



Some characters from Round The Bays 2018



Dad Rob and daughter Amelie Paul ran RTB for the first time! They were with the large Mainfreight team and Rob ran it in 52.58 and Amelie (16) in 59.25.



Rob Horwood took a bit longer but he's over 70. He's from the Scottish Sutherland clan (as is your editor) so all good!



Helen and Zonja happily represented St Patrick's Unathletic Department



Good turnout from Manurewa this year, including Fono and Carolino, Lei'zharrn and Charlie

We welcome the following new members

Heather Chamberlain, Debra Hansen, David Holford, Debra Houghton, Tracy Johns, Herman Potgieter, Michael Stoddart, Adrian White and returning members, Steve Doughty and Noeleen Elder

Sarah and Ross Cammick

Every week AJC members live out the club motto: *'Fitness with friendship'*. We could probably all run or walk on our own, but choose to do it in company and the popularity of the post-event cuppa attests to the valuable friendships we build up. Some of us will even confess to perhaps casting a fairly approving eye on one or two members as we get to know them.

Sarah and Ross Cammick in 2004, took mutual approval a big step further, when they were married, in their own backyard. As befits joggers, the romantic attraction took time to gestate and included a trip together to England and Ireland in 2000.



Sarah had been an enthusiastic netballer for some years and was winkled along to Joggers in 1993 by her Dad, Graeme Reed who was then a Vice President of the club. She found AJC people friendly and encouraging and came to participate in a range of events which often included cycling or swimming or both. And it's still the same today: she likes variety.

Ross was into rugby and cricket as a young man but along the way, discovered cars and specifically, car rallying. He and a mate developed a Ford Escort which they ran in a range of Auckland Car Club events, such as hill-climbs. In so doing he developed solid skills as a mechanic and all-round go-faster bloke.



His highlight was in 1973, when he bought a 1959 Austin Healey 3000, stripped it right down and rebuilt it over some years. He belongs to the Austin Healey Car Club and says, surprisingly, that because Healey parts are being manufactured today, that you could actually build a new one from scratch. Not that he's volunteering. But he is working on a very old 1 litre Cooper two-seater, which Sarah ruefully admits, he's been in the process of since she's known Ross. Good things take...

We know Ross and Sarah as draughtsmen (people?), but Ross was so into rallying that from 1973-1985, he was a freelance photographer of car rallies. Sarah's focus is in land surveying draughtsmanship for the building industry.

Ross joined AJC in 1992 and mixed jogging with playing squash. He trained for a few marathons until knee issues forced him to walking.

Like most joggers, seemingly, the Cammicks are avid world travellers and are off to Japan in June this year.

They both stress how important the social side of AJC is to them and that most people have a healthy, positive attitude to life, which makes them good to be around. Ross advocates using more of the club's accumulated funds on today's members, instead of waiting for some unsure goal in the future. He believes we shouldn't begrudge spending a few dollars upgrading facilities and going on picnics. Keep the friendship aspect healthy!



< James Piper, Bruce Pederson, Ross, Steve Gemmel and Grant Phillips refreshing after a run, a year or two ago.

Three AJC men speak about dealing with loss

The most inevitable fact about life, is that it ends some time. And as inevitably, there's hurt, particularly with someone close. Loss is painful and we are all affected by it and deal with it differently.

It's generally assumed that women show and deal with grief more readily than men, who may not know how to release their feelings. Three men from AJC have experienced loss and grief in the past few years and share their experiences here.



Alf Simpson

Alf Simpson's wife Mary died on 18 March 2017. And he set the tone for life after, when he was there at the club the Tuesday night following her

funeral. He wasn't hiding away feeling sorry for himself. 'She wouldn't have wanted that, and neither did I'. And we all respected him for being so forthright and well, brave.

In fact, he says 'I talk about her a lot to different people. And it takes the pressure off.'

Mary's buried in the Waikaraka cemetery in Onehunga and Alf goes down and talks to Mary, tells her what's been going on and cries a bit.

Alf grew up with five brothers and five sisters on a farm at Takahui, near the Mamakus in Northland. His mum was Ngapuhi and one of the many progeny of Leafs in the North. His dad was English and a child migrant, who was exported out of England during the First World War. He says the Pakeha/Maori marriage was not at all uncommon then and was not an issue for he and Mary.

