



The Auckland Joggers Club



Auckland Joggers Newsletter ***December 2015***



Double Honours to Kerry Edwards: voted 'Jogger of the Year' and awarded the President's Cup for 2015

We welcome the following new members

Jenny Biddick, Jennie Cemas, Carolina Huerta, Jean Larkin, Shannon Holroyd, Liz Brown, Alan Rohde (rejoined), Chelsea Brett, Heather MacBride, Ella Anselmi, Sian Lilly, Ray McElroy, Jenny McElroy, Angela Hawks, Vigna Kumar, Mandeep Kaur, Louise Thomas, Charmaine Simmonds, Rita Paton, Rochelle Burns, Hannah Elliott, Jane Hannah

President's report

Hi All

We are fast approaching the end of the year, can you believe it!!

It's been a busy year for the joggers club with our usual range of activities, as well as new experiences.

The focus of the committee this year has not only been on trying to satisfy the needs of current membership, but also to explore new ideas to help grow interest and ensure strong membership into the future. As well as our usual calendar activities we reintroduced the Rangitoto trip, held a quiz night, a bowling evening and have held two 8 week running programmes to take new runners from virtually no running to managing 8 km.

We have also used social media to promote our club and used target advertising. We have had new people come along to the club as a result and signed up several of these people as new members.

We held our AGM in November as usual and thank you to all who made the time to attend. At this meeting we said farewell and thanks to Peter Neumegen and Denys Anderson, both retiring from the committee. Thank you both for

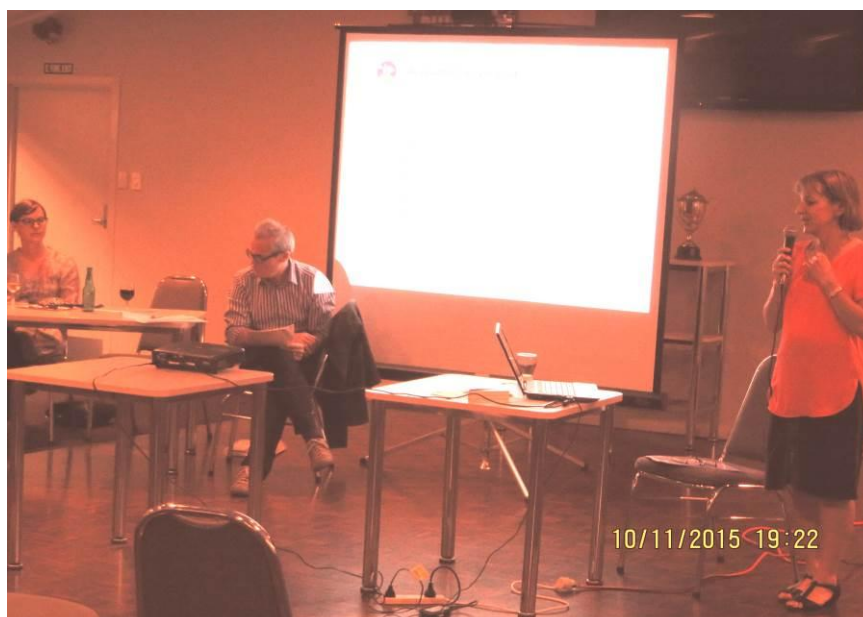
all you have done. Thank you too to Alan Knox for your support and encouragement this year in your transition from your President's role.

Your committee's focus for the year ahead will be on continuing to build and grow a sustainable membership as well as working with CPSA to progress necessary building upgrades. The priorities are the roof and then the bathroom areas. We also need to ensure that there is a sound facility management structure in place to meet the needs of both rugby and joggers.

I hope that you will take the opportunity to not only participate in the regular run/walk events but also the more social activities. It was good to see over 70 of you at the Christmas event on Saturday 5th December. We sure got our dancing shoes on and celebrated!

Till next time

Kind regards
Jude Sprott
President



*Jude presents her report to the AGM in November.
Miranda Knight and Tim Sprott are on her right.*

Meet the President

I was talking with club President Jude Sprott one night before the run when she said that in a former life she'd been a physiotherapist. So I was curious about what else we didn't know about her and would she tell me? She did and here's a summary.

Jude hails from near Northampton, in a largely industrial area of England, where she showed athletic promise as a school cross-country runner. Later, after finishing school, she ran with the Tipton Harriers, competing at times in 10 milers and half marathons.

