



The Auckland Joggers Club



Some Highlights of Round the Bays 2017



It's 7:32 on 5 March, and the Bakkerus family have just walked from their home in St Heliers to get the bus into town for Round the Bays. They've done RTB since they arrived in NZ from Johannesburg in 2012. Mum Kerry, who's Risk and Privacy Manager with Counties Manukau Health, says there's no way they'd miss doing RTB - it's a simply a compulsory event for the family.

They like the 'electric vibe' of being out with people of all shapes and sizes and then meeting with about 150 fellow Counties Health people for lunch in their tent at Madills Farm. This year came a big bouquet: the Bakkeruses won a \$1000 family bonus voucher from sponsor Adidas!

See you all next year.

Dad Chester, Ethan and twin sister Rachel (13), Mum Kerry and Hayden(10) head for the startline



Startline control breakdown - no bib in sight either!



Earl keeping a shepherd's eye on folk queueing for bus tickets

We welcome the following new members

Kieran Dolan, Yvonne Woods, Wil Verar, Karthik Selvan, Sarita Nadam, Bronwyn Wills, Marilyn Church, Karin Baynes, Carol Wong, Christine, Bernedette and Sophie Surman, Anita Brown, Tracy Smitheram, Letitia Farmer, Derek Helliwell, Cat Slater, Craig Andrews, Anne McLaughlin, Rowena Sinclair, Rick Boven, Allan Brumby and Kalisi Hanchard -Brumby Ian and Lindsay Scott (returning members)

President's report

Hi All

Can you believe it's already May: where did the time go? We already have to resort to headlights and reflective gear for our Tuesday club nights.

I hope that you enjoyed some great runs or walks over the summer months and there have been some wonderful photos posted on Facebook of people getting out and about enjoying our wonderful New Zealand scenery. How lucky are we to live in such a beautiful country?

The club year started out well with our usual picnic in the park what a lovely evening and no rain in sight. As usual there was a good turn out and the sausages were yum. I hope that you enjoyed spending time catching up with friends.

What a great turn out for Round the Bays! RTB is a really special day in our club calendar, not only is it such an important part of our history and our main source of funds, but it is the event that often kick starts people in their journeys to fitness. Many of us I am sure started our journey to running or walking through RTB. Despite the early start to the day, I know that many of you get a real buzz out of being there and very much enjoy the wonderful lunch at the end. Thank you everyone for the part that you play, you make a difference.

It's been good to see so many people at the club for our club nights, we have had some good-sized packs



over the summer. It has been especially great to see new faces and make new friends. At the end of last year and the beginning of this, we ran two beginner running programmes. Each time we have run these programmes we have had a good response, with at least half of the people who begin the programme staying with the club and progressing to joining packs, one of these runners is featured in this news letter.

So far though we have only been able to find enough helpers to offer running programmes. If the club is to continue on into the future we need to build membership, bringing new runners and walkers along and helping them to build fitness to be able to feel comfortable in our usual packs. We often have enquires through Facebook, Meetup and our website from people who want to start running or walking. There is clearly a demand for beginner programmes, so please make time to help when these are planned: the next ones are scheduled for end October/ early November.

There will be a few events coming up soon in the club calendar, so keep an eye out for the notices. Pilates continues to run on Monday nights, don't forget the meal after pack runs/walk on Tuesday nights and the Members draw and look out for the mid-winter social, planned for end June, more to follow.

Looking forward to seeing you soon

Kind Regards
Jude Sprott
President
Auckland Joggers Club

AJC's Committee 2017

President Jude Sprott, **Vice President** Admin Sue O'Shea, **Club Captain** Brian Alexander
Treasurer Tim Sprott, **Vice President Social** Kerry Edwards, **Secretary** Helen van der Peyl,
Committee members: Miranda Turner, Caroline McDowell, Liz Davey.

Letitia Farmer - of the 6 weeks to 5k six o'clock pack

At the beginning of the year a friend of mine shared a facebook notification with me. She knew that I was struggling to get back into running, and thought the Auckland Joggers Club may have just the answer for me. So I had a look at this "6 weeks to 5K" thing that was being promoted. I thought "what the heck, why not?" and promptly signed up.



I have never been one for new years resolutions, but I needed some help getting back to running. Really needed help! So it was with some trepidation that I drove up to the club on a sunny Tuesday in January. I hadn't run in about eight months, and I was a bit scared that I was going to be this slow-poke, holding everyone up, and that I wasn't going to handle the pace. I was nervous.