Interestingly, Mary and Alf spotted each other when swimming at the Jellicoe Pools and Mary asked her friend to tell Alf about her interest. Shy Alf from Takahui awkwardly approached Mary and asked her to come to the movies. They did, to the State Theatre in Onehunga. Alf was doing naval training and Mary Lynch was still at high school.

Their relationship just grew from there, the only sticking point being that Mary was a strong Catholic and Alf more a Bush Baptist, as he puts it. Following some discussion, Alf and Mary agreed that their two girls, Rachel and Lauren, would attend a Catholic Primary School, Monte Cecilia, but a secular secondary school, Epsom Girls.

Such agreements characterised their relationship, including agreeing to disagree and leaving it at that.

One story persists: they had been going together for some time, when Mary bluntly asked shy Alf when he was going to get around to proposing to her. So he did, and away they went!

Alf credits Mary with helping him to accept his feelings and recognise how important they are to him. He also believes that life for him is a kind of pathway and that God is there somewhere with him.



He loves the positivity of Joggers people who 'you can have a laugh with' and feels looked after by the 'girls' at Raewyn and Ronnies' table.

Alf is still in the home he and Mary shared and he won't be moved out in a hurry. All the memories are there. 'I just carry on; she's still with me'.

George Andrews

"Oh, you're the television man with the elegant wife?", George chuckles. He likes that one; extremely proud of his 'elegant wife' Ann who died



last year age 76. Ann had been diagnosed with Parkinson's disease 18 years earlier and the family had lived with her gradual decline, until the end came relatively suddenly in March 2017. And there's now a

memorial to Ann, in place in Eden Gardens.

Ann and George met in London way back in 1966 and were married two years later. For George, this fifty years together helps him cope with the loss of Ann, that he's so grateful for having had his soul mate beside him for so long.

Her diagnosis propelled Ann into researching the disease and she discovered that there was not a single New Zealand-produced book on how to deal with Parkinson's. So she set out to write one.



'Positively Parkinson's' was the much acclaimed result which was published in 2011.

Ann described it as the book she wished she'd been able to read at diagnosis and fellow Parkinson's sufferer John Walker declared that her book was 'the bible' for anyone with the disease.

George, who worked primarily as a television and documentary producer, assisted his wife with most facets of the book and says that collaborating on the project helped them both cope with the onset of the disease.

Ann produced another book for children, entitled 'Grandma's Brain', which is a pictorial story of what was happening, with their own grandchildren in mind.

She was in the process of writing another book, which is due for release later this year, when she passed away quite quickly, from ovarian cancer. For the book, Ann had researched over time, some twenty couples who were coping with Parkinson's.

George has been fully involved in completing this book and is clear that he is honouring his beloved wife in so-doing and also helping himself cope with her loss. But, he says also that however much work they did on writing about the disease, when the end finally came for Ann, George was 'no more ready than anyone else'. It's still a shock.

He admits to getting tearful when discovering some element of Ann's work he hadn't seen prior.

George knows that maintaining continuity of some activities is important to him, such as still running with Joggers on Sunday mornings, which he's been doing since 1975.

He also keeps in close contact with his children and grandchildren, who provide joy and continuity.



Ward Buckingham

Ward Buckingham is a real family man. He and Julia were blessed with three children: Adam, Joy and Mark.

Adam, the eldest child, had particular skills with young children and became an early childhood teacher. He was particularly creative in blending the childhood work with community development.

One of his signature projects was called 'Trash to Treasure', whereby unwanted materials were recycled into useful articles. For instance he worked out a system for converting long, wooden pipe cases into tables and chairs which children helped work on, then used the finished products.



Adam with some of the fun toys children made from trash

For his creative work, Adam was recognised with a Green Ribbon Award in community education.

Then in October 2015, when he was almost 50, Adam was climbing Mt Nutt in Tasmania when he unexpectedly had a turn, like a brain seizure and had to be carried down. Returning to Auckland, seven tumours were discovered in Adam's brain.

Strangely, there'd been no warning symptoms of this. And in spite of extensive treatment, Adam slipped away, leaving his wife and two children Clay 10 and Ellie, 5.

Ward and Julia were distraught and Ward recalls arguing with God about why a good family man, with those community sensibilities should be cut short. But their faith provided a cushion for their feelings and allowed them to recover.

