



## The Auckland Joggers Club



### Auckland Joggers Newsletter

December 2014



*Gail Parker, President Jude Sprott, drinks station general Paul Ware and Sarah Rapira serving the thirsty at the Auckland Marathon in November. In the background are Patrick Holloway and Greg Chalmers.*

### ***We welcome the following new members***

Cecile Brugnoli; Graham Goodwin; Lauren Glass; Kirsty Power; Tiri Raumati Greenhalgh; Yasmin Vialoux

## President's report

Hi all

It is strange to be writing my first article for the newsletter, Joggers has changed my life. I joined Joggers 3 years ago, I am now fitter, have more energy, and some wonderful friends.

As the new President I wish to thank all who have recently retired from roles on the Executive Committee, Thanks to Alan Knox for great work as President over the last 3 years. Special thanks to Brian Alexander for a job well done encouraging new members, sorting packs and co-ordinating events. Thanks to Kirsty Piccard, for involvement in events, entertainment and Facebook-your "can do" attitude will be missed.

Welcome new committee members Philippa Dumont de Chassart, club captain, Ann Whineray Smith, secretary and committee members, Denys Anderson and Peter Neumegen. Thanks also to continuing members Frank Parr, Tim Sprott, Kerry Edwards and Miranda Knight, what a great team!

The committee are brimming with ideas and keen to get moving. We want the club to have a bright future, to attract new members and ensure existing members continue to gain enjoyment and satisfaction. We are looking at new events and bringing back some old favourites. People say Joggers is one of Auckland's best kept secrets, we want to let the secret out!! We are keen to support people just beginning to exercise, to get fit enough to run/walk with the Joggers through a graduated programme, just like for the first Joggers who couldn't run to the end of the Drive!!

On the facility side, we now have a bar licence and interim manager Brett Young. Joggers, with CPSA, are developing a new bar and facility management contract, giving joggers improved access to the club with revenue going to the CPSA. The draft contract will be released to the Joggers membership in the New Year. In the interim Brett is running the facility as directed by the CPSA.

Till next time wishing you a happy Christmas and New Year.

Kind regards  
Jude Sprott

## Kerikeri Half Marathon Events 16 November 2014



Sue O'Shea completes her 16<sup>th</sup> Kerikeri half marathon

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### Half Marathon Run

Sarah Jackson	1.39.53	3 <sup>rd</sup> in age group
Sarah Cammick	1.44.37	7 <sup>th</sup> in age group
Anne Whineray Smith	1.50.34	5 <sup>th</sup> in age group
Tony Cutten	1.54.14	1 <sup>st</sup> in age group
Kelly Whyte	2.05.11	
David Hamilton	2.06.23	1 <sup>st</sup> in age group
Kirsty Picard	2.06.59	
Anna Spittle	2.12.01	3 <sup>rd</sup> in age group
Kerry Edwards	2.13.13	4 <sup>th</sup> in age group
Dave Sheehan	2.23.11	
Barbara Fish	2.48.50	

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### Half Marathon Walk

Sue O'Shea	2.56.03	8 <sup>th</sup> in age group
Barbara Brooking	3.02.25	5 <sup>th</sup> in age group
Sarah Rapira	3.05.22	7 <sup>th</sup> in age group

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### Hybrid (Run Walk)

Doug O'Shea	2.20.28	1st in age group
John Edwards	2.30.24	1st in age group
Julie Cull	3.02.05	2 <sup>nd</sup> in age group
Stella Lim	3.05.22	8th in age group

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## **ASB Auckland Marathon 2 Nov 2014**

It's not yet 6 o'clock Sunday morning November 2 and shadowy figures are lurking near the southern end of the Harbour Bridge as the sun gently composes the dawn. Auckland Marathon Day and Auckland Joggers members are starting to set up their Curran St drinks station under the generalship of Paul Ware, as traffic roars up the bridge towards the North Shore.

What a lovely still, warm and slightly overcast morning! 'Great for running', we say to each other. 'Yeah – why are we here?' This feeling was affirmed after 4 hours of handing out drinks with Sarah Jackson muttering 'Well, we may as well have run the marathon – easier than doing this!'

Meanwhile over at Devonport 3200 marathon runners are in the last stages of preparation for their start at 6.

Auckland marathoners first ran over the bridge in 1992 as a one-off, becoming a regular feature later. Of course, it's a major element in the success of the event and this year, for the first time, quarter marathoners ran the bridge as well. There was a limit of 3500 entries for this event.

As the half is getting under way at 6:50, drinks dispensers at Curran Street are having a cuppa and muffin, courtesy of Kerry Edwards and preparing to cheer the first marathoners through. They have set up their Powerade and water tables, balanced as many paper and plastic cups as possible on each and poured the liquids in.

There are rituals to this: one person putting the cups down, another coming behind filling. This is particularly important for the accursed plastic cups, which can blow away before they are filled.

Everyone is aware that the marathon field, reasonably stretched out by the 16k mark at Curran St, is quite manageable in terms of drinks delivery.