Then I met Jude, and some of the other lovely members of the club and suddenly felt much better; they were so very welcoming. This was not the cliquey group I was worried about, not at all.

As we set off on our first run the pack started to spread out a little, while we all found our individual paces. But we never felt alone. There were a few experienced runners with us, and they distributed themselves among the group so that they could keep encouraging us along.

As the weeks went by, and our running times increased, we all looked back and realised just how far we had progressed. In only 6 weeks! Suddenly 5 kilometers didn't seem so daunting after all. In fact, I may even get up to 10k again.

One of the great things about running is how it allows you to both think and to stop thinking. Because I also started university this year. After a long day at lectures and reading heavy text books, going for a run helps to clear the mind and sift through what I am learning. Yes, that's right,

university as a mature student. Mature enough, it seems, that I am studying with a lot of people whose parents are my age. It was an easy decision to go to university, I have wanted to study to become a teacher for a very long time, but it has taken quite a while to make it a possibility. And with it being nearly 30 years since I left school and have been working in photographic production, I am feeling really out of my comfort zone right now.

Running helps. And so does the support of my family and friends. One thing my dad asked when I told him my plans was "Are you going to have time to keep running?" I guess he knew, even better than I did, how important it will be to have something so completely separate from my studies. So this year is a massive year of changes for me. Thank goodness I have the backing of my family and the release of running.



Letitia in pink at the right front with Jude Spratt

I am looking forward to running with the club from now on. The thing that I most love about running isn't the running, the hot and sweaty stuff. It's the social aspect of running that I have always loved. The welcoming people. No one is looking down on anyone. We are all there doing the same thing, working on our own goals, while at the same time admiring other people's achievements. I think my goal of getting back to a comfortable 10k is achievable after all. Thanks to Auckland Joggers, and the wonderful members.

This is a club, a team, and I am going to be a part of it.

I even have the t-shirt to prove it!

A Tale of Two Coaches - Barry Magee veteran coach...



Barry Magee

Probably the least surprising thing about Round the Bays 2017, was that Jonathan Jackson won, again. Remarkably, it's his sixth win in a row since 2012 and in 2015 he set the event record at 25.09.

In the women's section, Juliette Foley led them all to the tape this year. As well as winning, the two have another feature in common: they've both been coached or influenced by Barry Magee, who of course is also Patron of Auckland Joggers. Time to find out what makes now 83 year old Barry Magee, tick.

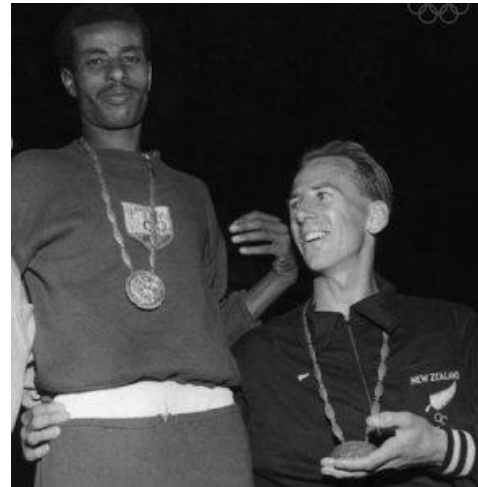
First, I need to go back. My second year at Henderson High School coincided with the 1960 Rome Olympic Games, when the names Snell, Halberg and Magee became set in bright lights. Two golds and a bronze in running events in one Olympics was huge and totally unprecedented for li'l old NZ.



Magee and Knox - one an Olympian and the other a might-have-been

We teenagers avidly relived the top straight burst Peter Snell delivered to dethrone Roger Moens, how Murray Halberg ran away from the field with three laps to go and held on. We enjoyed those few black

and white shots of Barry Magee gliding through the warm Rome night to claim bronze in the marathon.



Barry Magee with his bronze medal Rome 1960

This flush of success also introduced Kiwis to coach Arthur Lydiard, whose training philosophy and systems aspiring athletes like myself warily tried to adapt to. It involved hard work!

In 1961 the Henderson bike shop man, Arthur Brown formed a harriers 'club', consisting mainly of my four school mates and I, plus the local butcher's two sons. This hardcase pack regularly graced the streets of Henderson and environs, usually regarded with some amusement and mirth by baffled Westie citizens.

