

# Valleys United Newsletter

April 2005

*Welcome to the season. Congratulations to all who have competed over the summer months in Track & Field. There have been some fantastic performances both Nationally and Internationally with many athletes being selected for further overseas competitions. It is great to see so many Valleys athletes with their pictures in Athletics News be they in Valleys, Centre or New Zealand uniforms.*

*Now sees the start of the Cross Country & Road season with us kicking off with the Shaw Baton Relays, closely followed by the University Relays in a couple of weeks time.*

*Good luck to those of you doing the annual trek to Rotorua for the Lion Foundation Rotorua Marathon.*

At Valleys we appear at all Interclub events in the Wellington Centre along with National Events for those wishing to take part. We put in a big focus on two away trips. One being the North Island Cross Country Champs in Taupo and the other being the National Road Relay Champs, which are being held in Christchurch this year.

## **North Island Cross Country Champs**

The North Island Champs are held on the weekend of 2 July in Taupo. There are races of differing length across all the age groups where points are gained for a Top Club Competition, which Valleys won last year due to the fantastic number of Junior Athletes that took part last year. This is a weekend away event in which Junior members travel by bus on Friday, race on Saturday, have a trip to the movies in the evening and following a swim on Sunday morning head back to Wellington via an alternative route due to the traditional 'snowed' in delays.

## **National Road Relays**

The National Road Relays is held on the weekend of 1 October and this year is on the famed Christchurch to Akaroa course, which has some nasty hill, climbs and a fantastic downhill leg. This is a great weekend away with plenty of competitive running, especially between the Masters B team and the Open Women's team.

Both trips are heavily subsidised and are great trips away – more info to follow closer to the time.

## **National Championships**

Athletes can enter into the National Championships should they wish to. The Club will organise entry into such events however arrangements for travel and accommodation may be up to the individual to organise depending on the number of athletes choosing to attend these events.



## **Selectors – Who are they and what do they do?**

The role of selectors is to put together teams for Relays and to be your first point of contact for away trips.

Ideally selectors will have made contact with you prior to a relay to confirm your availability. They may do this face to face at club, by phone or perhaps email. It will also help them if you give them a call or perhaps drop them an email to advise if you wish to participate, particularly in a Relays as they have quite a number of people to contact for races.

<b>Selectors</b>	John Robertson	Junior Boys & Girls U14
	Phone	565 0075
	Email	<a href="mailto:jalt@actrix.co.nz">jalt@actrix.co.nz</a>
	Steve Willis	Junior Men U20
	Phone	586 2529
	Email	<a href="mailto:steve.willis@hvhs.school.nz">steve.willis@hvhs.school.nz</a>
	Neil Sampson	Senior Men
	Phone	027 324 5093
	Email	<a href="mailto:nesampson@hotmail.com">nesampson@hotmail.com</a>
	Don Brodie	Masters Men
	Phone	565 0705
	Email	<a href="mailto:dbrodie@i4free.co.nz">dbrodie@i4free.co.nz</a>
	Leanne Asher	Junior Women U20, Senior Women & Masters Women
	Phone	566 4205
	Email	<a href="mailto:leanne.asher@clear.co.nz">leanne.asher@clear.co.nz</a>