



# The Valley Flyer

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

Monthly newsletter of Hutt Valley Harriers

Issue 5 2006: September

## Editor's corner



There was a curious item on the international news wires last month. A school textbook published in Britain, for English teenagers, suggested that cross country running can be used as a form of child abuse. This has caused a bit of a storm in the UK, because it reinforces the idea that English kids are being discouraged from being out and active and are turning into a mob of couch potatoes.

But is it that far from the truth? I am old enough to remember cross country running being used as a form of punishment by schoolteachers. And I recall a few teachers who were particularly gleeful about using it on kids who they knew would struggle. As well as being downright mean, this sort of tactic can send kids the wrong message about running. From what I understand there is now a more mature attitude towards running (or perhaps, more creative forms of punishment!), and that's to be welcomed.

If cross country is physical abuse, then you may have noticed the "physical abuse" season is over and we are now running on the roads. The Masters men won their grade at the Bays Relay. Well done to everyone who turned out for the Wellington road champs (and club champs) at Heretaunga, there were some great results. And don't forget, the annual trip to the National Road Relays (in Feilding this year) will be on and we're keen to see an increase in the numbers of Valleys Utd teams taking to the roads of the Manawatu. Make sure you contact your selectors to let them know you are available!

## Upcoming events – September

September	
9	Sanders Cup (HVH club rooms)
16	Belvedere Block Relays, Carterton (clubrooms closed)
20	Wellington secondary schools road champs
23	Craig Rosebowl (HVH clubrooms)
30	Club run
October	
7	NZ Road Relays, Feilding

## 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

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 work out 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

### Nick Willis

Commonwealth Games champion Nick Willis is back on the campaign trail in Europe as he heads for the World Cup of athletics in Greece. Nick's most recent race was a 1500m at the Golden League meeting in Belgium (the van Damme memorial), where he ran a 3:35 for 10<sup>th</sup>. He ran a second 3:35 for ninth at the Monaco event five days earlier.

### Mystery Run

Glenn Perkinson is organising a fun day for the "junior juniors" – a Mystery Run at a secret location followed by a local eating establishment (whose name remains anonymous...). September 2 was the original date but this has been postponed; keep an eye on Glenn's junior newsletter for updates on this fun event.

### Jono en route to world mountains

Jonathan Wyatt continues to be in top form as he prepares for the 2006 world mountain trophy event in Turkey. Jono has won three European grand prix mountain running events, two in Austria and one in Slovenia. He currently leads the series with one event remaining, on 24 September. Italian Marco Gaiardo is second. The world trophy event, where Jono will be shooting for his sixth world title, are on 10 September.

### National Road Relays

The road relays are being held at Feilding this year. The event is scheduled for 7 October over the 7-lap loop that takes runners out into the Manawatu-Rangitikei hill country and back. Having the event "locally" means you can travel up and back in a day, but accommodation will also be available. Contact your selectors to let them know if you are available.

*He has been a regular at the club over the past season and a half, at club days, races and running with the Thursday night Shoe Clinic group. Want to know more? Here's...*

## 60 Seconds with.....

### Graeme Burr

- *When did you join Hutt Valley Harriers?*

2005

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

"Top Gear", "Monster Garage", V8 super Car racing so you could say I'm a bit of a petrol head. I also like music videos of the "grunge rock" or heavy metal genre, so call me a "head banger".

I like to watch the News, current affairs and have even been known to watch Coro Street (although I should probably not cough to that).

- *What are you reading at the moment?*

The Hutt News

- *Who inspires you?*

Those who reach the top by sheer guts and hard worth rather than those who get there on the "coat tails" of others. Runners who inspired me are Peter Snell, Dick Taylor and John Walker.

- *What are your pre race rituals?*

Nothing really just a quick warm up before ripping into it.

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

5K: never taken much notice

10K: done a sub 40

Marathon: I think around 3hrs 16 in 1981 for the Fletcher in Rotorua.

- *What is your greatest ambition?*



To get rich or beat Simon England [*Ed's note: He has a better chance of getting rich*]

- *What is your favourite run?*

Mill Stream

- *What is your favourite food?*

Anything that tastes good but am partial to Chinese, fish and chips or a good roast

- *Who do you train with?*

Fred's Thursday night Shoe Clinic group. Carl (Humphries), Tony (McKone) and Barry (Howard) on the odd Sunday or on my own.

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

Runner up Senior boys Grade in the 1974 Hutt Valleys Secondary Schools Cross country Champs after having a battle royale with one of the Miskiminn brothers (Peter or Brent of NZ hockey fame). A seventh place in the Wellington School champs the same year. Best of all rejoining a harrier club after a 28 year hiatus.

## At the races

### NZ Cross Country champs, Taranaki

A smallish contingent headed up to Stratford for the NZ cross country champs. Vaughan New was the stand-out in the M45 Masters grade, finishing just out of the medals in fourth place. Katie Fenton also ran in Wellington Centre colours and was 11<sup>th</sup> overall in the Under 20 women's grade.

Abdullahi Guled was entered in the event but picked up a calf strain at the Wellington champs and decided not to run at Stratford.

### Bays Relay, Wellington

The road season opened with the traditional relay from Island Bay to Evans Bay. Stand out

performances from the Masters Mens A team who took out their grade after an all-the-way tussle with Wellington A. The Valleys men established an early lead and managed to withstand a late rally by the Wellington team, eventually prevailing by just over a minute.