The next year, Arthur Lydiard inspired the birth of the world famous Auckland Joggers Club. Today, Arthur's illustrious and successful disciple, Barry Magee is clearly one of the country's top running coaches and totally in the Lydiard mould. He trains athletes in ten countries, the latest being two Israelis who joined his stable within the past 4 months.

How did Barry get into coaching?

At 17 years old, Barry's father died in an accident. This could well have left a shy-ish lad trying to find his way in the world, bereft and uncertain. Remarkably, though Barry met two men who were in effect to become like step-fathers to him. One was his boss at the Four Square grocery organisation and the other was Arthur Lydiard. One guided him through the processes towards owning his own shop, which was on the corner of Bremner Ave and Mt Albert Road.

The other of course launched him along the path to becoming one of the country's foremost athletes, winning numerous international honours and national track and cross country titles. Having

assembled an impressive competitive inventory , Barry says that he felt an obligation to pass on to others what had benefited him so greatly. 'I'm living proof of the effectiveness of Lydiard principles and how to apply them. And Arthur told me that too'. So the Barry Magee School of Running was born.

To Barry, coaching is a God-given job: he loves seeing his athletes develop, though not always into competitive runners. For example, one Indian man on his team wants to break 5 hours for the marathon. However, others such as Kerry Rogers progressed from being New Zealand representatives to taking up the baton themselves. Kerry has been coaching Auckland City Athletic's under 14 children's programme for over five years, while Barry tended the later teens and up.



Sixth time RTB winner Jono Jackson, in 26.05

With Jono Jackson, son of AJC man Peter, Barry found him like a blotter, absorbing his advice and being so conscientious and assiduous with training. 'Even as a 17 year old, he showed tremendous self-motivation, such as being prepared as a youngster to voluntarily train twice a day', Barry recalls.

For his part, Jono who is a Mechanical Design Engineer at Compac Sorting, enjoys Barry's approachability and friendliness: 'He's like a warm grandfather who I feel I can talk to about anything'. It says something for that relationship that Jono just loves running, competing in all distances from 1500 metres and even came second in the Auckland marathon last year.



*First woman was Juliette Foley (19) in 31.33;
second Isabella Richardson (13) 31.39;
fourth Joanna Poland (13) 32.52*

Juliette Foley, appropriately is studying biomedical engineering and took a lot of confidence from her run at RTB. More recently, she's completed a sub-90 minutes half marathon and looks to push on this year.



Chris Robb

Barry also advises AJC member Chris Robb who was just beaten into second place in last year's New Zealand cross country Champs and is one of Auckland's top masters runners.

We look forward to their collective progress with great interest.



Flashback...

< Recognise these two young things? Lorna and Dave Hamilton. And which year do you think this is?

... and Andy Thornton, up-and-comer coach

Andy Thornton is a rugby nut who's 'normalised' himself into a keen and astute running coach. From South London, Andy's now been in Auckland with his partner Sarah Goodwin for just over a year and for much of that time, they've also been members of Auckland Joggers. You've probably seen them biking to and from the club with the run sandwiched between and possibly envied their energy levels to cope with all this.



The rugby enthusiast element was definitely to the fore when Andy (43) first came to New Zealand following the 2003 Rugby World Cup and again with the British Lions in 2005. He was a rugby player at school, performing in both forwards and backs according to need, but enjoyed participating in many sports. Running was one of them.

Studying for a BSC in economics and econometrics at Bath University, he also ran cross country and road events. Andy became Commercial Pricing Manager for a chain of 1200 British pubs and enjoyed both the mathematical and retailing challenges of the job. He contrasts his experience with the Auckland retail scene, where sales have become everyday norms for large retailers who seem not to care about developing customer loyalty, but sell on price.

Andy moved to Burton-on-Trent to be with Sarah, a trained doctor, in 2006 and later they both started doing triathlons. He found he had to change his running gait from being a heel striker to more of a front-foot style to ease pressure on his legs. About the same time, he started doing some running coaching, which eventually became a full-time enterprise.

They were both growing disenchanted with what they call the typical professional English lifestyle where the job and earning money and buying a house dominates and there's little time or energy for active recreation. So last March, they headed for New Zealand where they really enjoy the work/life balance.