They also feel strongly that keeping their own and their family routines helped them through the loss of their son. Ward says that they received great support from his Presbyterian Harriers mates and their church family.

All of these elements helped Ward and Julia remain positive about life.

In talking with them, it's also clear just how significant their grandchildren have been in keeping their focus on the future. And that's exactly how Adam would have wished it, for children look to tomorrow, not last week.

The other really healthy aspect of their coping that they're aware of is that they all talk about Adam a lot and his dying and his death. They're not all treated as taboo topics.



Running and Diet ...and good sense

by Barry Magee, Patron of Auckland Joggers

There is probably more nonsense and advice written and spoken about foods and diets and weight, than anything else

around today.

The question is – how much and how little do runners need to be educated about food, vitamins and minerals etc. to help them live healthier and better lives? What we do know is that NZ is now an obese country. We need good advice.

To start, here are a few home truths about diets and extras among my training buddies of whom I was one of the original six of Arthur Lydiard's boys. We brought home 6 Olympic medals and recorded 17 World records between us. I'm talking about Snell, Puckett, Halberg, Julian, Baillie, Magee and we were joined along the way by Davies. For the 10 years that I travelled and lived with that bunch, NONE of them had fancy diets or fads. We ate everything but all ate sensibly.

Originally, Arthur did have some strict rules:

1. Take calcium every day
2. No sugar in the house. Honey, Yes!
3. No salt added to foods.

In his first book he wrote that athletes did NOT need to take extra vitamins and minerals. But ten years later he wrote the opposite saying, "Athletes cannot afford NOT to take Vitamins and minerals".

So what changed?

1. Some of the world's best sporting nutritionists proved to him that he was wrong. (Very rare)
2. He realised that athletes were different from normal humans and needed extras that they could not get from regular food alone as they burnt and used up so much with training.
3. He realised that we had moved into an era where there were soil deficiencies and

lessening of the natural elements in the soil. In his day most households had gardens and grew their own vegetables, but everything was changing.

Looking back in hindsight, we know that Arthur was correct.

In 1950 there was a study done of how much vitamin and mineral content was in our fruit and vegetables. In 2000 they did the same tests, which showed that all that content was 15-70% lower. We were being robbed!

The best advice around now says -

1. You have to dumb or stupid NOT to take a good multi-vitamin tablet after 40. (Dr Wallach)
2. After a 10 year study at Dallas University, they found nothing better for human performance than Omega 3 – fish oil. (Dr Peter Snell)
3. Athletes should take calcium/magnesium every day to:
 - a. Strengthen every bone
 - b. Relax total muscular system
 - c. Relax total nervous system (Arthur Lydiard)

What I know is this –

There are 90 vitamins and minerals and amino & fatty acids – we need them ALL.

At 84 years, I still take what Lydiard suggested to me 60 years ago and I am on NO medication at all.

Exercise plus nutrition will help you in every area of your life.

Also drink plenty of water.

LYDIARD's advice was always "Eat healthy fresh fruit and vegetables as often as possible and be sensible about it".

If you want to learn more then get the book:

"Distance Training for Masters"

(Lydiard/Gilmour - Meyer & Meyer).

It has 7 pages about vitamin and mineral supplements.

How are they doing?



Dennis Clifton is now 82 and living happily in his own house in Balmoral. He cooks for himself, though reaches for the ready-to-eat meals from time to time.

Ten years ago was diagnosed with prostate cancer and had a small op and has had lots of drug therapy since. He says that he's still slowly recovering. He can walk up to an hour now and is looking forward to coming back on Sunday mornings some time soonish.



Terry McCabe (80) these days wakes up in a retirement village on the edge of the Panmure Lagoon. He does a bit of gardening when his legs are okay and really enjoys the social activities the village turns on. His dry sense of humour is still alive and he tells yarns with his soft voice and the same twinkly eyes. He's good to catch up with.

Terry hails from the small town of Hay in New South Wales and came to New Zealand in the 1950's and played prop for Cornwall Senior rugby team for over ten years. He married Maureen and had a girl and boy. Later, he taught Tech Drawing at Sacred Heart College and coached the second fifteen for some time.

Terry was a stalwart in the Lost Kids tent at Round the Bays for many years. Kids enjoyed this large, friendly bear with a heart of gold and Sue Knox will never forget his dancing finesse at the Joggers' parties! He's been an AJC member for over 30 years.



