



# The Valley Flyer

Monthly newsletter of Hutt Valley Harriers

Issue 2: May 2006

## Editor's corner



What a great start to the competitive season. Hutt Valley Harriers dominated the first running of the Harcourt Relays at Upper Hutt; and then Valleys Utd took three titles in the Shaw Baton Relay at Pauatahanui. In all, Valleys had 102 athletes in teams at Battle Hill, and that doesn't count the children who ran in the 1km fun run. That reflects a pretty healthy situation in our club.

We're coming up to a period when we will be away from the clubrooms for the next three weeks (see table opposite). The University Relays is another chance to show our strength as a club and contribute to teams under the Valleys banner. The following week is one of the most challenging events on the harriers calendar – the Vosselor Shield on Mt Victoria. If you haven't experienced the Vosselor before, it is definitely an event you won't forget!

Then we are off as a club on our annual visit to Olympic harriers. This is a relationship that goes back to the foundations of Hutt Valley Harriers in the 1930s, and it's great to keep the association going. This year it is Olympic's turn to host us, and this is a great chance to run with your clubmates in a different location and discover some new running routes – this time around Johnsonville.

Also, good luck to those juniors running in the upcoming Wellington cross country champs. Even though you will be running in school colours, we know you will do your club proud.

Keep on running!

## Upcoming Events

Date	Event	Venue
13 May	Club run	HVH Clubrooms
14 May	Masters Classic Relay Hutt Valley High School 5k and 10k fun run	Trentham Memorial Park Hutt Valley High, Woburn Rd.
20 May	University Relays	QE2 Park, Paekakariki (McKays Crossing)
27 May	Vosseler Shield	Mt Victoria
31 May	Wellington Secondary Schools XC Champs	Trentham
3 June	Visit to Olympic Harriers	Alex Moore Park, Johnsonville
10 June	Dorne Cup	Trentham Memorial Park
17 June	Club run NZ Secondary Schools XC Champs	HVH clubrooms Tauranga

## Midweek groups

### 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

Speedwork group meets on a Wednesday night, 6.16pm in the Riverside Carpark (opposite Countdown). All paces and abilities catered for, this is a great way to workout in a group. Contact Simon England ([simonengland@hotmail.com](mailto:simonengland@hotmail.com)) for details.



10 percent discount for HVH members at Athlete's Foot, Porirua

## News front

### 2006 committee

The 2006 committee was introduced to members at the opening day, but just to refresh your memories, here they are again. The committee is always willing to have feedback from members so if you have an issue you want to raise, or someone deserves recognition, or if you just want to pass the time of day, don't hesitate to contact a member of the committee. Contact details are on the HVH website, and of course they are usually around on club days.

In the main changes, **John Robertson** has stood down as chairman after two years at the top of the table. His leadership and guidance will be missed. Finances are now the responsibility of treasurer **Murray Corles**, while **Tony McKone** has stepped up to the position of club captain.

#### 2006 officers:

- President: **Steve Quirke**
- Chairman: **Simon England**
- Club captain: **Tony McKone**
- Assistant club captain: **Steve Robertson**
- Treasurer: **Murray Corles**
- Secretary: **Moira Burdan**
- Valleys Utd delegates: **Steve Malanchak, Glenn Perkinson**
- Committee: **Steve Cummings**



### New Club Uniforms

One of the committee's priority tasks is to design and source a new HVH club uniform – the singlets we wear on club days and in events involving the Valleys clubs. With so many new members over the last few years we've exhausted supplies of the old uniforms, and besides, the old design is oh-so 20<sup>th</sup> Century!

The design process is underway and draft designs are up on the club noticeboard at the clubhouse. You can have your say on these – tell a member of the committee if you like what you

see! The singlets will be made of the latest breathable fabrics (and hopefully won't fade!), while children will be able to have tee-shirts in the same design.

Once that's finalised and we've selected the supplier we can make them available to members sometime during 2006. The committee is hoping to secure funding for this project so that the cost to members is minimised. We'll keep you posted on progress.

### New national champion

Congratulations to **Taryn Ryan** who is the new national secondary schools U16 triathlon champion. Taryn traveled to Lake Karapiro for the championships, and dominated the field to win convincingly. Taryn has also been showing her prowess as a runner in the early part of the harrier season, including running a lap for the winning senior women's team at the Shaw Baton Relay.

