



The Auckland Joggers Club



December 2017

Kicking up at the Christmas social



Cheers Ray!



Fruit crumble completes the menu

We welcome the following new members

Frank Excell, Elizabeth Stoddart, Dave and Dianne Sheppard, Lisa Harris, Garren Espin,
Jane Wilkinson, Emily Verryt, Pam Worth, Ross Hanson

Fizzing finish to Blackbridge 2017

This year's Blackbridge event turned into a real doozy, with a battle right to the finish between Andy Thornton and Chris Robb. Although the latter gentleman was not a financial member at the time, and therefore ineligible for any official recognition, he contributed to a finish we haven't seen in many a year.



Thornton by 2m over Robb

As they sailed over the steps and on to the final swing about 500 metres from the finish, Robb took the lead and attempted shake off his rival. Thornton was having none of it and came back to push ahead, as the crowd at the finish line were on their feet (as they had been throughout) and Andy sprinted clear to triumph by 2 metres, in the excellent time of 54.08.

It was well into spring, Tuesday 10 October, when thirty finely-honed athletes settled for the journey. Conditions were quite springly normal; that is warm and blustery.

Club Patron Barry Magee was at his usual post at the start line, encouraging and urging on the competitors. From the outset, Thornton and Robb headed into a narrow lead, pursued by Garren Espin and previous multiple winner, Paul Berry.

Equally early, Karin Drummond eased away from her female competitors and continued to build her lead throughout.

At the top of Deadman's Hill first time around, the Thornton/Robb duo had cleared away to lead by about 60



Karin Drummond in the clear

metres. There wouldn't be a thimbleful of fat on either of them. The tall, lean driving form of Andy alongside the leaner, shorter slightly leaning back style of Chris, going for their lives as though for a \$10k prize.

Also out comfortably by this stage was Dave Hamilton, this year in the walking section with Mike Taylor keeping him honest.

At the finish, some solid runs were recorded by Graham Goodwin, Nav Bains and Fraser Brown, while Gail Parker and Anne Whineray-Smith settled for a ladies' agreement and toed the line together. In the same spirit Denys Anderson and Paul Ware, also crossed together.

Hamilton shook off the threat from Taylor and was out on his own at the head of the walking pack.

There was more drama after walkers Janet Green and Terry Woodfield amicably strode the course together, the proximity of the finish drew a furious charge from both and the grit of Woodfield prevailed to record a one metre victory.



Dave Hamilton



Rochelle & Charlie



Denys & Paul



Rob Corne



Terry, Janet, Helen

Profile: Sue and Doug O'Shea - 'Take your partners'...and they did

Sue laughs: 'We met at the Surfside Ballroom in Milford, but nobody'll want to know that!' Typically self-effacing, Sue O'Shea's talking about waltzing with husband Doug, now for 44 years of married life.

Sue's in her second year on the Joggers executive committee as Secretary and Doug's commencing his maiden year as a committee member. Mind, they've always been available for event duties here and there in the past, as many members have been.

Both have recently retired and are able to invest time and energy in their interests and past times. Sue was latterly in IT with Dimension Data and Doug with Polymers International.

For years Doug played social level soccer and really first 'ran' in the 1980 Round the Bays. Later that year, Sue completed her first half marathon, the Pakuranga Sunfresh in a commendable two hours and twenty seconds. And in December, Doug did the Lydiard Laser half and that was it - they were runners.

They competed in a range of events, particularly the 10k road series which were all the rage at the time. Sue did one in 50.25 and the North Shore roller coaster 5k in just over 27 minutes. Then six years after, she contracted glandular fever which ended her running career and she converted to walking. She's amassed 90 half marathons to date, while Doug's on 120.

Doug's record includes a 5k in 19.27, a Shore-to-Shore in 40.44 and in 1988, the Huntly Half in 1.30.52. He admits to succumbing to a degree of running fanaticism which worked against his and family's health.

Sue and Doug joined AJC in 1999 and were warmly shepherded by Bev Horton and Don Walker, respectively. This genuine mentoring helped them feel at home from the beginning.

Doug's battled a couple of issues in the past few years, including double bone-spurs on the heels which were less than satisfactorily operated on, requiring longer recovery than desired. Doug also discovered he had a heart issue that his consultant believes, could have been with him since his 30's, but was unaware of. Running probably delayed the full onset of the problem, but it now means that running remains in the past.



No problem to Doug - he walks and plays more golf. He's no mug player, cruising around at a 15-16 handicap, usually at Huapai, with fellow jogger Nigel Le Seur.

Doug was just 13 and at Avondale College, when his Dad died. An only child, now there were just Doug and his Mum, who typically of the day, had not trained for the workforce. She found work as a cleaner at Selwyn Village.

