

The new season is now upon us, so it is now time to dust of the spikes in anticipation of the cross country season.

Congratulations to everyone who traveled to Auckland for the New Zealand Track and Field Championships. The team brought home 11 medals with Nadia Smith winning the women's high jump event that was just shy of the Commonwealth Games qualifying mark. Other medals went to Neil Sampson, Nick Willis, Chantal Brunner, Marissa Prichard and Jacinda Swain. Rumor has it that those who did not finish in the top three/four in their event had to find their own way to the airport—some how or rather Jonathan Wyatt managed to get a seat on the back of the bus, even though he didn't meet the criteria. Does pay to be the World Mountain Running Champ!

Situations Vacant

We are looking for a senior men's selector to fill the role that was previously carried out by Rob McCrudden,

The role is temporarily being filled by Ian Purvis and Thomas Westgarth, but we would like to fill the role with a permanent person.

The position does not pay well, but you get to ring around all the chaps and coerce anyone you can into running.

Any contenders please contact Annette Purvis—terms and conditions will be discussed at this time.....oh, there is none

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Shaw Baton Relay

The first interclub event of the calendar will see the resurrection of a challenge that used to be held between Hutt and Lynndale Harriers.

The trophy will be contested by the Men's A, Women's A and the possibility of a Junior Team.

Bruce Kerse has put in a lot of effort to get the trophy up and running between the two clubs and has arranged sponsorship with the Angus Inn. So next time your in the Hutt, pop into the Angus and support the sponsors.

VALLEYS 5TH ANNIVERSARY

This season sees the 5th year of the Valleys United Club.

Through the four years we have achieved some tremendous results. We have come along way since the first year when we had one senior men's and one senior women's team at the National Road relays in Auckland.

Like this, the trip to Taupo for the North Island Cross Country champs contingent has got stronger and has seen us contesting for the top club award.

With this in mind we'd like to celebrate the first event for the year in style by taking it to the other clubs at the Shaw Baton Relays. For this relay we will be putting forward the best possible teams in all grades to make a day worth celebrating.

SELECTORS

Women:	Leanne Asher	Ph 566 4204
Men:	Ian Purvis	Ph 566 4877
	Thomas Westgarth	Ph 567 6892
Vet Men:	Don Brodie	Ph 565 0705
Juniors:	Steve Malanchak	Ph 566 5166

Upper Hutt Half

A very big thank you to all of you who came out and helped with the 1/2 and 1/3 marathon.

All the marshals out there did a wonderful job, especially all of you in windy spots.

A special thanks go to all the husbands, wives, brothers, sisters, aunts, uncles, nieces and nephews of members of the various clubs who came out and marshaled and wo(man)ed drink stations.

And to those who worked tirelessly behind the scenes arranging things before, during and after the event. Also to the Valley's committee members who put in huge amounts of time and effort arranging sponsors and equipment etc months before hand.

Without all your help the day would not have been the success it was.

Oh.. I forgot to mention two gentlemen marshals that received some positive feedback.....

One offered to carry elderly women across the road in Mangaroa Hill Road. A task he didn't carry out though!

The other gentleman received numerous cash offers (and other offers I can't disclose) to allow people straight through his check point rather than sending them down Gorrie Road

Host Runs

Each of the clubs racing under the umbrella of Valleys United host a run during the year.

The first host event will be held by Wainuiomata.

At this stage some of the other clubs have indicated some dates to host.

Tentative dates have been indicated by Hutt as 29 June and Trentham as 3 August.

So make sure you come along and join in the fun, and if the spread that Rimutaka Harriers put on last year is anything to go by, you won't go home hungry.

Rotorua Marathon

To all of you undertaking the annual pilgrimage to Rotorua, Good luck with your run or walk

Contributions

If anyone wishes to contribute any articles to the newsletter please feel free to do so. You can either e-mail contributions to me, or drop me a note on club/ race days.



Up Coming Events

As always there is a number of events to focus on this season.

Two events to put into your calendar are the North Island Cross Country Champs at Taupo on 6 July and the National Road Relays on 28 September in Fielding. These are great weekends away packed with plenty of running and socializing.

Short Course Cross Country Champs on 15 June will be in Blenheim, with Wellington Center X Country Champs returning to Waikanae in the lead up to National Cross in Christchurch on 10 August.

24 August sees the Wgtn Road Champs on the infamous CIT course, with NZ Roads on 7 September in Napier.

Not for the faint hearted are the NZ Mountain Running Champs in Moteuka, so if you are looking to be the next World Mountain Running Champ, this is where you should start.

So keep on clocking up the kilometers and we'll see you at these events.