She trained initially as a respiratory physiotherapist and practised in intensive care there, for 10 years. While she enjoyed the 'hands-on' role, she also aspired to becoming qualified to lecture in intensive physiotherapy.

But in New Plymouth where she arrived with her then husband and two daughters in 1986, she could get work in neither practice nor teaching. Initially, she intended staying for two years but has now made it almost 30!

Jude came to Auckland to lecture in physiology at AUT for the last semester of 1987 and recalls running with Onehunga Harriers on Christmas Day 1987. She also ran the Pukekohe Marathon early the following year and won the women's section. But the award was denied her, because of her non-registration with the Auckland Centre. Rules getting in the way of talent again!

She also recalls having a few runs with Auckland Joggers around that time.

In 1995 Jude linked with Tim Sprott and they were married in 1999. Apart from 3 years in Hamilton, home has remained in Auckland ever since.

Then opportunity opened for Jude in a different Auckland health care area: mental health and for eight years she worked with Pathways, a provider of

community-based mental health and wellness services and respite care.



Jude and Tim at the Christmas 'do' in December

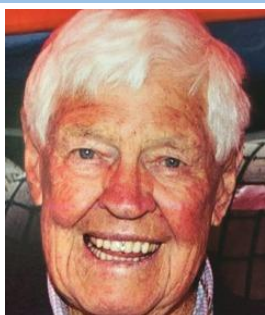
Now, Jude is Service Manager for Adult and Spinal Rehabilitation for Counties Manukau District DHB, based at Middlemore Hospital. She oversees the rehabilitation team, the Spinal Unit at Otara and spinal in-patient care. Their patients derive 45% from accidents and 55% from disease, tumours and similar nasties.

Jude Sprott these days has two key 'boys' in her life: one is husband Tim, whom we all know well as club Treasurer, the other is Bailey a large Rhodesian Ridgeback. Both enjoy outdoor pursuits with one running marathons and the other, in spite of four legs, settling for shorter events. We also see Jude's daughters, Lauren and Neala at the club from time to time.

Jude is motivated to serve others and make a difference in their lives, a trait she believes she acquired from her father.

Continuing in her role at the club, we wish her every success!

Alan Knox



Good friend of AJC, Bill Mudgway died in October aged 93

Joggers will recall that Bill was starting zone announcer at Round the Bays for 27 years. At his funeral, Bill's brother related that Bill was at one stage a car salesman on Gt North Rd. One man agreed to purchase a car, with the proviso that Bill gave driving lessons to his daughter. Lessons must have been reasonably satisfactory, because this young lady Catherine, became his wife of 54 years!

Bill was delighted to visit the club and talk to us at our Christmas dinner 2014. He was very well received.

**Two outside events were held on the same day
this year - Saturday 12 September
Members' Results**

LYDIARD LEGEND MARATHON 2015

MARATHON RUN

Tim Sprott	3.45.59	4th in age group
Michael Simons	4.12.16	11th in age group
Noeleen Elder	6.05.46	6th in age group

HALF MARATHON RUN

Rob Corne	1.54.56	9th in age group
Liz Davey	2.12.07	10th in age group
Heather Chamberlain	2.22.36	10th in age group
Daryl Lewis	2.38.53	8th in age group
Barbara Fish	3.06.53	10th in age group

HALF MARATHON WALK

Jill Stewart	2.45.35	1st in age group
Charmaine Bernard	2.45.35	3rd in age group

WHANGAMATA HALF MARATHON

HALF MARATHON RUN

Graham Goodwin	1.38.23	1st in age group
Frazer Brown	1.52.15	4th in age group
Earl Irving	1.54.05	4th in age group
David Sheehan	2.25.25	8th in age group
Patricia Eastmond	2.35.30	1st in age group

10K RUN

Nigel Le Sueur	56.42	3rd in age group
Anna Spittle	59.13	1st in age group
Doug O'Shea	1.01.41	3rd in age group

5K WALK

David Hamilton	48.21	3rd in age group
Chris Irving	1.02.20	6th in age group

BLACKBRIDGE FINISHING ORDER

RUNNERS

1. Graham Goodwin	61.28
2. Tim Sprott	66.04
3. Karin Drummond	66.48
4. Sarah Jackson	68.03
5. Frazer Brown	68.32
6. Rob Corne	69.46
7. Colin Cole	72.54
8. Terry Woodfield	74.13
9. Nigel Horne	77.43
10. Earl Irving	83.20
11. Patricia Eastmond	104.03