Doug studied chemistry at AUT with financial assistance from the McKenzie Foundation. He then proceeded into positions requiring chemical understanding and with NZIM study in marketing, melded the two skills into product management roles.

Sue was initially a PA at Johnson's Wax and when she showed requisite aptitude, they moved her into computer study and she established her career as a programmer in IT.

One of the O'Shea interests is wine and I can testify to sipping a very fair Pinot Noir, while taking notes. Doing nothing by halves, Sue and Doug undertook a wine appreciation course some years ago, which inspired them into building a rather healthy cellar.

They say a little wine is good for the health and we can only raise a glass to that for the O'Sheas!

AJC's Executive Committee 2017-18

President (To be appointed), **Vice President Admin** Sue O'Shea, **Club Captain** Dave Johnson

Treasurer Tim Sprott, **Vice President Social** Kerry Edwards, **Secretary** Helen van der Peyl

Committee members: Caroline McDowell, Kate Munckhof, Doug O'Shea

Immediate Past President Jude Sprott

How a walk-run strategy might help your half or full marathons



By Gretchen Reynolds Oct 27, 2016

Immediately after a race, many recreational marathoners have been found to have high levels of enzymes in their blood that indicate cardiac damage. These runners have “stunned” their hearts, as some exercise cardiologists put it. Enzyme levels generally return to normal within a week or so, suggesting that hearts recover quickly, but some experts have still wondered if there are less-stressful ways to get through a marathon. For example, should non-elite runners deliberately walk part of the way?

Exercise scientists in Germany took up this question for a study published in the *Journal of Science and Medicine in Sport*. They recruited 42 recreational runners training for their first marathon and then, just before the race, randomly split them into two groups. Half the runners were told to walk for a minute after roughly every mile and a half, the others to run the entire race. Everyone set their own running and walking paces.

According to Kuno Hottenrott, a professor of sports science at Martin Luther University in Germany, who led the study, the nonstop runners “were worried that they would not be able to finish the entire race without having to walk for a bit,” he says, while the walkers fretted that their times would suffer. In fact, almost all of them finished in a little more than four hours, a relatively respectable time for non-elite runners. The walkers tended to speed up when they resumed running,



producing faster average miles than those in the other group.

Everyone also showed elevated levels of the enzymes in their blood that signal damage to the heart, however. Dr. Hottenrott says that by the time of follow-up tests four days later, those enzymes had returned to normal — the stunned heart does not seem to be permanently affected — but the results demonstrate that intervals of walking during a marathon will not eliminate the stress endured by a participant’s heart.

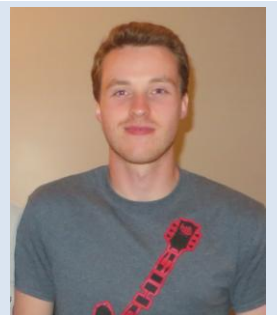
What the walkers did show, though, was much less strain on the rest of the body. Despite running faster or harder than the other subjects when running, this group reported less fatigue and little muscle soreness at the end of the race. None of the walkers dropped out. Most of the nonstop runners, on the other hand, had very sore legs and felt intense fatigue, they told the researchers. Two of them were unable to finish.

Dr. Hottenrott recommends the walk-run approach for beginners and runners whose marathon goal is a finishing time of four hours or more. And he adds that almost all of the study participants who were in the walk-run group said that they planned to run another marathon while using the strategy again.

Members may recall **Isabel Foley**, who passed away peacefully recently aged 84.. She was a life member of the Presbyterian Harrier Club and was notable on the Auckland running events circuit, for winning her age group, year after year.



It's always good to see former club members and **Joe Holborn** visited us in October, while here to run the Auckland Marathon. He was delighted to knock about 35 minutes off his previous pb. Joe is from Somerset, where his family are all runners.



Great North Run Newcastle - great indeed!!



Some of the international reps at the Great North Run

We did it! Sue and I ran the Great North Run half marathon in Newcastle, England in September. Finishing position was the least important consideration, of course, except for Mo Farah who scraped a 6sec win over our fellow Kiwi Jake Robertson with his twin brother Zane fourth. I'd like to say I pushed them, but there were 21,000 sweaty bodies between Mo and I, with Sue about 11,000 further back. Still over 25,000 behind her.

They have away of calculating running performance by age, according to which I was about 5000th. Sounds better.

Frankly it's the most incredible run/race I've ever been part of. The whole city is given over to the run for the whole weekend. On Saturday, there's a range of running events for children along and over the Tyne River; all good fun in themselves, with the bonus of preparing the kids to compete in the main event when they're older. And all the parents and thousands of citizens turn out to watch and support.

Newcastle's Brendon Foster came to Auckland for Round the Bays in 1979 and was inspired to go home and kick off the Great North Run in 1981.

