



The Valley Flyer

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

Monthly newsletter of Hutt Valley Harriers

Issue 3 2006: June

Editor's corner



Take a bow everyone who took part in the Dorne Cup!. It was another hugely successful running of this key event on the Wellington athletics calendar last weekend, and a terrific reflection of our club spirit. We had over 30 helpers on the day and a large number of those people also took part in the racing.

And how can we forget the racing? Abdulahi Guled gave the club its first winner in the senior men's race since 2003, joining the likes of Jonathan Wyatt, John Henwood and Phil Starr as winners. Abdi's next outing will be at the NZ short course cross country champs in Tauranga this weekend, we wish him well in his pursuit of another national title.

This is the time of year when we see our athletes heading to various points of the country for regional and national events. In early July it's the North Island cross country champs, which usually has a good representation of Valleys athletes. At last count about 20 senior athletes and a similar number of juniors are down to make the trip north. If you want to join them, contact Glenn Perkinson (juniors) or Steve Malanchak (seniors) to indicate your availability. Otherwise you might have a hard time getting accommodation. Some of our top junior will also be in action at the national secondary schools champs in Tauranga this weekend.

The long dark winter nights are upon us and to help see you through them there's a number of social events planned. Tonight is the first - Buzz (Playstation 2) is in the house, then next month it's our annual quiz and pizza night. Stay tuned for more details.

Happy running and walking all!

Upcoming events - June-July

June	
17	Club Run (HVH club rooms) NZ Secondary Schools Cross Country Championships/NZ Short Course Cross Country Championships, Tauranga
24	Club Run (HVH club rooms)
25	Harbour Capital marathon, half marathon and 10k
July	
1	Club Run (HVH club rooms) (no creche) North Island Cross Country Champs (Taupo)
8	Club Run (HVH club rooms)

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) for details.



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

News front

Nick's back in action

Commonwealth 1500m champion Nick Willis is one of four New Zealanders named in the Oceania team for the World Cup of athletics in Athens Greece in mid-September.

Meanwhile, Nick is back in action on the track with a string of top-class performances under his belt.

In his most recent outing, Nick finished third in an IAAF grand prix meeting at Gateshead, England.

Nick ran 3m 36.19s to place third behind Moroccan Mohamed Moustouai and Bernard Lagat of USA.

Earlier, Nick had finished second to world 1500m champion Rashid Ramzi of Bahrain over a mile in the Reebok Grand Prix meeting in New York.

Ramzi won in 3m 53.55s with Nick recording 3m 55.56s.

Jonathan Wyatt leads NZ Mountain team

Jonathan Wyatt will attempt to defend his world individual mountain running crown in Turkey in September.

Chasing his sixth world individual title, Jonno heads a strong NZ men's team that also includes Dale Warrander, Phil Costley and Craig Kirkwood.

Kate McIlroy, who won the individual women's race in Wellington last year, has elected not to contest the mountain event while she concentrates on European track events.

Social events

HVH is set to be the centre of the social universe for the next month or three with a number of "blockbuster events planned".

First off (tonight!) is a "Buzz" night, a quiz evening featuring the Playstation 2 game Buzz.

Our annual quiz is penciled in for 29 July, so add that date to your calendars now.

And for those of you who fancy yourselves as pop stars, get ready to show off your talents in the first HVH/Idol/Singstar event..... coming soon.

At the races

Varsity Relays

Valleys Utd teams won both the open men's and women's events at the University Relays, QE2 Park, Paekakariki. Conditions were fine and the sandy track reasonably firm. The senior men's team had an all-the-way battle with Wellington before Reon Rollo brought home the victory.

As well as the victories, Valleys took second placings in the Masters men and U20 men. So a great day for the club all round.

Selected results:

Open men: Valleys Utd A (Abdulahi Guled 12.25; Carl McKenzie 12.01; Adam Daysh 12.07; Reon Rollo 12.25) 48min 58sec 1.

Open women: Valleys Utd A (Sarah Lynskey 14:53, Melanie Fayen 16:42, Taryn Ryan 16:28, Anna Robertson 16:25) 1hr 04min 29sec 1.

Masters men: Valleys Utd A (Steve Malanchak 14:05, Paul Coles 14:39, Paul Richardson 14:24, Vaughan New 13:40) 56:48 2.

Men U20: Valleys Utd A (Corey Casey 12:47, Ryan Maguren 13:42, James Thorstensen 12:41, Jessie Patel 13:42) 52:54 2.



Vosseler Shield

One of the toughest events on the local cross country calendar, and this year the weather matched it. Very slippery underfoot and occasional rain squalls made it a challenging day all round.