WALKERS

1. Peter Neumegen (D)	71.07
2. Barbara Fish	72.32
3. Frank Parr	74.19
4. Bruce Pederson	76.03
5. Lynda Williams	76.04
6. Lynette Dallas	76.04
7. Barbara Brooking	76.15
8. Jackie Verwijmeren	80.35
9. Charmaine Simmonds	80.45
10. Eileen Jenkins	81.12
11. Ronnie Bridges	85.28
12. Jackie Vulinovich	85.28

**Kerikeri Half Marathon
21 November 2015
Results**

HALF MARATHON RUN

Graham Goodwin	1.34.06	1st in age group
Tim Sprott	1.40.19	7th in age group
Gail Parker	1.52.35	3rd in age group
Earl Irving	1.53.41	4th in age group
Anne Whineray-Smith	1.56.32	5th in age group
Philippa Dumont De Chassart	1.56.39	
Sarah Cammick	1.56.49	
Jude Sprott	1.59.32	5th in age group
Anna Spittle	2.15.46	4th in age group
Kerry Edwards	2.20.03	2nd in age group
Patricia Eastmond	2.31.46	3rd in age group
Phil Townsend	2.32.31	
Barbara Fish	2.36.39	
Jennifer Tupou	2.42.03	
Sarah Rapira	3.14.16	4th in age group

HYBRID RUN/WALK

John Edwards	2.40.21	1st in age group
David Hamilton	3.03.44	5th in age group

HALF MARATHON WALK

Barbara Brooking	3.08.24	4th in age group
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Graham Goodwin 1st runner
Tim Sprott 1st male 50+



Karrin Drummond first female



Barbara Fish first walker



Terry Woodfield 1st male 70+

Blackbridge Trophies 2015

AWARD - RUNNERS		CATEGORY	NAME	TIME
Blackbridge Book	First overall [retired 2014]	Open		
Blackbridge Trophy –male	First overall male	Open	Graham Goodwin	61.28
Blackbridge Cup	First overall female	Open	Karin Drummond	66.48
Eric Woods Cup	First male over 40	40 – 49 Age group	Not contested	
BlackbridgeLadies Trophy	First female over 40	40 – 49 Age group	Sarah Jackson	68.03
Terry's Trophy	First male over 50	50 – 59 Age group	Tim Sprott	66.04
Hillary Weeks Cup	First female over 50	50 – 59 Age group	Not contested	
Blackbridge Mens Trophy	First male over 60	60 – 69 Age group	Earl Irving	83.20
BlackbridgeWomensTrophy	First female over 60	60 – 69 Age group	Not contested	
Bill Wingrove Trophy	First male 70 plus	Aged 70 and over	Terry Woodfield	74.13
Blackbridge Ladies Trophy	First female 70 plus	Aged 70 and over	Patricia Eastmond	104.03
AWARD - WALKERS		CATEGORY	NAME	TIME
Gordon K Brown Cup	First Walker–male or female	Open	Barbara Fish	72.32
Fred Bercht Cup	2 nd Walker – male or female	Open	Frank Parr	74.19
Blackbridge Trophy	3 rd Walker – male or female	Open	Bruce Pedersen	76.03
Blackbridge Trophy	4 th Walker – male or female	Open	Lynda Williams	76.04
Blackbridge Trophy	5 th Walker – male or female	Open	Lynette Dallas	76.04
Blackbridge Trophy	6 th Walker – male or female	Open	Barbara Brooking	76.15



Bruce Pederson 'outsprinted' Lynda Williams and Lynette Dallas by one second!



Sarah Jackson 1st female 40+



Nigel Horne nears the finish

Club Executive Committee for 2016

President: Jude Sprott, **VP Admin:** Kerry Edwards, **Treasurer:** Tim Sprott,

Club Captain: Philippa Dumont De Chassart,

Committee Members: Frank Parr, Miranda Knight and Sue O'Shea.

We have no VP Social yet.

Kerry and John Edwards - a happy working team



Kerry Edwards was crowned Jogger of the Year and also received the President's Cup at the 2015 AGM. Not only that, her husband John was also nominated for Jogger of the Year.

From a field of ten nominees, Kerry Edwards emerged as the outright members' choice for Jogger of the Year 2015 at the recent AGM. Her husband John was also nominated for that award, clearly in recognition of his hard work in supporting Kerry over the years, on the club's behalf.

Kerry is one of those people who make Auckland Joggers Club 'run' and run well. She has specific roles but sees no barriers in getting stuck into any area that needs attention. Her award is well-deserved.

