



Valley Flyer '07

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

Monthly newsletter of Hutt Valley Harriers

Issue 3 June 2007

Editor's corner



A great effort all round at the Dorne Cup, which would have to rate as our highlight of the season to date. There was a great turnout in all grades (over 600 runners), there were four HVH winners, and plenty of members in action on the course, marshalling and doing all the admin jobs too. This is a well-run and well-supported event that reflects superbly on our club so give yourselves all a big pat on the back.

The Dorne Cup is all about pitching in as a club and everyone doing their part, and that's great to see. This is the time of year, too, when the club looks to 'give back' to its members through a couple of social activities and subsidies (for juniors) to the North Island champs. Put a note in your calendar for the annual quiz night (28 July) and a new event this year, a Tupperware evening (10 August). We don't raise much money from these events, mainly they are there to bring us all together in a non-running setting and build club spirit. Plus it's great fun!

The cross country season is at its height and this weekend sees some of our top young runners in action at the NZ Secondary Schools champs in Christchurch. Best wishes to them. And don't forget, there's major titles on offer at the North Island champs in Taupo in a couple of weeks. HVH will be there with boots on - more about that in this edition of the Valley Flyer.

Keep up the training!

Upcoming events – June-July

June	
16	Club run (HVH clubrooms) NZ Secondary Schools Cross Country (Christchurch)
23	Club Run (HVH Clubrooms)
24	Shoe Clinic Harbour Capital marathon, half marathon, 10km (Westpac Stadium)
26	Wellington primary schools cross country champs, Trentham Memorial Park
30	North Island cross country champs (Taupo) Club run
July	
7	Club run (HVH clubrooms)
14	Wellington Cross Country champs (includes club champs), Waikanae

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

Taupo – we're on our way!

There's a good-sized group of HVH athletes heading up to Taupo for the North Island champs on 30 June. If you haven't provided your name or details yet, you need to so we can send in the club entries. There seems to be particular interest from the junior ranks this year, which is great to see. We want to have a good tilt at winning the overall club trophy again, so big numbers are required. Three of our runners, **Sarah Lynskey**, **Vaughan New** and **Corey Casey**, will also be representing Wellington.

Accommodation is being arranged and there will be a \$60 per head subsidy for all junior athletes (up to U20). Transport is by private car, so if you need a ride there are plenty of cars going up. Contact **Tony McKone** or **Simon England** to confirm your interest.

Social calendar

The annual HVH quiz nite is on again on 28 July, so get your team together. This will again be held in the clubrooms, is open to all members and is hotly contested.

The Tupperware night is set for Friday 10 August. This will be held at the clubrooms and is another fundraising venture, but also a good fun night out.

Fundraising

The chocolates are here... and we will all be selling them as fundraisers for the club. Every family will be given one box of chocolates (Dairy Milk or Caramello) to sell – these are popular items so selling them to friends, family, neighbours and workmates won't be a problem. Further boxes are available on request.

Leanne England is co-ordinating this operation so once you have received chocolates from her and sold them, please return the proceeds to Leanne.

Special General Meeting

This meeting is for club members to approve the club's audited accounts. The meeting is scheduled for 30 June prior to the pack runs getting underway (1.45pm). This is usually a very short procedure but is important to let all of you (our members) see what is being done with the money that your committee manages on your behalf. An opportunity, too, for members to raise directly with the committee any issues of interest.

He's in his second year with the club and making a name for himself already. Find out more about one of our rising stars, here's ...

60 Seconds with Ryan McAlister

- *When did you join Hutt Valley Harriers?*
2006
- *What do you enjoy watching on TV or at the movies?*
The rugby
- *What are you reading at the moment?*
Tom Sawyer by Mark Twain
- *Who inspires you?*
John Walker
- *What are your pre race rituals?*
Making sure I'm all ready to race
- *What are your Personal best times for ...?*
1500: 4.46
800: 2.23
3000m: 10.03
- *What is your greatest ambition?*
To beat Jack Oliver
- *What is your favourite run?*
Anywhere around The Hutt
- *What is your favourite food?*
Mum's Sunday roast
- *Who do you train with?*
Steve Malanchak
- *What are the real highlights of your running career?*
Representing Wellington in the 3000m at the North Island secondary schools athletics champs in Auckland



At the races

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

Vossellor Shield

The toughest race on the Wellington harriers calendar proved no match for our 13 and under boys. HVH runners took out the first three placings for a convincing win in the B13 teams event. Congratulations to **Tim Robertson, Shaun Smith** and **Cameron Murdoch**.

Elsewhere, **Sarah Lynskey** provided the club highlight among the senior ranks with a second placing in the open women's 5km race.

Selected results

B13 (1.6km): Tim Robertson 6min 41sec 1,
Shaun Smith 6:48 2, Cameron Murdoch 6:56 3.
B13 teams: Hutt Valley Harriers 1st
G13: (1.6km): Emily Stotter 7:06 1.
Masters women (5km): Anna Robertson 26:33 3.
Open women (5km): Sarah Lynskey 22:58 2.
Open men (10km): Reon Rollo 42:14 9.

SBS Christchurch Marathon

Two HVH runners made the trip south to run the Christchurch marathon, part of the South Island's largest-participation running event. This was the first time the marathon had been run over a two-lap course, and started in conjunction with the half marathon. Racing was on a cold but still winter's morning, with a large field of over 4000 starters.

