work of the Halberg Trust in the Taranaki region through Sport Taranaki in linking young people with a disability to sport and active leisure.

We look forward to your continued support of the Halberg Trust at what we believe will be an exciting, entertaining evening with Valerie Vili.

Thursday, 9 October 2008

7:00pm

**Plymouth International Hotel, New Plymouth,
New Plymouth**

Adult Ticket \$90.00



Tickets Phone: (09) 5799931



80's, 90's and Now!

Past Events

2008 Oceania Masters

The day has arrived. Went to bed early last night and it was a great idea because today is going to be a long travel to Australia, to Townsville, North Queensland.

6am. Taxi arrived bang on time. We left the car at home so we didn't have to worry about it being damaged.

6.15am. Not a single car in sight until we arrived at the airport. We are so looking forward to this trip and we trained hard and long for the Oceania Masters Games.

We checked in our 17.4kg luggage and hoped to return with extra shopping. The plane was due to leave at 7am but that was not to be. We read the local paper, watched TV, watched little kids playing with their toy cars.

8.10am. The call to board the plane finally. We, by now, were worried about making our connection to catch the next plane from Auckland. We headed to Auckland which was only a 45 minute flight. We were welcomed by light rain but heard there was a storm starting up in the North Island and it didn't sound too good - great timing to leave New Zealand. Once we got off the plane, past security and got our bags, we headed for the International Terminal which you can get to by foot or bus. We opted for run/walk to beat the terminal bus which we had done in good time. We were already late and didn't make up much time. We arrived at the departure desk and as luck would have it, they were calling our name on the speaker. Just in time, we followed the young assistant to the plane gate. We were on the 9.25am ANZ Boeing 747 first class. Wow what do you get in first class? - window seat, TV Screen with games and movies and a very unusual breakfast later on. 1/3 way into the trip the sun shone in the window. How nice and hot. Lets hope the weather for the week stays this nice.

We arrived in Brisbane safe and well. We had time to relax once passing all the security who all wanted to know what was in one of my bags. I told the person its a "Tiaha". This Aussie said "Thought so" so my reply was "You don't know what a Tiaha is mate". My Tiaha was the Taranaki Rugby Flag. Since we couldn't be at the Naki game

we took it to Aussie and found out our boys won their game. Sad about the All Blacks that night. We were out numbered by them in the local pub, but we were staying positive.

The funny thing is that security wanted to just search me. Kate said it must be the new hair cut which her nephews mate (Thanks Jerome) designed.



In Brisbane we had a quick Aussie snack and headed to the train that only took 2-3 minutes to get to our Qantas Plane. More security - same old thing - lets check this Kiwi boy again. If you wanted to get drugs in the country, just give them to Kate. They didn't bother her all the way to Townsville and home again.

The plane was smaller from Brisbane to Townsville and we really started to miss the nice screens we had in the big planes. This plane had heaps more Kiwis on board. Some familiar faces as well. We got to meet a 88 year old guy named Eric DeLautour. He was a nice old chap and very well respected by the Masters people. He managed to break a lot of records and still looked great.

We enjoyed the flight. The coast line was amazing with heaps of small islands. That's about all I did see because some female hogged the window seat all the way to Aussie and home - no guessing who she was. We left Brisbane at 2pm and arrived on time at 4pm in Townsville. We were so happy to be in Townsville and looking forward to our events which started on Monday and finished till the following Sunday with the 1/2 Marathon (some of us brave people are doing it).

We were welcomed by Bev Buchanan and her group who met the Athletes from New Zealand and Australia and the small Islands. All through the flight Kate had taken photos of anything that walked, talked, and even the local Brisbane Police who posed on the escalator to people in the waiting lines. Her favourites were the pilots, and one special photo she got on the Magnetic Island of a very well tanned guy. In Australia she was called TV3 or The Daily News for her footage and silly camera shots.

Finally we made it to Ocean Breeze Motel. Our room was on the top (3rd) floor. It had great views of the Ocean and the Strand (the local walkway on the beachfront).

The Opening Ceremony was the next day. After we chilled out and relaxed it was a 20 minute drive south. Everyone caught the provided buses. There were very good speeches from the local organisers, Barry and Yvonne Mullins, Townsville Mayor, Kenyan "Aussie" runner and Bev Buchanan. We received our packs and information and enjoyed the snacks and drinks provided for all athletes and supporters.

We hired a vehicle between 3 of our group. That was a great idea because it let us go sightseeing when we had nothing to do on the day.

Monday. First Athletics day. There were 290 Aussies, 135 Kiwis and athletes from the small Islands competing. My first race was 7pm for 5000 men's track run. It was still hot. My very first Gold Masters Oceania medal - what a proud moment. After the events most nights the organisers put on cheap meals such as BBQ's and other stuff. We went to a place called "Cowboys League Club". They had great cheap \$5.50 meals if you were on a budget and to get there was only a 5 minute drive from the Motel or 2 minutes from the track. Everything was in walking distance - from places to dine at to the local Pub to watch the All Blacks Game.

By the end of the week we had a great time and didn't want to come home. We came home with a nice tan (which faded/peeled off in the week) and great moments we will treasure.