Kerry has been on the Executive Committee now over 6 years and has been active as Secretary then Vice-President Administration for 4 years.

I recently caught up with Kerry and John at their home in One Tree Hill.

They started running at Round the Bays in the early 1980's as staff entrants from AHI. They enjoyed the benefits of running as a break from busy lives and in 1983, Kerry ran her first half marathon, at Pakuranga.

Kerry then became obliquely aware of Auckland Joggers but did not know how to contact the club. She called the YMCA, was connected with Gillian Kidd and began running with the club.

That was 25 years ago and what Kerry enjoyed was being able to participate without any competitive pressure - "you could run as you want to".

What also became significant for her, was the camaraderie with other women. For in 1984, John had acquired a motor garage business in Otahuhu.

Kerry worked in the office, surrounded by men all day. For her it was great to socialise and talk women's stuff while jogging.

John, comes from Waihou, which is near Panguru in Northland. He was previously more a rugby league player than a runner.

But almost 10 years ago, having retired from the garage business, he had an epiphany one rainy night. He knew he had to get off his chuff and walk or run. And he's been walking or jogging ever since.

John also enjoys the social aspect of the club especially being able to relate to people from all backgrounds.

Kerry has an interest in pursuing her family genealogy and has discovered that her first family member to set foot in Auckland was a Docherty, in 1863.

Married now 52 years, Kerry and John have two sons: Roger, who's taken over the garage and Paul who's a house painter.

In addition to Joggers, they are regulars at the Jubilee Gym where they are assistant trainers with the 'never too old groups'. They're fond of just driving off somewhere, booking the first night and then following their noses. Could be Rotorua way or Waipukurau.

Whatever, we are happy to salute a fine couple who give so much to the club.

They've just been on the Gold Coast for a well-earned holiday.

Alan Knox

Running slows the aging clock, Stanford researchers find

Regular running slows the effects of aging, according to a study from the Stanford University School of Medicine that tracked 500 older runners for more than 20 years.

Elderly runners have fewer disabilities, a longer span of active life and are half as likely as aging nonrunners to die early deaths, the research found.

"The study has a very pro-exercise message," said James Fries, MD, an emeritus professor of medicine at the medical school and the study's senior author. "If you had to pick one thing to make people healthier as they age, it would be aerobic exercise."

When Fries and his team began this research in 1984, many scientists thought vigorous exercise would do older folks more harm than good. Some feared the long-term effect of the then-new jogging craze would be floods of orthopedic injuries, with older runners permanently hobbled by their exercise habit.

Fries' team began tracking 538 runners over age 50, comparing them to a similar group of nonrunners. The subjects, now in their 70s and 80s, have answered yearly questionnaires about their ability to perform everyday activities such as walking, dressing and grooming, getting out of a chair and gripping objects. At the beginning of the study, the runners ran an average of about four hours a week. After 21 years, their running time declined to an average of 76 minutes per week, but they were still seeing health benefits from running.

On average both groups in the study became more disabled after 21 years of aging, but for runners the onset of disability started later.

"Runners' initial disability was 16 years later than nonrunners," Fries said. "By and large, the runners have stayed healthy."

Fries was surprised the gap between runners and nonrunners continues to widen even as his subjects entered their ninth decade of life. The effect was probably due to runners' greater lean body mass and healthier habits in general, he said. "



So far, the effect of running on delaying death has also been more dramatic than the scientists expected. Not surprisingly, running has slowed cardiovascular deaths. However, it has also been associated with fewer early deaths from cancer, neurological disease, infections and other causes.

And the dire injury predictions other scientists made for runners have fallen completely flat. Fries and his colleagues published a companion paper in the August issue of the *American Journal of Preventive Medicine* showing running was not associated with greater rates of osteoarthritis in their elderly runners. Runners also do not require more total knee replacements than nonrunners, Fries said.

Fries, 69, takes his own advice on aging: he's an accomplished runner, mountaineer and outdoor adventurer.



Nick Hoy cheerfully tends the bar on Tuesday nights and is accompanied here by regulars, Des Snell and Alf Simpson. Nick's taken over management of the facility until other arrangements are made by CPISA

Party time! Christmas Dinner 2015



Dancing the night away



Sarita, Nick, Karrin and Rob Corne in the flash blue shirt



Liz and Mike Frost



John, Gail and Steve



Mark, Miranda, Philippa



Diane and Colin Cole

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