Because Sue and I were going to England anyway, I'd contacted organisers some months before and advised we'd be in town for the run. Well, they made a fuss and bullied us into VIP status and forced to stay in the Hilton Hotel with over a hundred VIPs and forty or so elite

athletes. Why VIPs? This is what the Great Run website says:

We set out with the ambition for the Great North Run, officially the world's biggest half marathon, to become a truly global event, the Great World Run.'

The result is that they get over 130 nations represented and they're all accorded VIP status. We were among those.

Driving into Newcastle we'd noticed that all the overhead electronic traffic signs advised of the imminent Great Run. If only, for Round the Bays? How do we get our city more on board?

The Great North Run now attracts over 100,000 entrants from the local area, from everywhere. They limit the field to 57,000 for safety and logistical reasons. Oh, to have that problem at RTB. Turning people away!

Sunday was race day and we were bussed to the starting line at 9 o'clock, meaning a 1hr 40 wait in the chilly-ish 13 C in our Joggers' singlets, before the start at 10:40. We began the run on a long downhill on a motorway approach, about a mile before the great bridge over the River Tyne. And I was running just off the bridge when the Red Arrows, the crack Royal Air Force stunt team streaked over us to loud cheers from runners and spectators alike. They made another pass over us again a bit later. So spectacular.

There was cheering the whole way, with bands playing at roundabouts – in fact almost every roundabout had a band in the middle, playing for their lives. One slightly unexpected local phenomenon was a penchant for women drumming bands. All these women belting out rhythms! Great atmosphere!

People saw my bib and called out "Goo Alan" and fellow runners observing the Auckland Joggers bit, saying "You're a long way from home" (yeera long weee frim-orm), in pure Geordie of course. Geordies are wonderful down-to-earth people. No pretence, just get on with it.

Actually, wish I had been more on the road prior, for it "were 'ard gewin". The mile markers seemed to take a long time to come up as we followed the undulations of the main road, eastward passing Gateshead towards the coast. And still the little kids on the side held their hands out for a gentle hand slap and some offered sweets and grapes and all sorts.

At the finish at South Shields there may have been 80,000 people in the entire area, comprising competitors and support people.

I pushed over to the 'tent' we VIPs had been advised to go to. Some 'tent'. It's a large warm, beautifully laid-out room and Tracey Cramond is waving me over to sit with her Dad and daughter. Then Sue turns up. There's a buffet, wine and beer to cope with. But we managed. And what a great buzzy atmosphere!

We had taken an RTB poster, with commendations from Auckland Joggers Club, as the club's tribute to the Great North. The event Coms and Liaison manager, Nicola Hedley, who'd been just brilliant at setting things up, brought Paul Foster over to meet us. Paul is son of event founder Brendon and is the newly installed manager of the Great Run events. Paul recalled his Dad

enthusiastically telling stories about Round the Bays. So it was a real pleasure to hand over our lovely framed RTB picture, with appropriate inscription, to Paul and Nicola on behalf of Auckland Joggers.



Tracey and Paul, Alan and Sue with the mounted poster from Auckland Joggers

For me, this meeting with Paul was without doubt the icing on the Great North cake and as we talked, we discussed the possibility of doing some reciprocal activities between the two events. Such as offering prizes for participants as individuals or groups to travel to each others' events.

One thing that was very clear is that the Great Run managers are relentlessly innovative. They don't just keep doing the 'same ole', but continually work at refreshing the event by adding interest and colour. And this from Newcastle, a former coal producing city, with a population just scraping 300,000.

BNZ - 'Closed for Good' and back with the paint rollers!

Our clubrooms benefitted once again, from the BNZ 'Closed for Good' projects in August. For the second year, a team from the bank, coordinated by Sarah Duftin, turned up for a day's hard work.

Led by Nick Hoy, the team got into painting the interior on the bowls club side. This year, Nick and Alan had prepared the rooms by washing them down, scraping and priming. A good day's work.

This meant that the bankers could apply themselves to applying paint in a relentless fashion. They did the changing rooms, shower rooms, tidied up the men's toilets and even got through to the big changing room and knocked that off.

So well done BNZ!!

Not to be outdone, **Helen Van der Peyl** has led a one-woman revolution in the women's changing rooms. There are new toilet cisterns, fresh paint and tiles and she's not done yet.