I came home with 5 Golds and a 1/2 Marathon Townsville Medal. It was a joy to be a part of the event and I'd like others to give it a go. You're not too old to give any of the sports a go. Kate did some relays and earned more medals. She came home with 6 colours, 2 sets and a 1/2 Marathon Townsville Medal. She got one more than me only because they needed her for the relays.

Mike Morresey (Mad Mike)



www.thefrontrunner.co.nz

25 Devon Street East

06 758 1590

Wednesday Night BBQ Run/Walk

The BBQ series will continue for the summer months. Details will follow in the next newsletter. These evenings are heaps of fun so we will keep you posted.

TIMBERCO

Site Traffic Management Supervisor (STMS)

Tony Vaughn does a fantastic job at looking after the safety of us all with our events during the Harrier and Olex seasons. He is looking for a helper/understudy to assist him with this process. If you are interested in this or have any skills in this area, please contact Tony Vaughan (ph 7533461) or a committee member to register your interest. Training courses are available.

The Points Table 13/09/08

Ladies

Cheryl Leuthart	298	Sonja Hucker	80
Eleanor Hamilton	298	Karen Fabish	71
Brenda Cottam	287	Pat Clark	59
Ra Rubick	283	Melanie Hansen	58
Lisa McCready	245	Leonie Harrington	45
Helen Phillips	221	Jan Crofsky	30
Susan Cottam	212	Jo Pugh	30
Aleisha Gilmer	209	Louise Davey	30
Cheryl Hoskin	177	Debra Taylor	20
Jane Elder	177	Tammy Reed	20
Lesley Arnold	166	Trevyn Pugh	20
Katie Tahere	164	Amanda Pearse	15
Michelle Coulton	164	Hannah Sturmer	15
Fiona Parkinson	163	Katie Elstone	15
Helen Begg	160	Pat Cronin	15
Colleen Williams	141	Patricia Cronin	10
Sharon Edmunds	140	Rebecca Dobson	10
Charlene Jacobs	130	Tui Bray	10
Kerryn Van Rij	122	Eleanor Robertson	5
Thelma Cochrane	114	Gloria Moffitt	5
Tania Smellie	109	Jane Megoran	5
Jo Parker	108	Jane Watt	5
Melissa Walden	100	Katherine Crowley	5
Julie Johns	96	Kathryn Barrett	5
Ali Mace	92	Nikki Martin	5
Sandra Bennett	92	Sonia O'Connell	5
Renee Graham	91	Squit Hunter	5
Joy Baker	80	Clare Rinches	

Mens

Keith Dye	348	Oran Burmester	47
Mike Ingram	281	Chris Sturmer	45
Steve Grant	276	Walter Herman	45
Keith Goodwin	237	Aidan Heather	40
Dennis Jordan	235	Jeff McGrath	31
Gerald Dravitzki	231	Nathan Coombes	30
Murray Hodson	229	Peter Clark	30
Chris Jones	215	Tony Pugh	30
Mike Morresey	194	Nigel Giddy	25
Barry Dravitzki	190	Geoff Genner	23
Murray Laird	187	Alex Sturmer	20
Ross Bowling	186	Gerald Holden	20
Mark Williams	176	Helge Mueller	20
Murray Mace	176	Kevin Blundell	20
Murray McEwen	156	Stuart Skene	20
Neale Parkinson	149	Tony Green	20
Greg Chapman	139	Campbell White	19
Josh Taylor	136	Andrew Glenney	15
Robin Grant	130	Jason Holden	15
Steve Dickson	125	John Forrest	15
Karl Dravitzki	121	Peter Roughan	15
Max Dravitzki	97	Robert Allenman	15
Brian Hall	89	Ed Whiting	10
Geoff Tvrdeich	88	Gary Watt	10
Cameron Holden	86	Geoff Smith	10
Robert Edmunds	85	Greg Oldridge	10
Terry Burnard	85	Jack Pearse	10
Tony Vaughan	79	Paul Crighton	10
Dave Barrett	75	Arun Chaudhari	5
Jeff Green	71	Dean Spicer	5
John Middleton	66	Gary Wilks	5
Rob Davies	65	Greg Clark	5
John Henwood	63	Greg Graham	5
Frank Conway	60	Keith Coulton	5
John Barrell	59	Paul Duynhoven	5
Brody Schultz	58	Richard Shelley	5
Alan Thomas	50	Shane Reed	5
Micheal Kaye	50	Steven Wilson	5
Hamish Sturmer	48	Vaughan Everest	5
Alan Taylor	47		



END OF SEASON PRIZEGIVING AND DINNER



The last function for the season takes place soon!

Prize giving and dinner at the Devon Hotel

11th October

7pm

\$34.95 per head

Buffet style dinner and dessert

To be paid at the Devon Hotel under Harriers Account by the 8th October

Guest speaker : Barbara McKerron



Energy City Harriers Committee

President:	Max Davitzki	753 4745
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	
	Robin Grant	
	Jo Parker	
	Dennis Jordan	
	Mike Ingram	
	Jane Elder	
	Michelle Coulton	



**ENERGY CITY
HARRIERS**

P O Box 683, New Plymouth

Clubrooms

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