



The Auckland Joggers Club



Auckland Joggers Newsletter *April 2015*



Purple zone starting line Round the Bays 2015

This group started 15 minutes behind the other participants in an effort to reduce congestion.

We welcome the following new members

Sarah Davies; Richard Elliott; Yasumasa Fujita; Marie Litchfield; Chris Melley; Graeme Stanton;
Charlotte Thorne; Mun Hwan Yang

President's report

Hi all

Can you believe that it's nearly Easter, where has the time gone!!

The start of the year has been busy. The club refresh has kicked off with a new paint job. Plans now include the ladies showers and toilets. The new management contract is returning revenue from use of the facility, so now CPSA has funds to make these improvements.

Your committee has been working on several new ideas to both attract new members and add interest for existing ones. We want to build the social side. Welcome back the Rangitoto trip! It was good to see many people there on 29 March. We're working on ideas for mid-winter; starting to plan a quiz night and possibly a bowling event later in the year.

The round Taupo relay event was a lot of fun and building on this, we have made a preliminary booking for running around Mt Taranaki: watch out for details. If there is an event that you think club members would be interested in, let your exec know so that we can promote it. It's not about being competitive it's about sharing fun.

We are continuing to promote the club. The Website is being up-dated regularly, we've increased postings on Facebook and we have launched Auckland Joggers on Meetup, this is

another social networking site which is generating interest, several of our recent new club members found us through this.

The 8 weeks to 8km training programme was a success, despite a late start and little promotion, thank you to all who helped. From this programme we have 7 new members already, with a few more who are still showing interest. We hope to run another programme later in the year.

We have also launched a new one hour running pack at 6.00pm on Tuesday and Thursday evenings. Hopefully it will help those who find 5.30pm a struggle.

To end, thanks to all of the people who helped at Round the Bays for a job well done!

Hoping to see you at the club soon

Best wishes

Jude



Picnic in the park February 2015

Newcastle honours Auckland Joggers at Round the Bays



Tracey Cramond centre presents Jude Sprott and Alan Knox with a picture of the Great North Run 2014. From the left: Jude, Simon Tong (Managing Director, Fairfax Media), Tracey and her dad, Alan, David Hart, Tracey's brother-in-law.

Newcastle native Tracey Cramond, sprang a surprise on Auckland Joggers at Round the Bays this year. Tracey was the millionth runner to complete the Great North Run in Newcastle northeast England, in September 2014.

The connection with us, is that Brendan Foster, a top-performing British long-distance runner in the 1980's, ran Round the Bays in 1980 and was so inspired by it all, he launched a similar event in his hometown of Newcastle.

Thirty five years on, the Great North Run chairman Foster, honoured his pledge to send the millionth runner, who happened to be Tracey Cramond, to run Round the Bays in Auckland.

Tracey was introduced to the crowd by Jason Gunn at the start line on Sunday 8 March and she told everyone how delighted she was to be here. She also said how that in some ways, she was doing it for her Mum, who passed away in 2013.

She completed the 21 km of the Great North Run that year with her son-in law, Danny, and then

entered the 2014 event to raise money for Butterwick Hospice in Stockton.

"It's a charity very close to my heart," said Cramond, who works as a buyer for the National Health Service.

"And it was very popular with my mum, because of the care they give to all ages but especially to children and babies; that's why I did the Great North Run again last year, to raise money for Butterwick.

Then, at the finish of Round the Bays in Auckland, she and her dad and brother-in-law, presented the Joggers club with a beautiful colour painting of the Great North run, as a 'thank you' for our role in helping establish their event. Tracey also gave us a personal memento – a Great North silver medal struck for the event last year.

At half marathon distance, the Great North Run is considerably longer than the 8.4km of Round the Bays. But last year 57,000 people participated!

Philippa's First Ever Blackbridge

The annual Blackbridge event was held on a warm summer's evening late last year. Brian Alexander and I arrived early to put up the arrows to try to ensure everybody followed the correct course.

It seems that every year, someone gets lost and then the course is debated and some say there were not enough arrows! Fortunately, some of the kind club members offered to be marshals to get people through the tricky bits, arrows or no arrows.