Tim Robertson and Emily Stotter scored the day's highlights for Valleys, winning respectively the boys 11 years and girls 13

years and under races. Sarah Lynskey took second in the senior women's race, an achievement matched by Tim Christiansen in the 13 and under event., and Anna Robertson in masters women

Selected results

Boys 11 (2km): Tim Robertson 7:23 1.
Boys 13 (2km): Tim Christiansen 7:14 2.
Girls 13 (2km): Emily Stotter 8:02 1; Laura Robertson 8:14 3.
Girls 16 (3km): Taryn Ryan 13:35 6; Danielle Trewoon 13:43 7.
Open women (5km): Sarah Lynskey 22:58 2;
Masters women (5km): Anna Robertson 25:43 2; Leanne Asher 28:56 7.



Once again the club arranged for a gloriously fine winter's day at Trentham Memorial Park, with softish conditions underfoot.

Selected results:

Open women (6km): Sarah Lynskey 23:56 7.
Masters women (6km): Anna Robertson 25:38 2.
Men U20 (4km): Carl McKenzie 12:57 5; James Thorstenson 13:18 8.
Boys U12 (2km): Tim Robertson 7:07 2.
Girls U12 (2km): Kristi Perkinson 8:19 5.
Boys U17 (4km): Corey Casey 13:04 1; Richard Skinner 13:50 5; Ryan Maguren 14:00 6; Evan Cooper 14:02 7.
Boys U14 (3km): Tim Christiansen 10:42 5; Ryan McAlistar 11:16 10.
Girls U14 (3km): Emily Stotter 11:57 5.
Boys U10 (1km): Tom England 5:09 6.
Girls U10 (1km): Samantha O'Callaghan 6:08 10.
Open men (8km): Abdulahi Guled 25:57 1.
Masters men (35+) (8km): Vaughan New 28:40 4.
Masters men 50+ (8km): Paul Coles 31:02 4.

Below: Abdi celebrates his race win

Wellington secondary schools champs

Trentham Memorial Park was again the venue for this event with a number of HVH athletes turning out for their schools. Top 10 placings included:

Junior Boys: Tim Christiansen 8th
Intermediate Boys: Corey Casey 1st, Andrew Lloyd 4th
Senior Boys: James Christiansen 4th, Richard Skinner 9th, Ryan Maguren 10th.
Junior Girls: Nicole Mitchell 3rd, Laura Robertson 8th
Intermediate Girls: Zoe Anderson 6th, Hannah Stotter 8th.

Dorne Cup

Abdulahi Guled marked his return as a top-class athlete by winning the senior men's race at the annual Dorne Cup. Abdi became the first Valleys athlete to win the senior men's event since Jonathan Wyatt in 2003, when the race was held on a 2km loop.

Abdi ran a smart race and made his decisive move about 1km from the finish, coming in ahead of Wellington's Gareth Hyett. He was one of two Valleys winners on the day, Corey Casey taking out the men's U17 race.



He joined the club last year and has just completed his first marathon, a 3hr 30min effort at Christchurch on Queens Birthday weekend. Here's a chance to get to know a bit more about him, because it's....

60 Seconds with Brendan Mai

When did you join Hutt Valley Harriers?

2005

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

I watch lots of live sport on the box.... No must-see programmes, but Rove and CSI are good. Favourite movies are drama and thrillers.

What are you reading at the moment?

"The Guns of Navarone" by Alistair MacLean

Also having a flick through "The Competitive Runner's Handbook"! by Bob Glover

Who inspires you?

My parents

Running inspirations are anyone I know who puts in a lot of hard work, dedication and sacrifice to achieve their goals, while still obviously enjoying what they are doing

What are your pre race rituals?

Lots of (probably too much...) water, carbs only on race day, always try to get a few minutes to myself just before the race to mentally 'tune up'

What are your Personal best times for 5K and 10K?

5k: 18:34

10k: 39:30 (to be improved on at the Wgtn Road Champs this year!)

Half marathon: 1:31:40

Marathon: 3:29:57

What is your greatest ambition?

To use the talents and abilities I have been given, to my maximum potential

What is your favourite run?

My most recent one is always enjoyable! Anywhere near water is great eg. Hutt River Trail, round to Days Bay

What is your favourite food?

Pizza, or anything chicken

Who do you train with?

Most of the time by myself, but sometimes with a good friend (who is of very similar ability to me)

What are the real highlights of your running career?

- *First half-marathon (Petone 2002)*
- *First marathon (Christchurch 2006)*
- *Setting PBs*
- *In my first-ever fun run (Wgtn Round the Bays in 2000), I won the major spot prize, which was a 3-night trip for 4 people to Sydney!*
- *The satisfaction that comes from a good race, and reminiscing on it afterwards*

Contributions welcomed

We at the Valley Flyer are always happy to hear about the activities of our members. If you've taken part in a slightly off-beat event, know of someone who has done particularly well and deserves a bit of recognition, or have some other news to share, then drop us a line and let us know. simonengland@hotmail.com