



Valley Flyer '07

<http://hvh.valleys.org.nz>

Monthly newsletter of Hutt Valley Harriers

Issue 4 July 2007

News front

Social calendar

Who will win the 2007 Hutt Valley Harriers annual quiz night? That question and many others will be answered next weekend. Yes, it's the annual HVH quiz nite on 28 July, hosted in the clubrooms from 6pm. Now's the time to get your team together.

This is a popular night out so register your interest by filling out the entry list on the noticeboard, or email Simon England at simonengland@hotmail.com. The night will include pizzas and fish & chips, and our very own version of 'Distraction'. The bar will be open too, and this year's cover charges are \$10 for adults and \$5 for children, or a maximum of \$20 for families.



Book in now for the social night of the year.

The Tupperware night is set for Friday 10 August. This will be held at the clubrooms and is another fundraising venture, but also a good fun night out.

Fundraising

The chocolate sales are a great success. By now you should have your allocation of chocolates and plenty of people have been back asking for extra boxes – great stuff! If you want further supplies or have yet to receive yours, see **Leanne England**. Leanne will also be happy to take your money off you.

The committee is also continuing to investigate other fundraising opportunities, so keep an eye out for these as they arise. These are a great way for you to support your club and help reduce individual costs to members.

At the races

NZ Secondary Schools Cross Country champs, Christchurch

Athletes traveling to Christchurch and used to firm grounds were greeted with a sodden course for the national secondary schools event at Halswell.

Emily Stotter continued her outstanding season by taking 2nd place in the year 9 girls race. And in the highly competitive senior boys race, **Corey Casey** ran a solid 13th.

HVH results

Year 9 girls (3km): Emily Stotter (HV High) 12:49.6 2.

Year 9 boys (3km): Joshua Dunstan-Brown (HV High) 12:19.1 24; Shaun Smith (St Pats Silverstream) 12:28.6 36.

Junior Girls (3km): Laura Robertson (Chilton St James) 13:36.9 28; Zoe Anderson (Chilton) 14:02.4 49; Julia McMillan (Chilton) 14:04.5 53; Danielle Trewoon (St Mary's) 14:29.9 73; Shinead Williams De Bique (HV High) 14:30.6 74; Alana Lloyd (HV High) 15:59.8 148.

Junior boys (4km): Ryan McAlister (Tawa) 14:59.5 60; Matthew Murdoch (HV High) 15:14.4 74; Tim Christensen (Hutt International Boys) 17:23.3 169.

Senior girls (4km): Hannah Stotter (HV High) 17:10.9 66.

Senior boys (6km): Corey Casey (St Patrick's Silverstream) 20:27.9 13; Andrew Lloyd (HV High) 21:36.3 61; Ryan Maguren (St Patrick's Silverstream) 21:49.7 77; Scott Kinnear (HV High) 22:19.9 102; Richard Skinner (Upper Hutt) 22:25.0 104;

Harbour Capital Marathon, Half Marathon, 10km

A powerful and blustery northwest wind dominated this event from Westpac Stadium, round the inner Wellington coastline. That didn't stop big fields turning out again,

including a selection of Hutt Valley Harriers athletes.

Vaughan New provided the highlight with an outstanding 1:19:05 half marathon to take 15th overall and first in the M50-54 age group. And in the women's event, **Sarah Lynskey** marked her debut over the 21.1km distance by taking fifth place.



HVH results:

Half marathon

Vaughan New: 1hr 19min 05sec, 15 overall; M50-54 1st

Andrew McCarthy: 1:19:25, 17 overall; M18-34 15

Brendan Quirke: 1:26:03, 55 overall; M18-34 34

Simon England: 1:27:53, 74 overall; M40-44 10th

Sarah Lynskey: 1:28:16, 78 overall; W18-34 5th

Paul Carlson: 1:28:27, 79 overall, M18-34 43.

Mark Growcott: 1:33:10, 136 overall, M35-39 18th.

Albert van Veen: 1:59:47, 832 overall; M60-64 14th.

10km

Murray Corles: 42:23, 24 overall, M45-49 3rd

Barry Howard: 45:24, 51 overall, M45-49 4th

Wellington Primary Schools cross country championships.

The second running of this Wellington championships event was held in fine conditions on a firm Trentham Memorial Park. The primary schools races are short and competitive, and just getting to the regional finals was an achievement. Six HVH athletes recorded top 10 placings.