The onslaught is the half, where a huge bulge in numbers lasts about an hour and a half before

fading to a trickle. Frantic refilling is required to keep pace with the invasion.



*Felicity Corne and a happy customer*

Generally, people are grateful for their drinks and even say 'thank you'! And it does help.

Occasional comments such as 'Mmm nice pair of buttocks' or compliments on smooth running styles emanate from voices unknown. Those of us truly committed, engaged head down in filling cups, can only take their word for it.

Meanwhile Raewyn Fisher and Tony Cutten are raking empty cups to the gutter and Frank Parr is ensuring logistics are maintained in his domain.



*Raewyn Fisher cleaning up as the party goes on...*

Then as the half entrants fade, the 10k runners arrive and it's all on again until the last walker pads through at about 10:45.

Nick Hoy must have yelled 'Powerade' at least 700 times and Patrick Holloway thinks he'll be calling 'Water!' in his sleep. Sarah Rapira is so encouraging - 'Good on you runners! Keep it going'.



*Patrick Holloway, left leaning*

Then it's clean up, pack up and go home.

Auckland Joggers get \$800 for our efforts. That might be part of why we get 35 people down there, including Del Sims who may have the club record for drinks stop appearances! It's also the camaraderie, the team work and doing something positive for the people of Auckland.



*Earl Irving amassed over \$3500 worth of support for the Heart Foundation in running the 2014 Auckland Marathon, while **Patricia Eastmond** raised \$921 for Starship Foundation, running the half. Well done both of you!!*

## Auckland Marathon Results

### Marathon

Paul Berry	3.31.27	2nd in age group
Michael Simons	3.55.04	
Tim Sprott	3.59.56	
Earl Irving	4.56.39	11th in age group
Kirsty Power	6.05.57	1ST MARATHON

### Half Marathon

Chris Thorne	1.42.51	
Rob Corne	1.57.54	
Philippa Dumont de Chassart	2.04.15	
Nigel Le Sueur	2.06.03	
Dan Dillane	2.07.32	
Dave Sheehan	2.11.07	
Heather Chamberlain	2.12.34	
Richard Fox	2.12.50	
Nicola Meyer-Smith	2.18.13	
Vanna Buchan	2.19.18	
Phil Townsend	2.27.12	
Patricia Eastmond	2.32.40	3rd in age group
Jeanette Rogers	2.32.54	
Des Brennan	2.33.17	
Charmaine Bernard	2.39.12	
Daryl Lewis	2.36.39	
Doug O'Shea	2.54.25	
Sue O'Shea	2.54.41	
Stella Lim	3.11.21	

### 10 K

Liz Thomas	50.14	3rd in age group
Jennifer Webber	1.09.43	7th in age group
Peter Siah	1.31.05	
Emma Kippenberger	1.17.02	
Jan Kippenberger	1.17.02	



*At the AGM **30 year membership certificates** were presented to: I-r Frank Belk, Mary Cronin, Bev Horton, Sybil O'Brien and Roger Smeed*



*Nick Hoy, Shirley Jones and Des Snell complete **20 years' membership** at Auckland Joggers*



## Call the doctor

**Club Treasurer Dr Tim Sprott offers members good summery advice**



Here are a few tips for making summer walking and running more enjoyable – even making you fitter!

Summer walking and running obviously increases the core body temperature. A runner expends 500-1500 kcal/hr of energy and 75% of this energy produces heat. This can raise our body's core temperature during hot and humid conditions making summer running difficult.

### What should I do about hydration?

The usual recommendations are-

- Drink adequate fluid 30-45 minutes before walking or running.
- Drink a cupful of fluid every 20 minutes while you run.
- After exercise you should try and drink more water than necessary to speed up recovery.



*Chris and Charlotte Thorne at the Kay Lydiard*

- Sports drinks? Water is fine for rehydration if you have exercised less than 90 minutes –and your dentist will be happier if you have not used a sugary electrolyte replacement drink.
- For runners carbohydrate/protein drinks or milkshakes may rapidly replenish glycogen stores, which are more quickly depleted in hot weather.
- In most cases when runners suffer from heat stroke and heat exhaustion, it's due to poor hydration.

### Should I acclimatise?

Gradually build up your tolerance for walking and running in warmer conditions. This may mean spending a few weeks gradually building up your mileage in the heat and running in the morning or late evening, when the humidity is at its lowest.

### Be Sun Smart and other tips

- Use sunscreen (Factor 30 or more) to prevent sunburn to your skin.
- Wear sun glasses and a sun hat/ visor.
- Try wearing synthetic fibre socks which will help to evaporate moisture away from your skin and prevent blisters.
- Wear light weight shorts and t-shirts to allow for evaporation of moisture.
- **Walk or Run by effort, not pace. Have realistic running targets or pace rates. Don't fret!** Running in the heat increases your level of fitness irrespective of pace.
- **Get off the Black Death aka roads!** Asphalt and concrete absorb heat and radiate it back. Try grass, trail or off road running or walking.
- Monitor any medical conditions you may have such as high blood pressure or diabetes. Certain conditions can increase your susceptibility in summer heat.
- DO NOT over estimate your fitness, have realistic running targets.