Both club members who ran the Christchurch race returned home with personal best performances. **Simon England** went under the 3-hour barrier for the first time, recording 2:57:44 (29th overall, 4th in M40-49), while **Brendan Mai**

slashed some 20min off his previous best to record 3:10:04 (43rd in M20-39).

Wellington Secondary Schools cross country champs

A good smattering of HVH members turned out in their school colours at the Wellington secondary school champs held in fine weather on a firm, fast Trentham Memorial Park course. Stand-out performances came from **Emily Stotter** (Hutt Valley High) and **Ryan McAlister** (Tawa College) in the Year 9 boys and girls races respectively.

Emily underlined her outstanding cross country season by winning the Year 9 girls race, while Ryan was third in the boys' event. Both will be representing Wellington at the NZ championships in Christchurch this weekend. We wish them well.

Dorne Cup

A postcard day at Trentham and huge turnouts in all grades made for a fantastic day's racing at the Dorne Cup. In addition to Wellington Centre athletes, there was considerable representation from outside the district with the likes of the nationally-ranked **van Dalen** sisters (Wanganui), **Hugo Beamish** of Canterbury University and ex-NZ mountain running rep **Ben Revell** (Hastings) in action.

High quality racing could be found in all grades, but a particular highlight came in a hard-fought senior men's race, which was taken out by Scottish junior **Terefe Ejigu**.

For Hutt Valley Harriers, there were four individual winners in **Vaughan New** (MM50), **Corey Casey** (M16), **Shaun Smith** (B13) and **Emily Stotter** (G13), while HVH also enjoyed good success in the teams events. Most notable of these was among the senior men who, with 4 athletes

in the top 20, were second only to the dominant Scottish runners.

Selected results:

G9 (1km): Bethany Versey 5:10 7; Melissa Warner 5:11 8.

B11 (2km): Logan Archer 8:49 10. Teams: HVH 3rd.

G11 (2km): Lucy Stotter 9:59 9. Teams: HVH 2nd.

B13 (3km): Shaun Smith 10:41 1, Tim Robertson 10:50 2; Nick Sasse 11:14 5. Teams: HVH 1st.

G13 (3km): Emily Stotter 11:11 1; Janelle Winter 12:09 8. Teams: HVH 1st.

M16 (4km): Corey Casey 13:11 1.

W16 (4km): Laura Robertson 16:10 9; Hannah Stotter 16:13 10. Teams: HVH 3rd.

Masters women 35+ (6km): Anna Robertson 26:00 4. Teams: HVH 2nd.

Open women (6km): Sarah Lynskey 22:56 3rd; Katie Fenton 24:22 8th.

Masters men 50 (8km): Vaughan New 27:34 1; Paul Coles 30:23 6; Stu Henderson 32:01 7. Teams: HVH 1st.

Masters men 40+ (8km): Steve Malanchak 29:43 10.

Open men (8km): Adam Daysh 25:48 5; Carl McKenzie 26:01 9. Teams: HVH 2nd.

Coaching corner

We asked you to send in your coaching and training questions for advice. This week's expert Dr Milton F Ake, retired machinist and registered psychotherapist

Dear Coaching Corner

I've noticed that as I increase my training mileage my toenails sometimes get bruised, go black and fall off. What can I do about this?

- Funrunner, Naenae

Dear Funrunner,

Ouch! That sounds like it's painful. Nobody wants to have their toenails fall off that can be nasty. But do you know what? I am glad you asked for help, because that's what I do, I help people. They bring their problems to me and they say, "Dr Milton, you're a kind and great man. But I have a problem, can you help me?" And I say Yes! I can always help. That's what I do, I help people. In fact, when they asked me to write for this column I said: "you know what? That's a great idea because it sounds like a good way that I can help people, because that's what I do, I

help people." Helping is what I do. So, how can I help?

Dear Coaching Corner

I've heard lots of advice from people about the right things to eat but now I'm just confused. Is a carbohydrate diet better for runners?

Worried, Normandale

Dear Worried runner

Hmm, that's a tough one. The question you need to ask is, why do you eat? Do you just like food? And why do you like food so much? Did you hate your father? And why? These are important questions too, I wonder why you aren't asking those. Sometimes it's the unasked questions that are the most important ones. Like: How do Crazy People walk through a forest? Answer? They take the psycho path.

Dear Coaching Corner

I've been running for about six months and my knees are getting sore, maybe my shoes are getting old but how do I know this?

Flatfooter, Moera

Dear Flatfooter

Ha! Maybe you just fat! Have you been taking to Worried? Get off the Atkins Diet and to carbs they will slim you down in no time.

Seriously though, if you have old shoes then that might be the problem. But you know what, I'm here to help so here is some help for your old shoes. Get two old Weet-bix boxes and tie them on the bottom of your old shoes. Hey presto, extra cushioning, and you'll be able to take longer strides too. This is a lot cheaper than buying new running shoes.

Dear Coaching Corner

You didn't answer my question, I asked about toenails, and all I got was a bunch of baloney. If you're so frickin great why don't you answer my question?

Funrunner, Naenae

Dear Funrunner,

Hey, who's the expert here, me or you? It's me, isn't it, hmm? If you are ASKING questions, you can't be an expert. That's ME.

See next month's fun-packed edition for more answers to your running problems.