

Michael Robinson

Fri, Oct 5,
9:06 PM

Good Evening everyone , trust that you are all well and recovering from the weekend,

The HMC Runners and Walkers had a great turn out at the Hamilton Half Marathon 10km and 5km .We Had some amazing results on the day we want to congratulate our club Champions this year

Womens Running Champion: Tauaroa Holden

Womens Walking Champion Kirsty Murphy

Mens Walking Champion Ross Murphy

Mens Running Champion Michael Robinson.

Well done to our First Time Half Marathon Runners Mike Ward, Melissa Baker and Sam Jae. Great work guys.

Well done everyone

Half Marathon run

Michael Robinson 1.23.49 (7th overall)
Clifford Brown 1.39.50
Anlie Oosthuysen 1.47.09
Alistair Macqueen 1.48.09
Sanna Jepson 1.52.29
Raewyn Richmond 1.58.27 (3rd in age group)
Tau Holden 1.59.37
Denyse Graham 1.59.50
Melissa Baker 2.10.59

Malcolm Aspden 2.13.39
Simon Popplestone 2.15.46
Justine Austin 2.16.51
Steve Rossiter 2.19.01
Cheryl Laubscher 2.21.33
Mark Goble 2.22.37
Maureen Foulds 2.25.00 (1st in age group)
Mike Ward 2.33.16
Samantha Jae 2.52.00
Karen Mclaughlin 3.15.55
Kaitlyn Kaboski 3..56.54

Half Marathon Walk

Ross Murphy 2.26.39
Kirsty Murphy 2.40.45
Lois Bydder 2.47.59
Carol Downey 2.48.46

5km Walk

Colleen Nolan 49.49 (1st in age group)
Deidre Matson 50.58 (2nd in age group)
Pam Cowley 51.42 (3rd in age group)

5km Run

John David Brown 22.30 (4th over all 3rd age group)
Samantha Popplestone 29.57
Jenna Brown 31.18
Jenny Brady 31.50 (2nd in age group)
Dina Gibbons 35.47
Hayley Reid 43.57

Also the HMC won the corporate teams challenge well done team

Also Park run is having its 5th birthday on the 20th of October it will be great to have a really good turn out from the HMC they are looking to try and get 500 plus with it being the big number 5 .If you want to bring some friends along on the day or if you haven't done it before it is free only 5 km and really fun .I think it would be a good opportunity to spread the word about the Hamilton Marathon Clinic you only need to register on the parkrun website and put HMC as your club.

We are putting in another order for club shirts and singlets we are selling them at half price now so it will be \$40 for t shirts and \$32.50 for the singlets .If you would like to order one please e mail me back and we will ad you to the list

Also The Percy Lawn Relay is coming up fast we are still missing a few members names on the runners and walkers list .Can you please let me know if you are available if you haven't put it down yet it is on Sunday the 25th of November it is the biggest day on the Club Calendar. It doesn't matter how fast or slow you go it all counts it is all about the numbers and we need everyone this year to try and hold onto the running and walking trophy's this year .It is so much fun and its being part of the club and a team,

We are going to Lake Ngaroto on the 21st of October we will be meeting at the club rooms at 8 am and car pooling from there also if you want to meet us out there as you can you can do one two or 3 laps or more if you like.

We also have the Button Run (formally the Pink Challenge) on Thursday the 27th of October at 6 pm it will be great to see you there to support breast cancer we have entered a team in this year just put down Hamilton Marathon Clinic as your club there is a 4 or 8 Km option

Our Unirec run is going from strength to strength with good numbers each week and it is good to see members getting behind it each week

Plus our Thursday Night run and walk group is getting some good numbers turning up and it is so much better enjoying the daylight we are looking to grow the Wednesday and Thursday Groups more . On Thursday night we go from Cinnamon cafe on Sandwich road.

We are having an open day this year on Sunday the 4th of November we will be starting the open day at 9 am so we can still go for a little run or walk before hand it will be great to have as many members as we can there on the day to run and walk with the possible new members. we will be having a bbq on the day as well. the groups will be going out from 2 to 10 k m on the day depending on the new members on the day.

We will be having our Awards night on the 6th of November we will be going for our runs and walks before hand and our awards Dinner will be starting at 7.30 pm we will be having a bbq and we might even get some Cake it will be a great night to celebrate our club members this year.

Club Members doing Events over the past couple of weeks

Neil Crocker and Neal Utting participated in the Round Rarotonga Road Race on Saturday 22 September. Neil Crocker was first man (he finished 7th, of 17 finishers) in the 31km Walk, and Neal was first overall in the 10km Walk (67 finishers; he was also the oldest participant). He was originally placed 9th, but a large number who entered as Walkers but ran some of the way and were moved to the Runners list later. Former MHC member, and frequent participant, Chris Leahy (formerly Aroa) was 2nd woman (1st in 65+ Women).

Lex Also did the Blue lake 24 hour Challenge and managed to complete 90 kms well done Lex on amazing result

Hamilton Lake Park run Results

Alistair MACQUEEN 23:34
Conrad FENEMORE 25:12
Michael ROBINSON 27:17 (Pacer)
Bev CLARKSON 28:50
Jenny BRADY 31:58
Steven GIBBONS 35:14
Iudine PEDUCA 35:46

Carol DOWNEY 41:24
Karen MCLAUGHLIN 42:27
Raewyn RICHMOND 45:10
Neil CROCKER 47:33
Samantha JAE 51:31
Melissa BAKER 51:52
Kaitlyn KOBOSKI 56:52
Mike WARD 56:55 (Tail Walker)

We also had Tau go under the radar last week and do Cornwell parkrun in Auckland last week

Also our Volunteers today

Hayley

Tau

Sam Popplestone

Cheryl

Michael

Mike

Smith and Mackenzie 5 k pub run

22 Mark Goble 31:35.0

24 Maureen Foulds 34:24.0

Have a great weekend everyone, hope its nice and sunny so we can get out doors .
See you all at park run or at club on Sunday