Congratulations to **Logan Archer, Tom England, Tim Robertson, Janelle Winter** and **Cameron Murdoch**, who have been selected to represent Wellington at an inter-provincial cross country meet at Hanmer Springs in September.

Selected results:

Year 4 girls: Melissa Warner (Boulcott) 10th.
Year 5 boys: Logan Archer (Eastern Hutt) 2nd, Tom England (Our Lady of the Rosary) 6th.
Year 7 boys: Tim Robertson (Hutt International) 2nd.
Year 8 girls: Janelle Winter (Hutt Intermediate) 4th
Year 8 boys: Cameron Murdoch (Hutt Intermediate) 2nd.

North Island Cross Country champs, Taupo

Hutt Valley Harriers was represented by more than 40 athletes at a soggy Spa Park, Taupo. Overall the highlight for the club was placing 5th in the club standings – beating the powerful Scottish Harriers club in the process. Three of our athletes also turned out in Wellington Centre colours and helped Wellington to win the overall centre title.

Individual highlights from our athletes were second-place medals for **Tim Robertson** (B12) and **Vaughan New** (MM50). As usual, HVH also performed creditably in the after-event festivities.



My name's not mud! Hannah Stotter enjoys getting down and dirty at Taupo.

Selected results:

B12 (2km): Tim Robertson 7:11 2.
B14 (3km): Ryan McAlister 11:12 8.
G14 (3km): Emily Stotter 12:12 4.
Masters women 35-44 (5km): Anna Robertson 22:43 10.
Masters men 50 (6km): Vaughan New 22:34 2; Stu Henderson 24:50 7.

Wellington Cross Country champs, Waikanae

A gloriously sunny day at Waikanae Park for the centre championships, which doubled as our club cross country champs. As a result, Hutt Valley Harriers were well represented and featured in the results.

Conditions were fine and very firm underfoot, despite heavy rain in the week leading up to the event. This year the course was run in a reverse direction, which provided some variety and challenges from previous years.

Congratulations to **Sean Smith** and **Vaughan New** who took out Wellington titles in their respective grades (B13 and MM50).

Selected Results

G9 (1.5km): Bethany Versey 7:14 6.
G11 (3km): Lucy Stotter 13:26 9.
B11 (3km): Logan Archer 11:43 5; Tom England 12:28 9.
G13 (3km): Emily Stotter 12:04 3, Kristi Perkinson 12:50 6; Emma Brigden 14:05 9.
B13 (3km): Sean Smith 10:24 1.
M16 (6km): Ryan McAlister 23:29 9.
Masters men (8km): Vaughan New 29:16 4 (1st MM50); Paul Coles 32:37 21 (5th MM50).
Open women (8km): Sarah Lynskey 33:14 6; Katie Fenton 34:34 9.
Open men (12km): Carl McKenzie 42:54 7; Joel Wyatt 43:36 10.

Upcoming events –July-September

July	
21	Club Run (HVH Clubrooms)
28	Club Run (HVH Clubrooms) HVH Quiz night
August	
4	NZ Cross country champs Club run (HVH clubrooms)
11	Bays Relay (Island Bay to Evans Bay) Clubrooms closed
18	Wellington Centre road champs (including club road championships). Heretaunga (old CIT campus).
25	Sanders, Gough, Robbie cross country, Carterton (clubrooms closed)
September	
1	NZ Road championships, Auckland Club run (HVH clubrooms)

Midweek running

Thursday packs

A training group meets at Shoe Clinic, High St Lower Hutt on Thursday nights at 6pm. This is good way to run with a friendly pack on those winter nights. You'll be ably supervised by Steve Robertson, and Shoe Clinic has been known to treat the group with occasional freebies.

Wednesday speedwork

This group meets every Wednesday night through the winter, 6.16pm in the Riverside Carpark (opposite Countdown). All paces and abilities are catered for, and there is a published programme. This is a great way to work out in a group and add some variety to your training. Contact Simon England (simonengland@hotmail.com) for details.

Fun with Fartlek

As fun to run as it is to say, a fartlek workout is a kind of informal interval session and a great way to incorporate speedwork into your routine when you want a change. "Fartlek" is Swedish for "speed play" and consists of bursts of speed in the middle of a training run. After warming up, run at an easy training pace, throwing in bursts of speed for various distances throughout the run. Vary the speed and times of the speed sections, from as short as 15 seconds to as long as two or three minutes. Between these bursts, allow yourself enough recovery time to match roughly 2/3 of the effort time. The recovery pace, though, should be faster than the recovery jog you might do during intervals on the track; keep it moving at an easy training pace.