Everybody gathered at the Cornwall Park Cricket Grounds and registration was quickly underway, thanks to our organised club members and the event started about 5:50pm.

This was my first Blackbridge event, and I couldn't help noticing how many people turned up, proudly wearing their joggers' shirts and displaying their competitive edges!

In an effort to attract new people to the club, we had advertised the event in the Central Leader, resulting in about 10 visitors, all of whom tried hard and seemed to enjoy themselves.

The course clocked in at 12.96km and twice up Deadman's Hill for the runners, sorts them out.

But it was beautiful evening in Cornwall Park and for my first Blackbridge, I was very happy.

We then retired back at the club rooms for dinner and the prize giving.

Well done to everyone who participated!

Philippa Dumont, Club Captain

<i>Blackbridge 2014 results</i>		
Runners	Time	
Paul Berry	58.22	1 st male
James McCormack [visitor]	61.02	
Graham Goodwin	61.53	1 st in age group
Chris Mellow [visitor]	64.27	
Sarah Jackson	66.45	1 st female
Sarah Cammick	68.41	1 st in age group
Nigel Horne	69.28	1 st in age group
Frazer Brown	71.37	
David Hamilton	71.52	1 st in age group
Terry Woodfield	72.00	
Tony Cutten	72.05	
Earl Irving	73.01	
Renee Harden	73.08	
Anne Whineray Smith	74.30.	1 st in age group
Wayne Cunningham	76.59	
Philippa Dumont	79.40.	
Bruce Pedersen	80.37	
Gail Parker	81.40.	
Steven Diver	82.32	
Patricia Eastmond	87.55	1 st in age group
Walkers		
Doug O'Shea	65.50	1 st
Barbara Brooking	72.38	
Dianne Walker	75.23	
Bryan Taylor	75.47	
Janice Sangster [visitor]	75.53	
Barbara Fish	75.53	
Lynda Williams	76.23	
Lynette Dallas	77.03	
Sue O'Shea	77.03	
Wilma [visitor]	80.25	
Michael Taylor	81.45	
Peter Neumegen	81.45	
Ronnie Bridges	84.45	
Janet Green	84.45	
Jackie Vulinovich	86.40	
Raewyn Fisher	86.40	
Sharon Eaton	90.52	
Ian Hampton	90.52	
Helen Avt	91.05	
Deborah Jackson	91.05	
Jessica Crocker	91.05	
Patrick Holloway	99.52	
Jonathan Inggs	104.00	

Call the doctor

Club Treasurer Dr Tim Sprott offers members good seasonal advice



As we head into autumn, what should I do about exercising if I get a cold or flu?

The good news is that mild to moderate regular exercise is good for our immunity. So keep on walking and jogging.

But what do I do if I get sick?

A good rule of thumb if you get ill is the “**neck line**” rule.

Mild to moderate exercise is fine if your symptoms are all “**above the neck**”, such as when you have the common cold. Common cold symptoms include runny nose, nasal congestion, sneezing or minor sore throat. But if you feel fatigued and miserable, consider reducing the intensity and length of your run or walk, or take a break, until your symptoms have resolved. Let your body be your guide. Resume your normal running or walking routine gradually as you begin to feel better.

Don't exercise if your symptoms are “**below the neck**”, such as with the flu where symptoms are fever, cough, chest congestion, and widespread muscle aches or pain. The influenza (flu) virus affects both skeletal-muscle and heart-muscle cells by decreasing their function, affecting exercise performance for several weeks after the flu. Several studies indicate that muscle strength, endurance, and even cardiac output

are significantly lower in those recently infected by flu. Exercising at your normal intensity when you have more than a simple cold risks more serious injury or illness until you have had several weeks of recovery.

This is also a timely reminder to have the **flu vaccination**. Side effects are relatively few, it is effective, and you cannot catch flu from it as the vaccines use inactivated viral particles. Minor side effects seem to be reserved to the substrate of the vaccine and are short-lasting. The vaccine is also free for people over 65 or if you have chronic medical conditions such as diabetes, heart or respiratory disease.

And if in doubt check with your doctor if you aren't sure if it's alright to exercise.

Slow and steady achieves weight loss...

