



## Hello from Nelson

Since arriving in Nelson I haven't done a lot of running but have been drawn to cycling for there are many cycling and mountain bike tracks. And last week I enjoyed four days in Kahurangi National Park with my son-in-law, Corey Mosen, monitoring rock wren and kea. Corey is a mountain goat and I found my legs lacked flexibility for speedy travel through scrub, tussock, speargrass and boulders. But great to be in the hills again. Corey's book about kea hunting with his dog Ajax has just been published. Called "Ajax The Kea Dog" it has great photos and will interest anyone keen on our mountains and mountain parrot.

On Sunday 2 December I at last took part in a running event, Nelson Striders Boar's Jaw Half Marathon. This took place in the cool of the morning, going up the valley road to Maitai Dam and back again. It was a gradual ascent, not too taxing, but I found my legs were too leaden on the return to take advantage of the slight downhill, damn it! This is a watch-free run where entrants nominate their expected time, the person who finishes closest to that time being the winner. This year's winner was only four seconds away from his expected time and 10 others were under a minute out. I finished five minutes beyond my nominated time at 2.11.43.

At this run I learnt of a regular Monday 5km pub run at Stoke, so took part in that, with about 130 others. It costs more than Northcote pub run (\$4) and is more structured with race numbers and a printed-out result sheet put on e-mail. A pretty flat course so I was pleased to finish in just under 25m. In the last part I had a tussle with a very fast young tall walker, but he pipped me at the end. Now I am invited to do a Wednesday pub run at Richmond. And there was mention of some other event in the weekend, so there is plenty to do down here! If anyone is visiting Nelson give me a ring/text on 0273538423. I'll happily show you round if I can.

Happy Christmas, Malcolm Fisher



**RESULTS 28 November 2018**

<b>3000m</b>			<b>800m Bill Taylor Trophy</b>		
1 *	Joost	12:48:53	1	Steve Geall	2:24:33
2	Anton Overy	12:48:84	2	Anton Overy	2:26:56
3	Benjamin Overy	13:06:74	3	James Clendon	2:27:84
4	Natasha Gordon	13:15:15	4 *	Joost	2:36:91
5	Steve Geall	13:28:88	5	Benjamin Overy	2:46:77
6	Mike Shaddick	14:39:45	6	Natasha Gordon	2:48:22
7	Daniela Rourke	15:51:48	7 *	Jenica Ilagam	3:14:40
8	Paul Rourke	15:51:50	8	Paul Rourke	3:19:04
9	Tyrell Jaggard	19:47:36	9	Jill Peat-Hall	3:29:74
10	Martin Fey (W)	21:29:98	10	Daniela Rourke	3:31:76
11	Murray Stevens (W)	21:31:18	11	Mike Shaddick	3:35:44
12	Grant Simmonds (W)	21:33:42	12 *	Freya	3:47:40
13	Werner Schmidt (W)	23:29:62	13	Grant Simmonds	3:48:02
14	Chris Barker (W)	27:33:91	14	Tyrell Jaggard	4:16:34
	Bill Fell (W)	DNF	15	Murray Stevens (W)	5:16:67
			16	Werner Schmidt (W)	6:02:22
<b>DISCUS</b>			17	Chris Barker (W)	6:41:31
1	Grant Simmonds	22.71m	18	Bill Fell (W)	6:42:36
2	Martin Fey	18.50m			
3	Steve Geall	18.49m			
4	Anton Overy	17.95m			
5 *	Joost	17.46m			
6	Mike Shaddick	15.00m			
7	Gary Carmichael	13.81m			
8	Benjamin Overy	12.66m			
9	Bill Fell	11.30m			
10 *	Cherie Carmichael	10.43m			
11	Chris Barker	7.89m			
	* Non scoring for trophy				