

## NEWS ITEMS ON HMC WEBSITE – 2012

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### Club Gets New Uniform(1 Oct. 2012)

After much debate, discussion and consultation the committee decided it was time to up-date the club uniform. The old uniform had stood the club in very good stead for many years and had become a feature on the local athletic scene. However, as uniform stocks were running very low it was an ideal time to look at a uniform revamp using the superior fabrics that are now available and to also change to a more modern design.

The new design is very distinctive and is proving popular with club members as many have purchased a new singlet and/or T-shirt. The new style will undoubtedly become a well-recognised symbol of the Hamilton Marathon Clinic.



### The Great Wall Marathon(2 Oct. 2012)

After weeks of planning and many training runs/walks over every set of steps in the Waikato (or so it seemed), our group departed from Auckland on the evening of Wednesday 16 May 2012. We landed in Beijing just after 7.00am on May 17th and after clearing customs changed into running/walking gear and boarded the bus that would take us to The Great Wall.

After a couple of hours driving through an interesting countryside we arrived at Yin and Yang Square in the village of Huangyaguan. The marathon, half marathon, 10km and 5km races would start from here in two day's time. Today we were to pay The Wall an 'Inspection Visit'.

Buses took us, and the many other competitors, up a steep road (that would be a challenging introduction to the actual races) to the start of the section of The Wall we would cover on race day.

It was a hot day and with hundreds of participants checking out The Wall, posing and taking photos, progress was slow. There were lots of long 'up-steps' and 'down-steps' sections. Approaching a high point on The Wall the human traffic backed up and came to a stop. This was because The Wall ahead narrowed and only had a parapet on one side. We proceeded in single file along this section and down a narrow path (The Goat Track) that led to Yin and Yang Square. Here we collected packed lunches and finally ate at 2.30pm.

Our bus then took us on a 40 minute trip to the 'country town' of Jixian which despite its name had a population of about 6 million! Here we booked into our hotel, had well earned showers and joined other athletes staying at this hotel, for an evening Chinese meal.

Friday was rest day and most of our party took it easy and checked out the locality, the shops and the markets. Then it was off to join other participants at the official 'Pasta Party'.

Race day began early with a 4.00am wake-up call followed by an early, and strange, breakfast. By 5.20 we were on the bus and heading back to Yin and Yang Square. The rising sun was trying to make its presence felt through thick smog. It was going to be a hot day.

The Square was full of athletes sorting gear, locating loos and posing for more photos. After a mass aerobic warm-up we lined up at the start. At 7.30am the first 'wave' of the marathon and half marathon fields was sent off. The next two 'waves' followed at 7.35 and 7.40.

We headed up the steep road for 5km to The Wall. Despite the staggered start we again came to a standstill when we neared the narrow section. I estimate that we each lost about 30 minutes from this and other delays. Still we were here for the unique experience and not PBs. But the delays were a worry to the marathoners who had to beat a cut-off time to be allowed to complete the event.

Once off The Wall we passed through Yin and Yang Square then out onto the road our bus had followed early this morning. We passed through Huangyaguan village where young children and families lined the street and gave us all lots of encouragement. Then we crossed a bridge over a local river and entered Duanzhuang village with its narrow streets and simple houses. After passing through this village the half marathon course headed back to the finish at Yin and Yang Square.

The marathoners continued into the countryside, up a long steep section and through some more villages before they could head back to Yin and Yang Square. Then they had to tackle that Wall again, but in the reverse direction, before coming 5km down the road to the finish. It was a tough course.

Three members of our group (Carmel, Ron and Wilf) had entered the half marathon but the others had opted for the full marathon. For Jane and Fay it was their first time over this distance, and they had chosen a beauty.

There were impressive efforts by all members of the HMC team and our two novice marathoners earned their finishers medals.

Once all from our group had finished we wearily boarded a bus that took us to Beijing. It was late when we finally booked into our hotel and were able to have much-needed showers.

On the following days we experienced tours of Beijing sites with a local guide. Chinese lunches gave (most of us) opportunities to practise our chop stick skills. On the Sunday evening we attended the Gala Marathon Dinner in the very grand banquet hall of the Beijing Hotel.

This report has only covered part of this amazing tour. It was a memorable trip.

