



The Auckland Joggers Club



Auckland Joggers Newsletter April 2016



^Round the Bays is for people like this!

Mythily Prahallad (on left) with her friends from Hillsborough YMCA, were clearly delighted to complete RTB 2016. It was their second RTB together and they intend doing it again next year.

<Three generations of Simpsons at Round the Bays: AJC member Mary, daughter Rachel and grandson Conrad.

Mary (and Alf) helped on Crowd Control, while Rachel walked and Conrad ran the 8.4km.

Rachel took a bit over an hour and Conrad, just 13, ran a very commendable 40.52.

Look out Jono Jackson!

We welcome the following new members: Nav Bains, Danielle Boven, Naomi Boynton, Erica Castro, Caroline McElroy, Peter Nicol, Cherie Pritchard, Jonathan Simpson, Sandy Smith, Gail Walter, Lisa Wong

President's report

It's time for another Newsletter, and thank you Alan and Sue Knox for the work you do to pull this together for us.

What a great summer we have had. It's been lovely seeing so many of you enjoying the long evenings at the club. We had a wonderful club picnic and Guesstimate run. Unfortunately we were not able to pull together a deal for a repeat of the Rangitoto trip; maybe next year. We are planning winter events though, so keep an eye out for those. If there is anything special you would like, please let your committee know.

Even though we are not a competitive club there are members who like to participate in events. The Round Taupo relay team had a great time again this year. We are planning to expand the team next year, so are looking for people who could be interested in a composite team, walkers and runners, to have a go at **The Length of The Lake**. It's always a great weekend away why not come along.

Thank you to everyone who helped at Round the Bays, it was a wonderful day and all of our efforts were very much appreciated. It's always great to support this event because it's part of our club history and so inspiring to see so many people giving fitness a go. A wonderful bonus for the club, of course, are the funds that we receive from being partners in the event, that help us keep club fees so affordable.

We had several new club members participating in Round the Bays this year, many from the 8 Km in 8 weeks running programme. A special thank you to everyone who supported this group on their programme, special thanks to Earl, