

## NEWS ITEMS ON HMC WEBSITE: 2014 - 6

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### Blueberry Fun Run and Walk 2014 (9 Feb 2014)

Blueberry 2014 was held in ideal conditions on Sunday 9th February and was a very successful event.

Entries were well up on last year's numbers and 475 runners and walkers of all ages lined up for the start of the three distances on offer – 5km, 10km and 15km. Hamilton Marathon Clinic members had tackled these courses on the previous weekend so that they could be on hand to support all the Blueberry runners and walkers and ensure that everything went smoothly, and indeed everything did.

While the emphasis was on participation and achieving personal goals, there were some excellent times recorded by top performers:

5 k Run: 1st Charli Miller 20.00 2nd Dane Labrook 20.52 3rd Joshua Murphy 21.19

5 k Walk: 1st Wayne Bromell 35.06 2nd Debbie Adams 36.55 3rd Nathan Stokes 41.29

10 k Run: 1st Ryan Stacey 37.30 2nd Colin Dittmer 39.50 3rd Gerard McKernan 42.10

10 k Walk: 1st Cilla Parsell 1.17.30 2nd Robyn White 1.20.00 3rd Jenny Burke 1.20.15

15 k Run: 1st Vaughan Madsen 1.00.32 2nd Brendon Woolerton 1.01.41 3rd Nick Vincent 1.04.10

15 k Walk: 1st Anne-Marie Johnston 1.51.47 2nd Brendon Coker 1.51.47 3rd Sharon Edge 1.52.03

Hamilton Marathon Clinic thanks all participants for supporting the 2014 Blueberry Fun Run and Walk, acknowledges the assistance of club members and thanks the sponsors who backed this event.

### Coatesville Classic (29 Mar 2014)

A group of us went up this weekend to do the Coatesville Half Marathon and the weather turned it on for us. Nichola, Raewyn, Linda and myself did the half marathon and Noel did the 8km with Samantha McMahon there to support all of us.

It was a chilly start to the day and it was still dark when we got there, but it was light when the gun went off. It was a very challenging course with a lot of hills in it, however the best part was that it wasn't too hot until we had finished. We all crossed paths on the run and when I was on my way back after the 10km turn around, I saw Nichola, Raewyn and Linda and they were all looking strong. It was really good to see them on the way back in. It was a really tough second half with a lot of hills but a really nice downhill just before the finish line.

I crossed the line in 1 hour 25 minutes and 18 seconds getting 11th overall and 3rd in my age group. The next of our group was Nichola who really finished strongly, passing people



at will on the way to the finish line. Nichola's time was 1 hour 57 minutes and 22 seconds, getting under the 2 hour mark and coming 27th in her age group

Raewyn was the next one home with an impressive 2 hours 24 minutes 19 seconds for her walk and taking away a really nice trophy to go with her medal for coming first in the women's walk division. What was even more impressive was that Raewyn had already walked another half the day before and took that one out as well. Well done Raewyn.

The next club member home was Linda. She did really well, coming in at 2 hours 56 minutes 28 seconds, getting under the 3 hour mark and coming 23rd in her age group.

Noel was our sole runner in the 8 km and finished in 42 minutes and 29 seconds, coming second in his age group. A great result for Noel

We all stayed for prize giving but it wasn't our lucky day. But we all received our medals and had a fantastic day with everyone doing really well. We finished off with a group photo and headed home.

I would highly recommend the Coatesville Half Marathon and 8 Km. It is a well organised event and a great day.

- Michael Robinson

### **Hamilton Marathon Clinic 2014 AGM (6th April 2014).**

In his final meeting as Club President, Pete Young commenced the AGM by thanking the many club members who have contributed to the success of the club over the last year. Treasurer Deidre presented the financial report which shows that the club's finances are in a healthy condition. However, as the Hamilton Hawks intend to increase our rent by \$10 per member, it was moved that the annual subs be increased by \$10 to \$70. It was explained that this would be the first increase in about 20 years. The proposed increase was approved by members present.

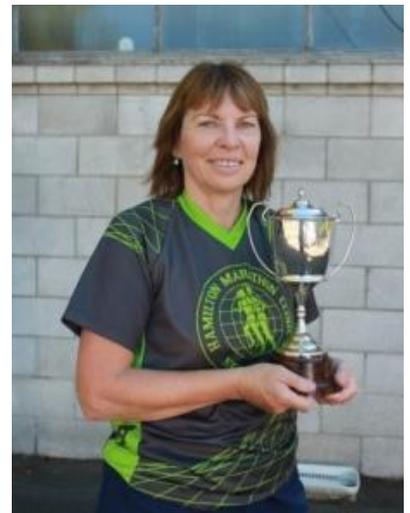
Prior to the AGM a proposal had been submitted to the committee requesting that consideration be given to making Lex Chalmers a life member of the Hamilton Marathon Clinic. Lex is a long-serving club member who has done much for the club over the years and has provided support to many club members. Lex has also completed over 100 marathons, a truly outstanding achievement. The proposal that Lex be awarded a life membership was endorsed by all members present at the AGM.

The Club Member of the year was also presented at the AGM. This prestigious award is determined by club member vote and this year Helen Baldock was the very worthy recipient. The award acknowledged Helen's work on the committee and especially her work (with Raewyn Richmond) on the social committee.

Prior to the AGM, two proposals concerning the club championships had been submitted. These proposals had been circulated amongst members and were voted on at the AGM. The two proposals were similar in many ways but there were some key differences. The proposal that was supported by a clear majority of members would allocate from five to one points for the first five finishers in each category (male runner and walker, female runner and walker). The club members that accumulate the highest score for the club's 5km, 10km, 15km and designated half marathon will be club champion in each category provided they include the half marathon. To qualify they also need to be financial club members and compete in club uniform.

The points allocated for each club event during the year will be posted on the web site.

The formal meeting was followed by the club's 5km championships and then by morning tea.



Helen Baldock, Club Member of the Year

- Ron Pedder

### **Taranaki Masters Games (30 Oct. 2014)**

On Thursday afternoon, 13 March, I drove to Stratford to participate in the Taranaki Masters Games 10km walk, as I've done several times before. This was one of the best races I've ever been in. The field was 32 women (over half were under 50), and 16 men, including two in the 80-84 age group, and three 85+. For most of the race I was in a group with two women and another man. On the way back the second time one of the women went ahead, but we caught her towards the finish. At this point I decided to make a break, but the other man finally beat me. While this was happening, two other women came from somewhere and passed us all (all six finished just a few seconds off 74 minutes). I was 8th man and 12th overall.

The half marathon walk was on Saturday morning, two laps with a long steep hill to go down then up again each time. I was 3rd= out of 8 men, 7th= overall out of 13. There was also an alternative 5km race on at the same time (24 women, 10 men). I was home for tea.

There are a number of clubs in Taranaki with walkers, some of whom are very good. In the 10km the winning man's time was 57:52 mins, the best woman 64:41 mins; in the half marathon 2:05:23 (man) and 2:22:17 (woman). I was not the only participant from outside the province – there were at least one from Wanganui and one from a Wellington club.

These Games are on each year. An added attraction this year was WOMAD on that weekend, and I went on the Friday evening. For anyone (including runners) in our club interested another year, I have access to a couple of sleepouts at my daughter's farm about 20 minutes away, and you'd be welcome. Registration for the Games is only \$10, then \$5 for each event – includes a gear bag, and medals for 1st, 2nd, and 3rd in each 5-year age group.

- Neal Utting

### **One Tough Mudder (27 Apr 2014)**

Congratulations to Robyn Colman and Maureen Foulds who successfully competed in the first Tough Mudder event on 26th May. A personal account of this very challenging event should be posted soon ... and here it is:

First Tough Mudder in NZ – Hampton Downs 26th April 2014

With two club members pulling out, the Hamilton contingent of the 'Norfolk N Good' team was down to one car load. We left at 6am from Robyn's house and an easy drive to Hampton Downs saw us arriving just before 7am in time to meet the rest of our team who had come down from Auckland. From then on it was all go – first registration which required a photo ID and an e-ticket, then through to get our faces painted with our numbers.

We were in the first NZ event in the first wave at 8am. To get to the start line we had to climb a tyre wall and once there they revved us all up with burpees, star jumps and chants of 'hoo-ray' to get us in the mood. We were off! We were 4 men and 5 women of varying ages which turned out to be a perfect combination with everyone supporting each other, and creating a fabulous team spirit. The 'Kiss of Mud' and 'Mud Mile' were the starting obstacles with lots of running in the fields between. We nearly lost our shoes in the underwater mud mire, sinking up to our knees in mud and wading through waist deep water at the same time. Thank goodness for Bernie's advice on taping our shoes on with duct tape!

The 'Arctic Enema' was a pool of muddy water with tons of ice cubes. The initial jump took your breath away - and I am the woos who won't go for a cleansing dip while tramping! The freezing water was up to my shoulders, and then in the middle you had to duck right under water to go under a wooden barricade. Coming up for breath there was a floating

“wall” of ice cubes to swim through before climbing out into the air once more. OMG was it cold! The kilometre or so run to the next challenge helped warm us up. I was thankful for my polypropylene top, although Robyn’s daughter Jacqui did not have one and shivered for most of the rest of the challenge.

‘Tyre Mountain’ was aptly named, and a further run over ditches and farmland took us to ‘Trench Warfare’ which was a crawl through a dark tunnel in the ground. You could not see light at the end of the tunnel due to the bends, and oh was it dark! My long tights saved my knees on many occasions. ‘Glory Blades’ was a series of high backwards sloping wooden walls you had to climb over. The guys could negotiate them with difficulty and would give us ladies a helping hand up and pull us over while straddling over the top. You had to drop carefully over the other side having made it to the top so as not to do yourself a mischief.

On to the ‘Electric Eels’ where you had to slither army-style on the ground with about 10m of wires dangling and delivering 10,000 volts. The myriad of shocks eventually got to me and my brother Peter had to pull me through the last few as my muscles refused to work. At the far side medics were attending a youngish man who had had a seizure and temporarily lost consciousness. We heard later that he was taken to Middlemore hospital. They say not to attempt this one if you have a pacemaker and made you sign a waiver to release them of all responsibility – a sobering thought!

‘Ladder to Hell’ was a 15m or so giant ladder with rungs a long way apart. You had to haul yourself up about 5 rungs, clamber over the top, and climb down the other side. Not for the faint hearted! At about this time Robyn was really struggling with her asthma and we managed to find a kind fellow participant who lent her his inhaler. None of the medics carried inhalers, so this was a life saver for Robyn and enabled her to finish. Another kilometre further on we encountered ‘Cage Crawl’ where you had to lie on your back in the muddy water with mesh cage wire just above your nose and pull yourself along the cage mesh, not able to see where you were going or how far you had to go.

Running along the swampy farmland and over ditches we arrived at ‘Bale Bond’ which was a series of hay bales with their slippery plastic covers piled on top of each other forming several mountains you had to go up, over and down the other side. Once again the guys and Dyan were awesome with their team spirit, support and camaraderie. On through the fields and ditches to the next challenge – ‘Warrior Carry’, where you had to piggy back your partner for an interminable length of time. It seemed a long time even for me who was being carried, let alone for my poor brother who was carrying me. You were supposed to swap over half way through but our intrepid men carried us the whole way! What supermen we had in our team!