Our Tour Group:

Helen Baldock  
Jane Bentley  
Carmel Hartley  
Wilf Johnston  
Fay Kett  
Susan Monds  
Ron Pedder  
Heather Purdie-Raill  
Raewyn Richmond  
Garry Shaw (supporter)  
Sharon Wrenn



### **Auckland Marathon/Half Marathon(28 Oct. 2012)**

Just four members represented the club at the Auckland Marathon and Half Marathon on Sunday 28 October 2012. (Far more club members were at the Morrinsville Half Marathon which was on at the same time - but this race was closer and more importantly would determine the club champions.)

At the Auckland event, Max Greer put in a strong marathon performance with a time of 3.07.58. Max was the 6th finisher out of the 160 males in the 50-54 age group. Max was targetted by the Papparazzi and featured in the New Zealand Herald.

Caroline Wade completed her first marathon run in an impressive time of 4.43.34. Congratulations Caroline, we look forward to tracking you progress in future marathons.

Lynda Anderson also tackled the full marathon and came home thanks to another gutsy effort with a time of 6.02.09.

In the half marathon, Ron Pedder walked the course in a time of 2.41.57. This was a PB in a walking half for Ron.

### **Morrinsville Half Marathon**(2 Nov. 2012)

A warm day greeted runners and walkers for the annual Morrinsville Half Marathon for 2012. This events doubles as our own Half Marathon Championship and it's the third time we have ventured out there to join them.

The runners both male and female are racing for the Norm Cain Memorial Trophy, and the walkers stride out for the Hamilton Marathon Clinic cups.

Looking down the list of names on all of these trophies, you recall the work that has gone in to perform at a high standard, and as a four time winner I regard each victory with pride.

The start line in both the walk and the run was a sea of green. It wasn't long before the green machine got about its work. Our walkers went straight to the front.

Wilf Johnston lead the men's field throughout to win this event once again. Followed by Noel Sanford and what I believe might be a first....his dog Sparky...who was just beaten to the line by Noel due to the length of his lead!!

Claire Craven walked a tough race and had a steely look in her eye as she came in second overall and the first women's walker home followed by Carol and Helen.



HMC Runners

The run was a different affair with the lead changing around five or six times. The pack meandered out of town to the turn around with Michael nicely placed with 7ks to go.

This year wasn't to be for winning the event for Michael but another step forward based on his time and he lead the Clinic runners in at 1.27.28 ahead of Brendon who in his first half marathon ran a great race, with Martin coming in third.

Nikkole Fox took the honours for the second year with a solid outing. Not far behind was the newby to running this distance, Raewyn Richmond and Sharon coming in a respectable third.

Unfortunately at the prizegiving our numbers game fell flat and despite the huge turnout of Club members, we couldn't manage one single spot prize!!

A great day for all and a few of us enjoyed ourselves later at the Helm Bar reliving the experiences the event provided.

Well done to our champions, you will be remembered and to the others another year starts and we look forward to once again fronting up and showing our stuff!

Gottarun!!

Martin

### **Club PrizeGiving**(6 Nov. 2012)

On Tuesday 6th November the club prize giving was held. In true club tradition no significant occasion can be acknowledged unless it is preceded by a serious run or walk. So prize giving followed our Tuesday evening athletic action.

This was also the first Tuesday of the month so it coincided with 'Dinner Night' which happened to be the ever popular barbeque.

Once the steaks and sausages had been dealt with, a replete group of athletes settled back to enjoy the ceremony. Our club president Martin did



himself, the club and the prize winners proud by organising and presenting a memorable evening.

The 'best seats in the house' for the prize giving were occupied by Maureen Doms, Jack Doms, Andy Galloway, Bernie Fitz-Gerald and Wilf Johnston. These are the club's life members (life member Keith Crow was unable to attend due to ill health) and club members appreciated the acknowledgement given to these loyal members of the Hamilton Marathon Clinic.

The first set of presentations recognised the contributions of five club members:  
Ron Pedder – for work on the new web site.

Raewyn Richmond – for organising the monthly 'Dinner Nights' and other social activities.

Helen Baldock – for also organising the monthly 'Dinner Nights' and other social activities.

Diedre Matson – for on-going commitment to her role as club treasurer.

Neal Utting – for his work on the 'Jogging On' newsletter and the original club web site.

Our first-time marathoners were then acknowledged. When introducing these achievers, Martin noted that having six club members achieving this goal in one year was a credit to their dedication and to the support that the Hamilton Marathon Clinic gives to its members.