Also prominent at Karapiro was **Zoe Anderson**, who took fourth place in the U14 race. Together they add to a strong group of women in the U17 grade.

### We're staying put

The committee has secured a three-year lease of the current clubrooms, up to and including the 2008 season. In addition, the agreement gives Hutt Valley Harriers first right of refusal once it expires. This is great news for the club as it secures our base for the next three years.

### Taupo trip is on again

The annual pilgrimage to Taupo for the North Island cross country championships is on again this year. This is one of the competitive focuses of the year for junior athletes – and one of the social highlights too. HVH is organising the trip on behalf of Valleys Utd and we want to see as many of our army of juniors there as possible. With a good turnout, we can repeat the feat of 2004 when Valleys Utd won the overall top club trophy.

Accommodation and transport will be provided for juniors (up to the U20 grades), and the club

will subsidise the trip. If you or your young athlete is keen to go on the trip, contact **Bryce Trewoon** or **Glenn Perkinson**, who are the chief organisers. They are also looking for parents to go as chaperones.

There's usually a decent smattering of senior athletes on the trip as well, but of course they are big enough and bad enough to fend for themselves!

### The Tasmanian Miner's Top 10

1. Working in a Coal Mine – Devo
2. Going Underground – The Jam
3. I Want to Break Free – Queen
4. I'm Going Down – Bruce Springsteen
5. Please Release Me – Englebert Humperdinck
6. Down Under – Men at Work
7. Don't You Forget About Me – Simple Minds
8. Breakout – Foo Fighters
9. New York Mining Disaster 1941 – the Bee Gees
10. Don't Leave Me This Way – The Communards

## At the Races

### Presidents and Novices

The annual start to the local harrier season, raced on a firm track at Sladden Park. A big turnout for the novices race with Adam Hunt (U17) first home in the 4km scratch race, with Dave Clamp close on his heels.

In the Presidents Cup race, Oliver Thompson had plenty of cause to thank the handicappers, passing walker Richard Willis on the final of three laps to be first over the line. Keith Holmes put in a great effort to be 3<sup>rd</sup> home and second of the runners, and just behind him was the fastest man on the course, Shaun Kavanagh, who covered the 4km circuit in 14:31.

#### Selected results:

Novices (3 laps, 4km): Adam Hunt 15:38 1, Dave Clamp 16:33 2, Tim Robertson 16:56 3.  
Novices (2 laps, 2.6km): Tim Christensen 9:27 1, Oscar Nielsen 12:38 2, Laura Robertson 13:13 3.  
Novices (1 lap 1.33km): Alex Podmore 6:15 1, Jack Henderson 6:35 2, William Henderson 6:35 3.  
Presidents Cup (3 laps, 4km handicap): Oliver Thompson 17:14 1, Richard Willis 24:51 2, Keith Holmes 17:49 3, Shaun Kavanagh 14:31 4, Vanessa Trompetter 18:44 5.

### Harcourt Relay

A reasonably low-key start to the interclub season and our first outing at a new venue, Harcourt Park Upper Hutt. This was a (allegedly) 2km course through trees on the upper Hutt River banks, and provided both technical and flat speed sections. There was a big HVH turnout and teams entered into the flavour of the occasion, with names such as The Old Girls (Masters Women), Hurricanes and Hutt Valley Harriers Lightning Bolts (Junior Boys) and The Cool Girls (junior women).

This was also a selection race for the Shaw Baton Relay, which contributed to the good turnout.

Fastest man on the circuit was Abdulahi Guled, covering the circuit in 5:20, just two seconds clear of Adam Daysh, with David Stacey a further second back.



"Hmmm, now, Mickey's big hand is on the 3 and his little hand's on the..."

