



Valley Flyer '07

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

Monthly newsletter of Hutt Valley Harriers

Issue 2 May 2007

Editor's corner



Well it was a great sight, wasn't it? About 100 Hutt Valley Harriers athletes taking to the Battle Hill Farm track last weekend for the Shaw Baton Relay. This was our first outing in our new club colours and you all did us proud. Top-line results from the Shaw Baton are detailed later in this newsletter, with highlights coming from both junior and senior ranks. This was a great competitive start to the year and we'd love to see it continue at the Varsity Relays next weekend. Make sure your selectors know whether you are available for that one.

It was terrific to see everyone turned out in the new-look singlets. The committee has decided to investigate some other club apparel as well. This could include items like tracksuits, warm-up/training tops (short or long-sleeved), beanies and baseball caps. We'll get some samples done and take orders from people if there is sufficient interest. Look for the list up on the club noticeboard to express your interest if you would be interested in purchasing club gear.

It was only a few weeks ago we were looking forward to the season getting underway, and now it is full steam ahead. There's a packed programme ahead, including a visit from Olympic on 2 June and then our club's major event of the season, the Dorne Cup on 9 June. Our club organises this event at Trentham Memorial Park and we look to our members to help out with everything from manning the registrations tent, to marshalling and timekeeping. This is a great opportunity to show your club spirit again and help make the day a great success.

Happy running everyone!

Upcoming events – May-June

May	
12	Club run (HVH clubrooms)
13	Masters Classic Relay (Trentham Memorial Park)
19	University Relays (QE2 Park, MacKays Crossing, Paekakariki)
26	Vossellor Shield, Mt Victoria, Wellington
June	
2	Olympic Harriers visit to HVH (members bring a plate)
9	Dorne Cup (Trentham Memorial Park. NB: clubrooms closed)

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.

News front

HVH pair US-bound

Two of our leading athletes are off to the United States on scholarships. Carl McKenzie will be heading for Villanova University (where NZ representative Adrian Blincoe is one of the coaches, while Abdullahi Guled is bound for Western State University in Colorado. Western State is where Steve Willis and Carl Jackson spent their US collegiate time and it currently features Kiwi Kim Hogarth.

We wish Carl and Abdi all the best in their US endeavours.

Oh baby!

The club is on the verge of further growing its junior junior junior side. Katherine and Stu McKenzie are expecting their first child later this year, while No.2 is on the horizon for Thomas Westgarth and partner Abbey.

Nick back in form

Nick Willis has won his comeback race from injury last weekend, a 1500m race in Michigan. The victory was doubly sweet as it came on the same day Nick announced his engagement. Congratulations all round!

Taupo – let's get there!

Moves are underway to have a significant HVH turnout at the North Island Cross Country champs in Taupo (30 June). The club will be arranging subsidised travel and accommodation for juniors, and we're also looking at a significant senior contingent for one of our traditional season highlights.

This is one of major team trips of the year so register your interest with Glenn Perkinson. Valleys Utd won the overall club trophy for this event a couple of years back and it would be great to repeat that feat, but we need a good turnout to do it.

Social calendar

The annual HVH quiz nite is on again on 28 July, so get your team together. This is open to all club members and is a great fun night.

Also on the social calendar this year is a planned Tupperware night. Look for further information on that in the near future.

He's our club president but what do we REALLY know about the secret world of Steve Quirke? Here's...

60 Seconds with..... Steve Quirke

- *When did you join Hutt Valley Harriers?*

1989 from Wellington Harriers. Joined them 1970 winning in B and C Teams. Ran for Kiwi Track and Field as a sprinter, 100, 200, 400m. A very successful club in the 1970s and 1980s.

- *What do you enjoy watching on TV or at the movies?*

Sports, Greys Anatomy.

- *What are you reading at the moment?*

'Thinking Negatively' by ex-Black Caps cricketer Mark Richardson.

- *Who inspires you?*

Peter Snell and all who run, particularly the old guys.

- *What are your Personal best times for ...?*

10K: 34:15

Half Marathon: 1:16:57 Mangaroa half.

Marathon: 2:48:47 Palmerston North 1982.

- *What is your favourite run?*

Eastern Hills of Hutt Valley

- *What is your favourite food?*

Sausages and Roasts

- *Who do you train with?*

You guys and the HV Marathon Clinic.

- *What are the real highlights of your running career?*

Finishing 4th in the Wellington road champs for the vets 1990

Winning the Rat Race through Central Wellington 1990

Being part of the team that set a new record for the Great Lake Relay in 2000 (10hr 4min)

At the races

[NB: Full results for these events can be found on the HVH website]

Novices and Presidents

A bit of a blustery wind for the first competition of the season, which doubled as a trial for the Shaw Baton Relay. Conditions were good with not many people in spikes for the 1.3km laps at Sladden Park. The Presidents Cup is a handicap race and a bit of an enigma it has to be said, exactly how it is decided who's won is a mystery to me, but here's a rundown on main results of the day.

