

# The Valley Flyer

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

Monthly newsletter of Hutt Valley Harriers

Issue 4 2006: July

## Editor's corner



The cross country season for 2006 has come to a close and those of us who went to Waikanae for the Wellington championships enjoyed frolicking in the mud. That's what cross country running is all about! Overall there were some disappointingly small fields but HVH runners brought home three Wellington centre medals, all in the junior grades.

The road season is now upon us and that means flat fast running, and time to renew your relationship with your selectors, as there are some relay events to plan for. Top of the list is the National Road Relays which this year are being held in Feilding, a course many of us are familiar with after the 2002 and 2003 nationals were held there. We're hoping to see as many Valleys teams as possible taking part, and there are even social grade teams available. All in all it is a great weekend so if you are planning on taking part, get in touch with your selector and let them know.

Forgotten who they are? Selectors are:  
Open men: Neil Sampson (589 9724)  
Women and Masters Women: Leanne Asher  
Masters men: Don Brodie (565 0705)  
U20 men: Jonathan Mahoney  
U14 boys and girls: John Robertson 565 0075

They will need to arrange teams for the upcoming Bays Relay as well, so now is a good time to get in touch.

Happy running and walking all!

## Upcoming events – July-Aug

July	
29	Club Run (HVH club rooms) HVH Quiz Night
August	
5	Club Run (HVH club rooms) NZ Cross Country champs (Taranaki)
12	Bays Relay (clubrooms closed)
19	Wellington Centre road championships, Heretaunga (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

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 sets new record

Commonwealth Games champion Nick Willis clipped 0.21s off his own New Zealand national 1500m record in finishing seventh in 3m 32.17s in the IAAF Golden League meeting in Paris earlier this month.

In the same race last year Nick, broke John Walker's national record in finishing sixth. Ivan Heshko of Ukraine, who was fifth last year, won in 3m 31.08s.

TVNZ decided to show us the men's and women's 100m sprints from this meet on their Sunday sports news, without mentioning Nick was even competing!

### Abdi, Sarah 7<sup>th</sup> at nationals

Abdulahi Guled and Sarah Lynskey finished seventh in their respective grades at the national short course cross country champs in Tauranga on 17 June. Abdi covered the senior men's 4km circuit in 13min 19sec, while Sarah recorded 16:25 in the senior women's event.

### Settlers museum exhibit

The club has been contacted as part of a planned exhibit at Petone Settlers Museum. The exhibit will be "An A-Z of the Hutt Valley", with "K is for Kilometres run by Hutt Valley Harriers". The club has agreed to take part, and we look forward to being part of this local event, which is planned for December 2006.

### Quiz night

It's upon us again, the social highlight of the Hutt Valley calendar. The most important event in the valley this, um, well, this week.

Yes! It's the annual club quiz night. \$5 for adults and \$2 for kids gets you fun and games, great company, food and drink, and an all-round jolly good night out. So get a team of 5-8 people together and come along next Saturday (29 July) at 5.30pm.

There will even be a hint of the TV quiz  
Distraction, and don't forget to include kids in your team!

*Enter now and we will see you on the 29<sup>th</sup>!*

## At the races

### Harbour Capital marathon, half marathon and 10km

A good turnout on an ideal running day around the Wellington bays, and some top performances. The course is based at the Westpac Stadium and all distances are out-and-back courses. In addition to current members, former HVH runner Dave Creamer ran the marathon and just missed dipping under the 3 hour barrier.

Dave Stacey was 5<sup>th</sup> overall in the half marathon, while in the 10km event, HVH runners filled the first three placings in the men's 45-49 age group.

#### Selected results:

Half marathon

Open men: Dave Stacey 1hr 16min 10sec 5<sup>th</sup>

Men 35-44: Mark Growcott 1hr 25:40 6<sup>th</sup>.

Men 50-54: Stu Henderson 1:29:29 3.

10km

Men 45-49:

Vaughan New 34:34 1, Murray Corles 40:14 2, Tony

McKone 41:03 3.