Renee with Sophie and Ella

Renee Jensen

Renee ran with us for several years before marrying Oliver and then producing these delightful twin girls just over a year ago.

Renee is a lawyer and was with Wilson McKay before the twins event.

We wish them all well and she promises to come running again.



Harry and Miranda

Miranda Turner: "Harry fits perfectly into the family or at least we have fitted perfectly around him. He enjoys crawling, twirling in the curtains, keeping Mum and Dad (Michael) awake at night and has just cut 1 tooth. He's one year old in May.

I miss Joggers and hope to be back one day. Maybe Harry will be a little runner too". .

Guesstimate 2018 Results



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Experience counts! Dave Hamilton won the Guesstimate event with a miserable seven second variation between guess and reality.

Ray McElroy was at the other end of the spectrum, managing to be over 17 minutes out!



Name	Walk/Run	Estimated	Actual	Difference
David Hamilton	Walk	77.30	77.37	.07
Michael Stoddart	Run	54.23	54.08	-.15
Charmaine Simmons	Walk	38.10	57.54	-.16
Sarita Nadam	Walk	80.20	8.50	.30
Garren Espn	Run	19.48	19.26	-.22
Steve Doughty	Walk	56.26	56.41	-.45
Lynda Williams	Walk	70.20	69.31	-.49
Frank Parr	Walk	39.24	40.30	1.01
Dave Sheehan	Run	72.30	71.10	1.20
Adrian White	Run	21.15	23.42	1.27
Noeleen Elder	Walk	67.15	68.46	1.31
Denys Anderson	Run	32.26	30.51	-1.35
Nikki Copping	Walk	44.37	42.58	1.39
Margaret Amundsen	Walk	45.00	43.03	-1.57
Liz Eden	Walk	42.43	40.40	-2.03
Lynette Dallas	Walk	68.30	66.25	-2.05
Peter Neumegen	Walk	75.40	73.32	-2.08
Janet Green	Walk	64.00	66.11	2.11
Keith Beswick	Walk	38.15	40.36	2.21
Roger Smeed	Walk	43.25	41.04	-2.21
Graham Goodwin	Walk	44.44	47.07	2.23
Trevor McKeown	Walk	73.49	71.23	2.26
Sharon Eaton	Walk	45.35	43.06	-2.29
Shirley Jones	Walk	45.00	42.23	-2.32
Jude Sprott	Walk	56.23	58.55	2.32
Andy Thornton	Run	38.38	36.04	-2.34
Tim Sprott	Run	53.41	50.06	-3.35
Helen Lyons	Walk	72.30	75.09	3.39
Sarah Goodwin	Run	51.03	47.19	-3.47
Karin Baynes	Walk	44.38	40.40	-3.58
Don Walker	Walk	43.20	37.54	-5.06
John Edwards	Walk	75.02	69.54	-5.08
Ronnie Bridges	Walk	75.30	80.50	5.20
Brian Alexander	Walk	37.05	42.28	5.23
Wayne Cunningham	Run	62.37	58.18	-4.19
Terry Woodfield	Run	35.00	29.12	-5.48
Barbara Fish	Walk	75.07	68.47	-6.20
David Holford	Walk	80.00	73.32	-6.28
Raewyn Fisher	Walk	74.01	80.50	6.49
Jackie Verwijmeren	Walk	83.35	75.26	-8.09
Mary Grey	Walk	36.24	45.18	8.54
Julie Cull	Walk	85.00	75.09	9.31
Liz West	Walk	35.20	45.18	9.58
Patricia Eastmond	Run	90.00	71.37	-12.23
Heather Chamberlain	Run	75.00	58.23	-16.37
Ray McElroy	Run	40.00	57.15	17.15
Debra Houghton	Walk	78.15	43.45	-34.30
Sonya Hansen	Walk	88.04	43.45	-44.19

Guesstimate snaps



Raewyn, Sarita and Ronnie enjoying the Guesstimate



Janet Green and



Lynette Dallas were about 2 mins out

AJC Executive Committee heroes for 2018



*Dave Johnson (Club Capt), Sue O'Shea (VP Admin), Kerry Edwards (VP Social), Doug O'Shea, Jude Sprott (PastPres)
Carolyn McDowall, Helen van der Peyl (Secretary), Kate Munckhoff, Tim Sprott (Treasurer)*

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