Helen, Jake (and Amber) with Danes: Birte and Kim Anderson, who visited us in February

Results 2017

Kay Lydiard Relays 2017

WALKERS

Sharon Eaton and Lynette Dallas
Helen Lyon and Margaret Amundsen
Karin Baynes and Frank Parr
Jackie Vulinovich and Nikki Copping
Ronnie Bridges and Pam
Surita Nadam and Shirley Jones
Brian Alexander and John Edwards

RUNNERS

Lisa Harris and Colin Cole
Graham Goodwin and Patricia Eastmond
Jan Kippenberger and Anne Whineray-Smith
Rochelle Burns and Anna Spittle
Rob Corne and Earl Irving
Gail Parker and Dave Sheehan

Auckland Marathon 2017

FULL MARATHON

TIME

Pete Nichol 4.03.09
Charlie Carter-Johnson 4.56.47
Daryl Lewis 6.22.00

HALF MARATHON

Garren Espin	1.32.25	
Wil Verar	1.38.49	
Graham Goodwin	1.40.26	3rd in age group
Jim Bartley	1.46.36	5th in age group
Nav Bains	1.50.21	
Paul Berry	2.05.35	
Jane Wilkinson	2.17.56	
David Sheehan	2.28.59	
Patricia Eastmond	2.36.08	5th in age group
Stella Lim	3.39.53	

12 KM

Tony Johns	1.09.16	
Rick Boven	1.12.52	9th in age group
Nicola Meyer-Smith	1.22.56	
Danielle Boven	1.29.22	
Doug O'Shea	1.29.49	7th in age group
Peter Jackson	1.30.41	
Jan Kippenberger	2.03.39	
Lynette Dallas	2.04.07	
Sue O'Shea	2.04.07	
Liz Thomas	2.06.34	

Kerikeri Half Marathon 2017

Lisa Harris	1.58.32	8th in age group
David Sheehan	2.08.45	
Anna Spittle	2.11.34	8th in age group
Dave Johnson	2.22.24	
Kerry Edwards	2.32.47	1st in age group
John Edwards	2.32.50	3rd in age group
Doug O'Shea	2.47.52	1st in age group

Blackbridge 2017

	Open	40-49	50-59	60-69	70+	Time
Andy Thornton	1st male, 1st overall	*				54.08
Karin Drummond	1st woman	*				61.36
Garren Espin						57.18
Paul Berry						58.00
Graham Goodwin						62.53
Nav Bains						65.43
Fraser Brown						69.45
Tony Johns d/c						70.90
Rob Corne						70.55
Gail Parker						76.33
Anne Whineray-Smith						76.33
Lisa Harris						77.08
Rochelle Burns						78.23
Colin Cole						82.12
Jane Wilkinson						87.30
Paul Ware						112.30
Denys Anderson						112.30
Patricia Eastmond						113.06

WALKERS

David Hamilton	69.36
Michael Taylor	70.10
Terry Woodfield	72.16
Janet Green	72.17
Barbara Brooking	73.02
Helen Lyon	75.54
Frank Parr	78.23
Stella Lim	78.42
Ward Buckingham	85.44
Jackie Vulinovich	86.00
Ronnie Bridges	86.02
Brian Taylor	90.07

Anne: our club's N Z rep in Sprint Duathlon



Anne's dad was a NZ hockey rep

The Sprint Duathlon: 5 km run, 20 km bike, 2.5 km run

That's all I had to do at the World Champs in Penticton, Canada in August this year, but I had to do it fast while leaving enough in the tank to finish strongly – quite a difficult task.

Just over a year before, I'd signed up with Andy Thornton from the club who is a Tri Coach. Then, six weeks into my training I qualified for Penticton at the National Champs. This gave us just on a year to train.

Andy had the daunting task of turning me from a shuffly jogger into some semblance of an athlete. I learned about threshold pace, heart rates, hill sprints, track workouts, 5 minute efforts repeated 5 times.

I started to change the way I run and got into pilates, which I hated initially but has had a huge impact on my running and life. On top of this I had bike sessions and workouts - intervals, cadence, road sessions, wind trainer sessions.

On the long road bike sessions I was gathering knowledge and bike skills from Terry Woodfield – took me a long time before I was actually riding beside him for at least some of the 2-3 hours we were out every Saturday.

Around six months of intense training I noticed the changes: PB's with the 5 km park runs, a podium finish on a duathlon and national age group champ at the next qualifying event. I was really enjoying seeing just how hard I could push myself.

To represent New Zealand in a sport was something I had dreamed about, but I always thought it would be in bowls. The Sprint Duathlon was the first event, so I didn't have long to wait.



On the journey

It was an amazing experience. Wearing the Silver Fern is such an honour. I didn't leave anything out on the course and out of 27 women who lined up in my age group, I was 15th. My runs were great, the bike wasn't but it just means I have to work harder for next year. Good news: I have qualified for Fyn in Denmark in July 2018 and aim to give it one more go.

I had a two week break after this. I didn't run or bike at all – just enjoyed a wonderful holiday through the Rockies and Vancouver and Vancouver Island where I had the most wonderful time salmon fishing and seeing Grizzly Bears in the wild. I can highly recommend doing an event like this if you get a chance – huge tick on the bucket list.

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