### North Island champs, Taupo

No snow this year but cold all the same for the hardy group of Valleys athletes who made the trip to Taupo this year. Cold again at Spa Park and a number of top 10 placings.

Masters men 35-44 (6km): Ian Purvis 22:21 7.

Masters men 45+ (6km): Vaughan New 21:23 4.

Masters women 35-44 (5km): 21:38 9.

Boys U12 (3km): Tim Robertson 7:26 4.

## **Sanders, Gough and Robbie, Trentham**

An annual event among the four Harrier clubs that make up Valleys Utd, with Aurora along to boot. Numbers were down on previous years, perhaps reflecting the late notice of this event. Hutt Valley Harriers had teams in most events, and came away with wins in the Robbie Shield (U17), Burns Cup (senior and masters women), while the men's Sanders Cup for men went to Trentham.

### **Selected results:**

Walkers (4km): Richard Willis 24:51 1.  
Challenge Shield (U14) (2km): Tim Christensen 7:05 1, Cameron Murdoch 7:19 2, Shaun Smith 7:20 3; Myles Price-Moore 8:27 9. Teams: Hutt Valley 1, Trentham Utd 2.  
Robbie Shield (U17) (3km): Andrew Lloyd 12:18 1, Matthew Murdoch 12:48 2, Tim Christensen 12:57 3. Teams: Hutt Valley 1, Trentham Utd 2.  
Burns Cup (women, masters women 6km): Sarah Lynskey 27:12 1; Vanessa Trompetter 31:26 3. Teams: Hutt Valley 1, Trentham 2.  
Sanders Cup (men, masters men 8km): Paul Richardson 34:09 4; Bill Trompetter 34:53 6; Brendan Quirke 36:03 8; Graeme Burr 36:51 9. Teams: Trentham 1, Hutt Valley 2, Aurora 3.

## **Wellington Centre cross country champs, Waikanae**

It seemed to rain everywhere in Wellington, except Waikanae for the Wellington centre

champs, which also doubled as the Hutt Valley Harriers club champs for 2006. Junior runners brought home three medals, Tim Robertson winning the boys 11 and under 3km event, while Tom England (U10) and Emily Stotter (U14) were third in their respective events.

Congratulations to the first-named athletes in the following list of results, you are the club's cross country champions for 2006!

### **Selected results:**

Open men (12km): Joel Wyatt 47:40 17.  
Masters men (8km): Vaughan New 31:00 5.  
Masters women (6km): Vanessa Trompetter 29:38 6; Leanne Asher 31:20 8.  
Men U20 (8km): Sean Kavanagh 32:04 6; Scott Kinnear 34:27 10.  
Women U20 (4km): Katie Fenton 17:08 4; Samantha Williams 20:14 6.  
Men U17 (6km): Andrew Lloyd 25:04 5.  
Women U17 (4km): Jasmine Englebretsen 19:16 7, Danielle Trewoon 19:37 8.  
Boys U14 (3km): Ryan McMaster 12:53 4, Shaun Smith 13:05 5; Cameron Murdoch 13:53 8.  
Girls U14 (3km): Emily Stotter 14:20 3; Chelsea O'Callaghan 17:29 8.  
Boys U12 (3km): Tim Robertson 12:43 1; Mitchel Murdoch 16:57 9.  
Girls U12 (3km): Kristi Perkinson 15:52 4; Emma Brigden 17:16 10.  
Boys U10 (1.5km): Tom England 7:29 3; Callum Brigden 7:50 9.  
Girls U10 (1.5km): Samantha O'Callaghan 8:38 8, Brittany Myers 8:38 9.

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## ***Mountain running took on a whole new meaning on the Inca Trail in South America's Andes Mountains, writes BRENDAN QUIRKE***

In April I travelled to South America with a group from the Wellington Ridge runners, a group that also included Owen and Mary Rouse. For a group of hard-core mountain runners, running Peru's Inca Trail was a major on this South American adventure.

The Inca trail is one of the world's most famous treks and extremely popular. There is a limit of 500 people a day and bookings need to be made up to a year in advance. All groups have to have a guide and many use porters to carry their gear for what is usually a 4 day trek, but which we intended to do in one day.