They're living in a largish apartment in Mt Wellington with a couple of flatmates. Sarah's an anaesthetist at Middlemore Hospital while Andy still works with eight athletes in the UK, via e-mail and skype links. He's on the lookout for a part time job which will allow both coaching and his own training to build. They both completed the Challenge Wanaka ironman in February this year which they thoroughly enjoyed and Andy's immediate sights are on the Rotorua Marathon.

One area of frustration for Andy are particular fads such as dietary, which plague sporting and wider Western lifestyles. So-called 'sports drinks' are high on his list - typically long on substances which make little difference to running performance, ahead of plain old H₂O. Andy's a stickler for going to the basics from the research and acting on it. So his coaching is holistic by taking in everything from running shoes, to diet, to running style.

Andy's website: ww@andt.coach

Problems While Running - by Eric Blazey (from AJC newsletter - Nov 1972)

1. Getting chased by dogs
2. Trying to get to the toilet and not making it
3. Tripping over some object in the road or footpath
4. Almost being run over by cars
5. Nearly being knocked down by a horse
6. Pulled muscles or tendons

He goes on to describe competing in the 10 man teams race, when the elastic in his shorts broke soon after the start, and he had to hold onto them. One onlooker (Eric Woods) told him to take them off and he'd run faster!

Ed: Donald Walker

Some of these sound familiar? Tell us your top issues on Joggers' Facebook page!

Results of AJC Guesstimate event April 2017

WALKERS			
	EST	ACTUAL	MARGIN
Charmaine Simmonds	0:45:00	0:35:35	0:09:25
Helen Lyons	0:35:04	0:36:28	0:01:24
Eileen Jenkins	0:28:40	0:36:53	0:08:13
Bruce Pedersen	0:38:27	0:37:08	0:01:19
Terry Woodfield	0:40:00	0:37:29	0:02:31
David Sheehan	0:37:32	0:38:41	0:01:09
Sandra Knight	0:40:27	0:39:28	0:00:59
Keith Beswick	1:00:00	0:40:10	0:19:50
Karin Baynes	0:45:00	0:40:49	0:04:11
Don Walker	0:33:00	0:42:12	0:09:12
Elizabeth Eden	0:42:43	0:42:50	0:00:07
Earl Irving	0:35:23	0:42:47	0:07:24
Denys Anderson	0:40:00	0:42:44	0:02:44
Margaret Amundsen	0:43:00	0:43:04	0:00:04
Nikki Coppins	0:43:43	0:43:27	0:00:16
Garry Collins	0:41:05	0:50:29	0:09:24
Irene Collins	0:41:05	0:50:29	0:09:24
Liz West (closest)	0:59:32	0:59:29	0:00:03
Doug O'Shea	1:01:30	0:59:45	0:01:45
Ross Cammick	1:28:06	1:05:12	0:22:54
Janet Green	1:04:00	1:05:27	0:01:27
Caroline McDowell	1:05:00	1:09:14	0:04:14
Lynda Williams	1:04:30	1:04:14	0:00:16
Barbara Brooking	1:05:30	1:08:56	0:03:26
Jackie Verwijmeren	1:25:22	1:09:00	0:16:22
Frank Parr	1:12:22	1:09:14	0:03:08
Michael Taylor	1:24:00	1:08:48	0:15:12
John Edwards	1:08:00	1:09:38	0:01:38
Maggie McKeown	1:04:04	1:11:46	0:07:42
Trevor McKeown	1:01:40	1:11:25	0:09:45
Bryan Taylor	1:12:00	1:12:35	0:00:35
Peter Neumegen	1:18:00	1:12:34	0:05:26
Ronnie Bridges	1:16:00	1:12:59	0:03:01
Sarita Nadan	1:15:00	1:12:59	0:02:01
Ward Buckingham	1:20:00	1:15:06	0:04:54
Jacky Vulinovich	1:15:09	1:14:54	0:00:15
Felicity Corne	1:14:00	1:14:54	0:00:54
Mary Gray	1:15:04	1:16:31	0:01:27
Raewyn Fisher	1:16:31	1:18:04	0:01:33
Roger Smeed	1:19:50	1:18:59	0:00:51
Christine Surman	1:20:00	1:30:43	0:10:43
Patrick Holloway	1:33:06	1:31:55	0:01:11

RUNNERS			
Steve Gemmell	0:30:00	0:32:20	0:02:20
Rowena (nm)	0:32:33	0:35:00	
David Hamilton (dnf)	0:54:00		