On to ‘Walk the Plank’ where you had to scale yet another vertical height to a platform and jump into the water below which was 5 metres deep. ‘Hardwood and Rubber’, and ‘Cliff-hanger’ were both relatively easy, and then more running to reach the ‘Berlin Walls’. The guys and Dyan helped us over with a leg up, haul from above and push from below. ‘Everest’ was the hardest challenge of the lot – like a giant skate ramp starting with a gentle slope, and curving into a steeper grade, and a lunge to the top before you slip down the slippery slope. Some of the guys made it to the top with their superman powers, sat on the top and were ready to pull up the rest of us with our arms out flung after sprinting and launching ourselves up. Three of us could not run fast enough with our mud caked shoes in the loose hay to launch ourselves high enough to be caught, so we resorted to building a human ladder to get the rest of us over. Finally after more than 18 km came the final challenge – ‘Electric Shock Therapy’ in which you had to run through electrified wires while dodging or jumping over piles of hay. We ran through to the finish line holding hands – all 9 of us finishing together. The whole event left us buzzing with a feeling of accomplishment and a great team spirit; Dyan and her husband (who was a spectator with his children this year) have even signed up for next year already!

- Maureen Foulds

## **Great Forest Marathon, Waitarere Forest, Levin (April 2014)**

An off-road marathon through the beautiful Waitarere Forest became the fourth marathon for me to complete. After travelling down from Hamilton in rain, the morning of the marathon dawned perfect for the event. Slightly cloudy, perfect temperatures and an early start saw us on our way for the first lap. As we entered the forest; it had a peaceful feeling with a slight breeze in the tree tops and the sound of the sea in the background.

The roads leading into the forest were metal and a little rough in places, however once you got into the forest, the ground became quite soft and spongy in places and really good to walk on. Around the 16 km mark we came out onto the edge of the river where the footing was a little sandy, then before you knew it the first 21kms were over and we were into the second lap.

I know a number of people say they don't like doing a marathon where you do a double loop, but in this case, it didn't seem to matter, as after a while all the trees looked the same and it really didn't feel like you had walked there previously.

Lex, Suzy (my sister) and other runners set off with the walkers, so I didn't get to see them until I had crossed that finish line. It is such a good feeling when you have completed a marathon in about the time that you had planned and have walked away with the medal firmed around your neck. This is a really good event to do, not overcrowded and you can make a good weekend of it.

This marathon came highly recommended by a HMC member who has completed this marathon a number of times to acknowledge the late Kevin Vicary. Lex Chalmers promised Kevin Vicary that he would keep completing this marathon until he reached his 100th marathon, which he did in Levin in 2013 and still continues to go down each year to run this marathon. As having only completed four marathons, it is extremely hard to visualise 100 marathons, so Lex, congratulations on a mighty effort. What is the next milestone for you?

Lex was this year made a 'Life Member' of the Hamilton Marathon Clinic for his dedication to running, his accuracy in measuring out event courses and his on-going support and camaraderie within the HMC.

Well done Lex.

- Helen Baldock

## **Rotorua Marathon 2014 (2 June 2014)**

### Marathon Run

Keiran Maclachlan	2.59
Max Greer	3.12
Mike Ridderhof	3.52
Nicole Fox	3.56
Michael Robinson	4.26
Darrel Keene	4.33
Anne Fredrickson	4.42
Nicola McMahan	5.07
Jenny Brady	5.10
Maureen Foulds	5.14
Lex Chalmers	5.14
Mark Goble	5.20
Lois Rowell	5.26
Mark Anderson	6.08
Linda Anderson	6.08
Steve Spalding	6.13

### Marathon Walk

Ross Murphy	4.54
Raewyn Richmond	5.05
Helen Baldock	5.40
Clair Craven	5.32
Kirsty Murphy	5.48
Faye Kett	5.52
Martin Popperwell	5.59
Carol Downey	6.05
Noel Sandford	6.42
Gaye Andrews	6.59
Evan Bydder	7.36
Morrie Rennie	7.42
Lyn Tytherleigh	7.42

### Half Marathon Run

Orlaith Heron	1.32
Sharon Wrenn	1.54
Tau Holden	2.11
Rachael Norbey	2.18

### Half Marathon Walk

Wilf Johnston	2.37
Raewyn Putt	3.29

### **The Tarawera Ultra-Marathon (27 April 2015)**

It all started rather quietly; we had checked and run a fair bit of the 100km course in the three months before race day (7 February) and we thought we knew what we were into. Checking into the Bookabach accommodation when we arrived in Rotorua was a bit of a relief; it was an old house, but big, reasonably clean and tidy. It was less than 2km from the start, and within walking distance of TUM HQ.