First Marathon Certificates were presented to:

Jayne Bentley

Faye Kett

Lynda Anderson

Mark Anderson

Orlaith Heron

Caroline Wade

Helen Baldock (who completed her first marathon in 2011 – but did a second this year)

Martin explained that the club runners had adopted their own particular challenge – breaking the one hour mark for the club's 15km championship. So 'Sub-60 Club' certificates went to:

Max Greer 2012

Michael Robinson 2012

Martin Poppelwell 2010

It was then the turn of the 2012 club champions to receive their trophies. Our club champions for 2012 were:

Run Champion Men – Michael Robinson

Run Champion Women – Nikkole Fox

Walk Champion Men – Wilf Johnston

Walk Champion Women – Claire Craven

To round off a memorable evening Martin asked Jack Doms to step forward and unveil the new club Honours Board. This gives tangible recognition to those who have been recognised in previous award ceremonies and will acknowledge our future achievers.

It had been a great evening and the attendance and range of awards clearly indicate a club that is in very good health. Sharon Wrenn spoke for all members when she thanked Martin for the work that he had done to make the evening such a success and for his commitment to the position of club president.

### **JagoCup(25 Nov. 2012)**

Twelve determined Hamilton Marathon Clinic teams (six running and six walking) fronted up to the start line at Te Awamutu, early on Sunday 25th November 2012.



The task facing these teams was to retain the running and walking trophies that had been won in 2011.

Conditions were perfect and the new course proved to be ideal as it enabled spectators to keep track of competitors as they made their way around the track (three circuits for the runners and two for the walkers).

Our runners and walkers all gave of their best and helped by loud and enthusiastic support retained both the running and walking trophies.

Well done HMC. A turnout of 48 club runners and walkers, plus the great spirit shown by these athletes is a true sign of a club in very good heart.

### **New Website Launched**(30 Nov. 2012)

Welcome to the new website of the Hamilton Marathon Clinic. Our goal is to use this site to effectively communicate with our members; past, present and future.

In the last 12 months we have taken on some challenges. One was designing and implementing our new uniform. The new uniform design is reflected in this website and will provide a consistent look in all our future outgoing information.

We wanted to improve the way the general public viewed the Hamilton Marathon Clinic - and the best way to achieve this was to totally revamp the most important asset we have, apart from our members - our website.

With the new website, serious and leisure runners and walkers can use the events calendar to organise their events throughout the year. The site has a Facebook link and we will soon have our own YouTube channel to show races, functions and to provide a conduit for running and walking resources.

I would like to thank W3 website design, Ron Pedder, Nikkole Fox and Scott Wrenn for their work in putting the site together.

Please enjoy the site and remember that it doesn't matter if you run or walk - just keep it up!  
Martin Poppelwell

### **President's Message**(19 Dec. 2012)

Hi all,

Well what a year it has been.

Lots of highs and the occasion low. All in all a great year for the clinic.

The highlights I think were the prizegiving and six new marathon runner/walkers.

Percy Lawn inter club victories.

Club events and two more sub-60 members at the 15k.

The new uniforms and the website.

The Honours Board.

Our new members.

Our old members.

And just the fun we have had at events through the year.

I wish to thank the committee for their work throughout the year, Sharon for being bloody good, Raewyn and Helen for the work with entertainment, Ron for the website management, Bernie and Wilf for caring for the clubrooms week after week.

There are many we can thank for making the club what it is.

2013????? What does it hold for us.....lots of great runs and walks to choose from next year.

And with some of the club wanting to do a little tramping there will be no reason for us to have a great year again. We have our Blueberry event in early February. Remember this is an opportunity for the club to shine and it fills the coffers as well. Please make yourselves available on the 10th March to help out the team leaders. Jobs will be allocated early in the new year.

We are also hosting the Percy Lawn Running/Walking relays in November.

We are looking at revamping our club championships in 2013 to make it a fairer system, so watch this space for those changes.

All the club event dates are set for 2013 so please keep an eye on the year planner as the year goes on.

I have decided that I won't be standing for President again after this term. It's time for someone else to step in. I will still be here working away on making the club a neat place, but like us all life is just real busy these days. So please step up as we will need a new President and a new Secretary as well. There's plenty of time to think about this.

So once again thanks for your great support this year.

Have a great Christmas. I hope you and your families are happy and safe over the break and I will see you on Tuesday 8th January.

Gottarun!!

Martin