Selected results:

Annie Huggan Cup (women): Sarah Lynskey 15:45 1, Danielle Trewoon 16:49 2, Janelle Winter 17:20 3.

Novices: Shaun Smith 14:58 1, Ryan McAlister 15:01 2, Dave Creamer 15:27 3.

Presidents Cup: Don Brodie 19:50 1, Matthew Murdoch 15:51 2, Darren Gordon 16:02 3.

Fastest times: Shaun Kavanagh 13:45, Steve Malanchak 14:11, Brendan Mai 14:28, Jason Brown 14:28, Paul Coles 14:43.

Moonshine Half Marathon

This off-road half marathon includes a 10k option flat along the Hutt River, north of Trentham Memorial Park. The half marathon course takes in a climb to the top of Cannons Point and gives the event more of a mountain race flavour. This fast-growing event attracted over 600 starters this year and is well worth the trip to Upper Hutt if you haven't experienced it before.

Among the HVH finishers:

Half marathon

Men: Brendan Mai 1:36:08 8; Simon England 1:38:45 10; Bill Trompetter 1:40:05 14; Mark Growcott 1:50:05 33.

Women: Katie Fenton 1:42:16 5.

Half marathon walk

Women: Sue Henderson 2:52 3.

10km run:

Women: Georgia Trewoon 1:06:27 96.

10km walk:

Women: Marie Trewoon 1:20:57 13.

Lion Foundation Rotorua Marathon

Steady rain greeted starters in the annual loop of the lake at Rotorua. Conditions improved by the end with the sun even breaking through. Big congratulations to Brendan Quirke with a marathon PB of 2hr 50min for 7th in his grade and 18th overall.

HVH results:

Marathon:

Senior men: Brendan Quirke 2hr 50min 16sec 7.

Masters men 35+: Richard McChesney 3:23:41 22.

Masters men 45+: Barry Howard 3:39:10 30.

10km:

Tim Christenson 47:07 26.

Shaw Baton Relay

Fine conditions with a stiff northerly greeted runners on the first interclub event of 2007. Conditions were firm underfoot (except for the water jump!) with all runners having to complete a 2km circuit of the Battle Hill Farm, Pauatahanui.

HVH highlights were the B13 team winning their grade, while there were second placings for the G13 A team, Masters Women and Open women, and third place to the senior men.

Selected results:

B13: Hutt Valley Harriers A 34:40 1 (Cameron Murdoch 8:08, Shaun Smith 7:22, William Henderson 9:19, Tom England 9:51).

G13: Hutt Valley Harriers A 37:55 2 (Janelle Winter 9:05, Emma Brigden 10:38, Kristi Perkinson 9:39, Emily Stotter 8:33).

Masters women: Hutt Valley Harriers A 39:20 2 (Leanne England 9:52, Vanessa Trompetter 9:27, Brig Murdoch 10:13, Julia Baron 9:48).

Senior women: Hutt Valley Harriers A 33:00 2 (Sarah Lynskey 8:09, Lauren Fayen 8:30, Mel Fayen 8:33, Jacinda Swain 7:48).

Senior men: Hutt Valley Harriers A 41:51 3 (Adam Daysh 6:26, Corey Casey 6:39, Joel Wyatt 7:06, Matt Rogers 7:13, Paul Carlson 7:46, Carl McKenzie 6:41).

She's a fixture in the senior women's ranks, seems hard to believe she's only been a club member for two years. Here is...

60 Seconds with.....

Melanie Fayen

- *When did you join Hutt Valley Harriers?*

2005

- *What do you enjoy watching on TV or at the movies?*



Greys Anatomy.

- *What are you reading at the moment?*

Cases for Law School.

- *Who inspires you?*

Will Ferrall

- *What are your pre-race rituals?*

Take a nurofen so I don't feel pain

- *What are your Personal best times for ...?*

400m: 62s

800m: 2:18

1500m: 5:19.

- *What is your greatest ambition?*

Win the Olympic 800m or 1500m

- *What is your favourite run?*

KGB Kennedy Good Bridge loop.

- *What is your favourite food?*

Bacon

- *Who do you train with?*

Jacinda Swain, Lauren Fayen, Ali Kimber, Sarah Lynskey.

- *What are the real highlights of your running career?*

Road Relays.



Getting back in stride

Returning to running after a brief layoff? A general rule of thumb is that it takes about two weeks of "retraining" to come back from every week in which you do no exercise. Go easy on yourself during this period. Don't let your ego convince you that you should immediately be able to run as you did before. If you've been off the roads for only a week or two, start at about half the distance you were running before the injury. You should be able to build back to your former level in two to four weeks.