On Friday, we had an early jog in the Redwoods and met Tim Day, the Race Director who expressed his gratitude to the teams from Hamilton who groomed the trails back in December. Then we were off to the powhiri and talked to a few people including Paul Charteris (race developer) who backed into our photo and was then eager to be photographed with us; this heightened our sense of TUM being an inclusive event. The race briefing was on Friday at noon, and for the first time the excitement was palpable. The changes made by the organisers required us to adapt what we would do on Saturday, but nothing seemed impossible. We picked up race packs, and then three of us (Jenny, Raewyn and Lex) went out to check the Blue Lake circuit that was part of Jenny's first leg. When Tau and Rachael arrived, we had dinner, a quick strategy meeting and then straight to bed ahead of a 4:30am start to race day.

Jenny got to the 6:00am start with time to spare, a headlamp and her camelbak, and the rest of the team went out to the 2km to see the runners come through the first section. Fast but beautiful running from the leaders, then the masses and only a few identifiable as the field moved through. A better view at 10km as runners had spread a bit. The front runners – men and women - looked incredibly relaxed and many of the race favourites were identifiable (especially as individuals had named bibs). Tau and Lex then went to the end of Leg 1 to get Tau ready for Jenny's blazing finish, while Raewyn and Rachael supported Jenny into the difficult Tennent's Track. Jenny hardly slowed, and gave us a great start in our effort to run the whole 85km relay course at 8.5 minute average pace.

Tau's leg was the highest on the course, and she did more ups and downs than anyone, by a fair margin. Miller's Road was OK, and the West Okataina Trail in the bush was stunning. Tau had muttered something about her knee tightening up on her Wednesday run, and found that the down hills got increasingly painful. She knew she was on her own for 15km and managed her run superbly, despite the increasing pain and the long down-hills into the change-over at Okataina. The TUM demands mental strength, and Tau finished pretty much on schedule; it rated as the gutsy effort of the day.

Raewyn had the toughest leg on the course, on paper and on the track. From Humphrey's Bay to the Tarawera falls is labelled 'technical'. It was bloody near impossible in places, and not made any easier by the heat and the wasps which seemed to take a particular liking to Raewyn. At 23.3km this leg was quite long, and the 'easy running' from the Lake to the Tarawera Falls seemed 'over-rated' as there were steps and up-hills. Nevertheless, Raewyn completed the course still pretty much on schedule, but she was the only one to actually see the splendid Tarawera Falls on the day, as the finish to Leg 3 was 30km up a very dusty road and 400m short of the Falls.

Rachael had become increasingly focused on her leg 4 as we drove in along the dusty Tarawera forest roads - the 'woo-whos' of the 2km were almost forgotten as she ploughed into a 2km solid uphill at the start of her downhill leg to Kawerau. She ran strongly

throughout, but needed to leave the track a few times to inspect various aspects of nature. Cheerful as ever over the 24.7km final leg, she finished with a flourish, looking fantastic against some very tired individual finishers of the 100km race, and some well-supported teams. A few minutes collapsed on the grass, a few more minutes of chat to the other teams we had run around with all day, and we escorted Rachael to the Kawerau pools for a well-deserved swim. Needless to say, it was then home, dinner and bed in short order.