## *Lek and Lisa - vital team members*



*Lek Romley and Lisa Lee with Nigel Le Sueur*

They're on duty most Tuesdays, come sunshine or storm, providing hot tasty meals for us: Lek and Lisa.

On miserable winter nights, there may be just 10 people and when the bad storms hit, nobody at all and they stay at home.

Then there are those special occasions where we have mid-year or Christmas celebrations, with extended menus and up to a hundred mouths to feed.

Lek (Panunima) Romley's been preparing Pad this and Mussaman that at Joggers, for 7 years now. And 2 years ago, Lisa signed up to help Lek

and expand the offering. What a combination!

In 1994 Lek left her good job in Thailand as a Training Coordinator with a petro-chemical company, to move to Auckland with Kiwi husband Tom. And she had to learn to cook Thai food! Mum came over to help and it's to Lek's Mum, who we also see many weeks, that we owe some of those great recipes and dishes.

Now, during the day, Lek runs a printer accessories and ink cartridge replacement business from Takapuna.

By day, Lisa Lee caters at Chapman Tripp for a wide range of company and client needs. She learned food handling basics early, working for her Mum in the family Chinese/fish and chip takeaway in Northcote. From age 11, she had to wash and process potatoes for making chips when the ready-processed had run out.

She says that the family all learned to work hard, for her parents had come from Guan Dong (Canton) with almost nothing. That hard work habit has rubbed off on Lisa.

Lek has a 12 year old son Benjamin and Lisa a 5 year old daughter.

What Lek and Lisa enjoy about catering for us, is the people-contact and us enjoying their food.

Our two chefs are very important to us and we are grateful for their hard work and skills in providing us a range of interesting and nutritious meals.

## *Kay Lydiard Relay 16 September 2014*

We had 13 visitors join the Kay Lydiard event this year, following some advertising and an article in the Central Leader. With very generous supply of spot prizes from **Smiths Sports Shoes**, the Kay Lydiard was the most colourful we've had in years.

Chris Thorne and Denys Anderson won the runners' section, while Charmaine Bernard and Ian Hampton prevailed in the walkers'. It's clear some wily experience combined with sheer athletic ability, to bring both pairs home at the front of the field.

Rosemary and Peter Cribbens came up from Pauanui and joined in the event.



*John Edwards and Brian Alexander chatting to Rosemary and Peter Cribbens before the Kay Lydiard.*



## Kay Lydiard Results

### Runners

1. Chris Thorne and Denys Anderson
2. Chuck Bird and Graham Goodwin (visitor)
3. Nigel Le Sueur and Yasmin Vialoux (visitor)
4. Bruce Pedersen and Dave Sheehan
5. Ann Whineray-Smith and Doug O'Shea
6. Earl Irving and Tony Cutten
7. Gail Parker and Philippa Dumont de Chassart
8. Patricia Eastmond and Joel Thomson (visitor)
9. Anna Spittle and Charlotte Thorne
10. Jackie Verwijmeren and Kirsty Picard
11. Chris Hancock (visitor) and John White (visitor)

### Walkers

1. Charmaine Bernard and Ian Hampton
2. Alf Simpson and Brian Taylor
3. Keith Beswick and Barbara Brooking
4. Dianne Hamilton and Yvonne Goffin (visitor)
5. Lynda Williams and Felicity Corne
6. Peter Neumegen and Satya Marayan (visitor)
7. John Edwards and Rosemary Cribbens
8. Helen Lyons and Tiffany Austra (visitor)
9. Jacky Vulinovich and Ina Plank (visitor)
10. Janet Green and Devinder Verma (visitor)
11. Jenny Howitt (visitor) and Lisa Williams (visitor)
12. Lynette Dallas and Lalitha Satya (visitor)
13. Peter Cribbens and Helen Van Der Peyl



*Kirsty Picard with Robbie Smith and Mike McKenzie, Manager of Smiths Sports Shoes, who provided great support for 2014 Kay Lydiard*



*Chris Thorne and Denys Anderson head to the finish line*



*Voted by members - Jogger of the Year, Jenny Witchell in pink. With her, from left Miranda Knight, Brian Taylor, Anna Spittle, Dianne Walker, and Barbara Brooking. Jenny has been a club member for 29 years and a committed member of the early morning Saturday running group for the same period.*



**2014 President's Cup winner Kirsty Picard** who has done great work for the club and is moving to Whitianga in 2015



## 25 November 2014 and the Blackbridge event is under way!!



*The field is on the journey, with some interesting shorts in view and a young visitor on the right*



*Mens' winner Paul Berry receives the cup from Jude Sprott*



*New Club Captain  
Philippa Dumont de Chassart*



*Sarah Jackson won the womens' cup*

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