*Selected results:*

Walkers: HVH (Richard Willis, Gordon Smith, Vern Smith) 36:14 1.  
Girls U12: HVH (Madeline Foster, Georgia Trewoon, Kristi Perkinson, Emma Brigden) 35:25 1.  
Boys U14: HVH 1 (Tim Christensen, Shaun Smith, Harrison Palmer, Tim Robertson) 27:30 1, HVH Hurricanes (Cameron Murdoch, Ryan McAlister, Josh Dunstan-Brown, Tom Foster) 28:04 2.  
Masters men: Valleys (Vaughan New, Bill Trompetter, Mark Growcott, Andrew Brown) 24:39 1, HVH (Dave Clamp, Barry Howard, Tony McKone, Simon England) 26:35 2.  
Masters women: HVH Old Girls (Leanne Asher, Brig Murdoch, Anna Robertson, Leanne Asher) 31:17 1.  
Open women: Valleys Utd (Jacinda Swain, Melanie Fayen, Danielle Trewoon, Sarah Lynskey) 27:18 1.  
Open men: Valleys Utd A (Neil Sampson, David Stacey, Adam Daysh, Abdulahi Guled) 21:13 1, Valleys Utd Mixed (Adam Hunt, Richard Williams, Matt Rogers, Ben Shaw) 23:56 2.  
Junior men: HVH M20 (Shaun Kavanagh, James Thorstensen, Scott Kinnear, Corey Casey) 22:35 1, HVH M17 (Richard Skinner, Ryan Maguren, Jesse Patel, Evan Cooper) 23:00 2.

### **Rotorua Marathon**

The usual smattering of Hutt Valley athletes made their way to Rotorua for the annual loop of the pond, otherwise known as the Lion Foundation Rotorua Marathon. About 1800 starters toed the line for the 42.2km marathon this year, among them our own Paul Coles, Paul Richardson and Jason Brown.

Paul Coles put in an impressive performance clocking 3:09:50 for 4<sup>th</sup> in the M50 grade, and 68<sup>th</sup> place overall. Paul Richardson ran 3:13:24 for 18<sup>th</sup> in the M40 grade (88<sup>th</sup> overall), while Jason turned in a 3:17:02 for 105<sup>th</sup> overall.



### **Shaw Baton Relay**

There was an impressive turnout for this annual event, at the popular Battle Hill Course. Conditions were fine with some softness underfoot which made times a little slower than previous years.

Outstanding results for Valleys include wins to

- Senior women
- Vet men
- Junior boys (U14) 1<sup>st</sup> and 2<sup>nd</sup>

In the case of the Vets this was the first time they had won the Shaw Baton title after years of domination by Wellington and Olympic. It was a near-run thing, with just 6sec separating the first 3 teams. Great effort guys. There was also a near-miss by the senior men, with just 41sec separating them from first-placed Scottish who notched their 11<sup>th</sup> straight victory.

*Selected results:*

Senior men: Scottish A 39:59 1, Valleys Utd (Abdi Guled, Adam Daysh, Neil Sampson, Joel Wyatt, Jeremy Boyd, Matt Rogers) 40:40 2, Wellington Harriers 3.  
Senior women: Valleys Utd A (Sarah Lynskey, Corinne Melrose, Taryn Ryan, Mel Fayen) 34:00 1, Scottish B 35:12 2, Scottish A 35:41 3.  
Masters men: Valleys Utd A (Steve Malanchak, Dave Clamp, John Houghton, Paul Richardson, Paul Coles, Tony Madsen) 46:55 1, Scottish A 47:05 2, Wellington Harriers 47:06 3.  
Boys U14: Valleys A (Tim Christensen, Cameron Murdoch, Ryan McAlister, Tim Robertson) 32:38 1, Valleys Utd B (Tom Foster, Shaun Smith, George Henderson, Joshua Dunstan-Brown) 34:34 2, Kapiti A 34:49 3.  
Men U20: Scottish A 41:01 1, Valleys Utd A (James Thorstenson, Jesse Patel, Richard Skinner, Scott Kinnear, Sean Kavanagh, Corey Casey) 41:04 2, Olympic A 43:03 3.  
Girls U14: Kapiti A 38:04 1, Valleys Utd A (Laura Robertson, Julia McMillan, Madeline Foster, Chelsea O'Callaghan) 38:50 2, Scottish A 40:03 3.

### **Contact Us**

Hutt Valley Harriers has its own web-based email group, which you can join for free.

***To Subscribe:***

Send a mail message to [hvh-subscribe@egroups.com](mailto:hvh-subscribe@egroups.com) (no subject or text is necessary). You will be sent a confirmation request. It's that easy! After replying you will be a member of the list.

**ALSO:** Keep checking the HVH website; <http://hvh.valleys.org.nz/>