WALKERS			
	EST	ACTUAL	MARGIN
Letitia Farmer	0:33:20	0:34:12	0:00:52
Joy Lind (nm)	1:05:00	0:36:10	
Anna Spittle	0:31:13	0:32:08	0:00:55
Tracy Smitheram	0:36:00	0:35:22	0:00:38
Jenny McElroy	0:37:33	0:35:58	0:01:35
Nick Wood	0:41:41	0:39:09	0:02:32
Lisa Wong	0:38:48	0:39:46	0:00:58
Andy Thornton	0:44:39	0:45:32	0:00:53
Graham Goodwin	0:47:15	0:47:25	0:00:10
Graeme Stanton	0:47:30	0:47:53	0:00:23
Peter Jackson	0:49:00	0:48:53	0:00:07
Tim Sprott	0:55:10	0:49:18	0:05:52
Paul Berry	0:54:00	0:49:18	0:04:42
Sophie Surman	0:59:59	0:49:21	0:10:38
Elisabeth Stoddart (nm)	0:50:00	0:48:22	
Sarah Cammick	0:49:02	0:51:17	0:02:15
Tony Johns	0:49:49	0:51:41	0:01:52
Sarah Goodwin	0:51:37	0:52:21	0:00:44
Rob Corne	0:50:00	0:52:14	0:02:14
Kieran Dolan	0:56:00	0:52:43	0:03:17
Craig Andrews	0:58:40	0:53:42	0:04:58
Sarah Davies	0:56:21	0:53:40	0:02:41
Wayne Cunningham	0:59:23	0:54:02	0:05:21
Gail Parker	0:47:00	0:54:40	0:07:40
Colin Cole	0:53:00	0:56:22	0:03:22
Dave Johnson	1:03:17	1:04:35	0:01:18
Ray McElroy	1:05:23	1:05:05	0:00:18
Bernadette Surman	0:35:00	1:20:43	0:45:43

nm = non-member

Tight margins at the Guesstimate

The top four guesstimaters at the 2017 event all clearly demonstrated one significant feature: experience! You could almost have thrown an army blanket over the group of four, who finished within 4 seconds of their estimated times.



Liz West took out the premium award, with a differential of just 3 seconds between estimate and real time!

Margaret Amundsen also showed experience with a 4 second gap, while **Elizabeth Eden** and **Peter Jackson** claimed third equal, both recording 7 second margins.

How long should running shoes last?



This is one of the most common questions runners and walkers ask.

There is actually no one answer as there are many factors that will contribute to the wear of a running shoe.

I've had customers who have run in the same shoe for a number of years doing reasonable mileage with no problems and I've seen shoes completely blown out after 3 months. Weight, running style, type of terrain and shoe-fit all contribute to wear and tear of the shoe.

The most important aspect we look at with regards to the life of a running shoe is the midsole.



This is what provides us with the cushioning and protects us from the impacts of running.

As you will know all the major running brands have their own cushioning systems whether it be Gel, Air, Abzorb or any number of systems which add to the cushioning of the shoe.

But the main contributor to the cushioning of the shoe which is common to nearly all the brands, is

some form of Compression moulded EVA (Ethylene-vinyl acetate) This makes up the majority of the midsole. This is a memory foam that compresses and reforms back to its original state, but it never reforms 100% and this is why over time, the midsole gets harder or has less bounce back.

If we assume that you have been fitted into the correct running shoe for your running gait and the shoe fit is correct and we are looking at a mid to high mileage model, our rule of thumb is that you will get approximately **1000km out of your shoes or if you are running around 20km per week you should get around 12 months' wear.**

With a lot of the lighter weight shoes now available in the market place, there has generally been a compromise made to get the weight down. You will not get the same mileage out of these shoes and they are more likely to be in the 600-800km range.

These mileages are rough guides and all runners will wear out their shoes at different rates so remember to listen to your body and don't ignore those aches and pains and check those shoes out!

Mike McKenzie - Managing Director



Auckland Joggers Contacts

Website: www.aucklandjoggersclub.org

President: president@aucklandjoggersclub.org

Secretary: ajcsec@aucklandjoggersclub.org

Club room answer phone: (09) 520 2321

General enquiries & membership:

jogger@aucklandjoggersclub.org

Newsletter editorial: Alan Knox

Formatting: Sue Knox

Events Records: Kerry Edwards