Elsewhere there were top three placings from the junior women, senior women and junior (U19) men.

#### *Selected results:*

Senior women: Valleys A (Sarah Lynskey 18:15; Jacinda Swain 18.55; Katie Fenton 20:39; Shelly Tietjens 16:38; Anna Robertson 16:05) 1hr 30min 32sec 3<sup>rd</sup>.

Junior women: Valleys A (Jazmin Englebretsen 21.15; Danielle Trewoon 20.20; Taryn Ryan 20.15; Laura Robertson 16.42; Samantha Williams 17.57) 1hr 37min. 13sec 2nd.

Junior men: Valleys A (Carl McKenzie 15.19; Ryan Maguren 17.01; Evan Cooper 17.59; Richard Williams 14.09; Adam Hunt 14.09) 1:18:37 2<sup>nd</sup>; Valleys B (Tim Robertson 18.56; Shaun Smith 17.27; Ryan McAllister 19.32; Tim Christensen 15.42; Cameron Murdoch 15.39) 1:27:16 9<sup>th</sup>.

Masters men: Valleys A (Paul Richardson 17.18; Steve Malanchak 16.13; Vaughan New 17.08; Bill Trompeter 14.31; Paul Coles 14.30) 1:19:40 1<sup>st</sup>; Valleys B (Don Coley 19:17; Carl Humphries 18:06; Simon England 19:26; Murray Corles 15:48; Graham Burr 15:07) 1:27:44 6<sup>th</sup>.

### Wellington Road champs (and club champs), Upper Hutt

A strong northerly this year and some light drizzle made conditions challenging. Stand-out performance on the day was a storming run by Sarah Lynskey to take out second in the open women's race. After a conservative opening half Sarah put the foot down in the second half to cover the 10km course in 37min 53sec. In the open men's 10km race, Abdullahi Guled put in a strong run to finish just outside the medals in 4<sup>th</sup> place. Also in the centre medals were Vaughan New (3<sup>rd</sup> masters men); Kristi Perkinson (2<sup>nd</sup> U12 girls), Brittany Myers (3<sup>rd</sup> U10 girls); Andrew Lloyd (3<sup>rd</sup> U16 boys) and Richard Willis (3<sup>rd</sup> in road walk).

*Selected results:*

Boys U10 (2km): Tom England 8min 24sec 5.  
Girls U10 (2km): Brittany Myers 9:45 3.  
Boys U12 (2km): Mitchell Murdoch 8:50 9.  
Girls U12 (2km): Kristi Perkinson 8:19 2.  
Boys U14 (4km): Shaun Smith 14:44 4, Tim Christensen 14:53 5, Ryan McAlister 14:56 6.  
Boys U17 (6km): Andrew Lloyd 21:04 3, Ryan Maguren 21:13 4, Evan Cooper 21:15 5.  
Girls U17 (4km): Taryn Ryan 15:56 6; Laura Robertson 16:19 9.  
Men U20 (6km): Richard Williams 2:07 9.  
Women U20 (4km): Samantha Williams 18:18 6.  
Masters women (6km): Anna Robertson 24:15 4; Leanne Asher 26:26 8; Vanessa Trompetter 27:10 10.  
Masters men (10km): Vaughan New 34:58 3; Steve Malanchak 36:32 5; Paul Coles 37:45 8.  
Open men (10km): Abdullahi Guled 31:58 4.

Open women (10km): Sarah Lynskey 37:53 2.  
Race walk (10km): Richard Willis 1hr 05:30 3.

## NZ Road Champs, Christchurch

Three HVH athletes turned out in Wellington centre singlets at the NZ road champs near Christchurch. Abdi Guled ran 13<sup>th</sup> in a very competitive senior men's field (32:19 for 10k), while Sarah Lynskey improved her 10k time to 37:35 to take 7<sup>th</sup> in the senior women. Steve Malanchak also represented the province in the masters men's grade, covering the 10km journey in 38:33 for 4<sup>th</sup> in the grade. Steve had company in the 45-49 age group from club captain Tony McKone, who ran 43:04.

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## 60 Seconds with.....

### Tom England

*Tom won his first centre cross country medal at Waikanae (for third) and has been a regular in the U10 grade this season. Here's a chance to find out a bit about one of our rising stars*

- *When did you join Hutt Valley Harriers?*

2004

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

I like to watch Futurama in the evenings and Pokemon on Sunday mornings (when I'm allowed!). Recent movies I have enjoyed are Cars and Over The Hedge.

- *What are you reading at the moment?*

I have just finished reading The Dawn Treader by C S Lewis

- *Who inspires you?*

Nick Willis

- *What are your pre race rituals?*

I do a bit of stretching and just warm up by jogging.

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

2km: 8min 24sec (at Wellington road champs 2006)

- *What is your greatest ambition?*

To enter the Commonwealth Games

- *What is your favourite run?*

I like running in cross country races, especially the course at Waikanae.

- *What is your favourite food?*

Pizza, or my mum's salmon curry.

- *Who do you train with?*

My dad sometimes, or just by myself.

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

Winning two gold medals at the 2006 Wellington childrens athletic champs, and getting a bronze medal at the Wellington centre cross country champs at Waikanae this year.