We were well-pleased with our overall time – about 8hrs 12min – and we have discovered what to do next year; we know the date, and there is already some interest in coming back. It helped us that there were teams around us all day, we saw enough of the Hawks and HRR teams to feel that we were in local territory. The last runner was more than six hours behind us.

The prize giving on Sunday was a great climax; all sorts of 100km course records were broken, and Orlaith won the 85km women's race, with Ash completing the 65km. But, the standout moments were around the presentation of medals and the commentaries of the five top women and men individuals. Each one had something to offer, and most realised and spoke about the transformational nature of their experience. Almost all were absolutely running on empty at the end. Most graphically, last year's women's winner was almost withdrawn from the race with 40km to go; she finished near us, not just on her will power but on the collective support she drew from all those who watched in amazement.

In summary, it was a great challenge for us all, but quite do-able. The event had more collective support and an absence of the racing feeling because it was much less observed than a marathon; the challenges are internal rather than public in most cases. There are, however, some 40 photographs to follow. Each of these tells a story, too. It was a memorable experience, and we'd like to thank the Clinic for their support for our efforts.

## **ROUND RAROTONGA ROAD RACE (23 Feb 2015)**

Eighteen of us, most of whom are members of the Hamilton Marathon Clinic, flew over to the Cook Islands on 18th Sept 2015 for the Round Rarotonga Road Race. It is a 31km event, on a flat sealed road all the way around the island, with the blue sea of the different lagoons always beside you on your right. Runners and walkers started in the dark at 5.30am, to the beat of Island Drummers on the back of a truck as they heralded the way for the elite runners, and within 45 minutes the sun was rising: a brief but fabulous red glow through the dark hills behind us. Every step of the way was interesting, with the local folk fielding water stops, some playing Island music, with passing cars and scooters everywhere driven by Islanders and tourists. Some parts of the road were quite narrow and we had to step off to allow oncoming cars to pass! But it was all done in the happy atmosphere of the day. There was a 10km event starting two hours after the 31kms, in which some of our Hamilton Group happily participated in. Crossing the finish line was amazing: drummers welcomed, smiling women garlanded with flowers handed us medals and coconut drinks in their shells, and lots of photos were taken. We all enjoyed the day and several of our group won place prizes - of particular note was Helen Baldock who was First Female Walker home.

It was a FUN run/walk few days: First a 5km CRAZY WIGS run/walk (Thurs), then the main RRRR race (Sat), a Prize-Giving dinner (Sun), a 5km Hash House DRESS-UP Dash followed by a BBQ & drinks (Mon), a 10-person Round the Rock relay around the Island (Tues) and a 8.5km Nutters Cross Island Run over mountain ridges to the other side (Wed).

As well as the organised events, we added a few of our own to prevent boredom in our Team! Captain Tama's Cruize in the beautiful Muri Lagoon was a lot of fun, snorkelling in beautiful clear waters despite the chilly wind that day. Must mention the live 'mermaid' under the boat, and the large turtle swimming on the surface near our boat. We landed on a nearby island where the crew cooked us a great BBQ lunch and entertained us in true

Island style. There was much hilarity as we were shown how to tie pareus (sarongs), followed by good drumming, ukuleles and singing.

Another special occasion was the Tropical Island Night at Edgewater Resort which included a fabulous smorgasbord feast and entertainment from a professional Cook Island Dance Group.

Between us all, over our eight days, we circled the island of Rarotonga many times: we walked or ran the main event, relayed as part of a team, we bused, biked, drove a hired car or motor scooter - it became very familiar and welcoming. Colour is everywhere - beautiful tropical flowers and foliage in the gardens, along the roads and the beaches, plus the blue lagoons and the colours of the swimmers, boats and kayaks, the early morning and evening skies, so much natural art to see. In hindsight we could have stayed another 2-3 days, and we would not hesitate to recommend the accommodation and staff at Edgewater Resort & Spa who looked after us superbly.

The 40th Anniversary of Round Rarotonga Road Race is in September 2017 – return trip maybe?

- Carol Downey