Traditional endurance exercise three times a week, is the best strategy for weight loss. So says a study from the Charles Perkins Institute of the **University of Sydney**, published in the Journal of Obesity.

The study compared two groups: one doing 45 minutes of moderate-intensity aerobic exercise, the other, short bursts of exertion, much touted by some experts.

High intensity training does improve fitness, but it's not effective for weight loss. Researcher Shelley Keating says that the traditional 45 minute endurance program ‘slims your core and positively improves your body fat composition’.

‘Substituting high-intensity interval training for regular aerobic workouts is not a fast-track to fat loss, if you're overweight’ she adds.

Ms Keating suggests 5 minute warm-ups and cool downs are also important to build in.

Auckland Joggers Pack Leaders 2015

Running Packs:

Fast Pack Pace: 5.00-5.15 mins/km

Tim Sprott, Greg Chalmers, Sarah Jackson

Frostie's Pack Pace: 5.30-5.45 mins/km

Frostie (Mike Harrington-Frost), Colin Cole, Anne Whineray- Smith

Bruce's Pack: Pace: 6.15-6.30 mins/km

Bruce Pederson, Kerry Edwards, Wayne Cunningham

Slow Pack Pace: 6.45-7.00 mins/km

Earl Irving, Paul Ware, Dave Johnson

Walking Packs:

Fast Pack Pace: 8.00- 8.30 mins/km

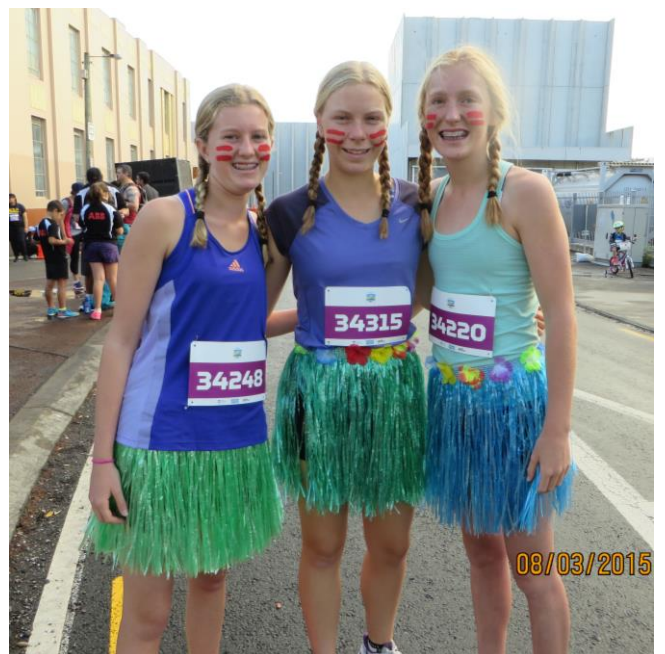
Thyra Jensen, Julie, Kate

Moderate Pack: Pace: 9.00- 9.15 mins/km

Sue O' Shea, Lynette Dallas

Frank's Pack: Frank Parr

Slow Pack Patrick Holloway



Patently waiting to start Round the Bays 2015 - some of the citizens of Auckland

Great Round Taupo Relay Team Feb 2015



Ten Joggers enjoyed the camaraderie, braved the challenges and continued the tradition of participating in this iconic relay, run on 21 February 2015.

Our team:

back row: Graeme Stainton, Graeme Goodwin, Colin Cole, Chris Thorne;

middle: Sarah Evans, Charlotte Thorne, Anne Whineray-Smith, Jude Sprott, Philippa Dumont de Chassart;

front: Tim Sprott.

We circumnavigated the 155km route in a very creditable 13hrs: 33 mins.

We all enjoyed supporting our team on the different legs as well as socialising

afterwards over a great dinner – where great expertise was shared over the BBQ.

Undeterred we are entering a team into the Round the Mountain Relay in November – watch this space....

AJC Executive Committee 2015

President: Jude Sprott

Vice President Admin: Kerry Edwards

Vice President Social: Miranda Knight

Secretary: Anne Whineray-Smith

Treasurer: Tim Sprott

Club Captain: Philippa Dumont

Committee Members: Denys Anderson, Alan Knox, Peter Neumegen, Frank Parr

Picnic in the Park 2015



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