The trail is "only" 33km but very mountainous. Beginning near a town called Ollantaytambo at 2,750m, it rises to 4200m before descending back to 2,600m. The stone paths and buildings were built over 400 years ago by the Incas and are stunning. The trail was only rediscovered in 1911 and is believed to be an ancient pathway used by runners carrying messages to various parts of the Inca realm, which for us was a neat thought.

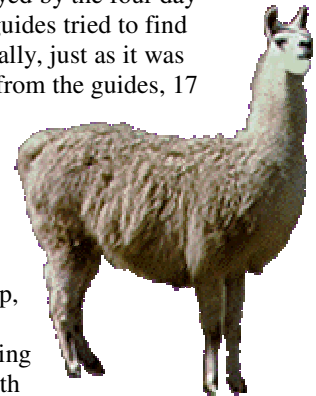


The Incas ruled South America in the 15<sup>th</sup> century

We hoped to get used to the altitude by spending a few days in Cusco (3326m), The former Inca capital with its cobbled streets, magnificent churches and mix of Spanish architecture and Inca ruins was a very relaxing and exciting place to get over jet lag and the thinner air. It was also fun testing our Spanish, haggling with the friendly kids who quickly descended on us with postcards and all sorts of other souvenirs.

For the trek itself we had to carry a packed lunch – two sandwiches, a couple of bananas, a bit of chocolate and a bottle of water, oh and a hard boiled egg. Not quite the gourmet meals enjoyed by the four day trippers, and no porters for us. The first challenge was a bureaucratic one as our guides tried to find someone to open the ticket office and check our passports against our tickets. Finally, just as it was getting light about 6am, they opened the gates to the bridge and with a Vamoose from the guides, 17 Wellington ridge runners were off on the Inca Trail.

The trail is fairly flat as we travel along the Rio Urubamba river so we test the lungs by running. Through a small village we yell “Hola!” to some local kids out feeding the chickens and looking a little bemused to see people running so early. It isn’t long until we sight our first ruins, staggering terracing and storehouses carved out of a slope from the river. The trail starts to climb and we start to heat up, looks like it’s going to be a great day. The next landmark is the village of Wayllabamba, the first designated campsite and from here we are in definite walking territory as we come across increasing numbers of trekkers, guides and porters with their amazing loads, some even including deck chairs and the odd gas bottle



Even the sheep are bigger! (note: not actual size)

Varying accents and languages fill the valley as we head towards mist-shrouded Dead Woman Pass, at 4200m the (literally) high point of the trip. The other side of the pass gives us a very steep 600m descent down a lot of very narrow steps. Some porters seeing us running try to keep up despite their larger loads.

At the bottom is the camp of Pocamaya where we stop for lunch. Above us drifting in and out of the mist, is another Inca ruin called Runkuraky a temple site in a semi circular shape. Then it’s more heavy-leg climbing, but amazing ruins keep appearing seemingly around every corner providing inspiration and I’m sure a good deal of adrenaline. I can’t stop smiling. Even when my head drops and my hands go to the knees on another climb I am amazed by the path, built around the hillside benched with flat stones and then steps all built 400 years ago.

Winay Wayna is our last stop, a short detour off the track and we follow a pretty nondescript track round a corner and then... Wow! Staggering terracing buildings and baths just blow me away and I spend some time here just soaking up the atmosphere before deciding we should push on. These were the last ruins for the day as a slip on the track has meant we won’t go through Macho Picher, and instead drop down to the railway line which takes us into Anguas Calientas, Even rain on the walk to our hotel can’t put a dampener on a truly unforgettable day.

Other highlights of my time in South America included:

- Further trips (by bus!) up to Machu Picchu to wand around the ruins
- Travelling to Lake Titicaca and the Reed Islands, floating islands made of torta reeds where families have lived for generations.
- Visiting Bolivia, the capital La Paz, climbing a mountain called Huayna Potosi (6088m or 19960ft) and cycling the world’s most dangerous road
- A 4WD journey across the world’s largest saltpan the Salar de Unui, 12,106sq km of white empty space.

All in all – unforgettable!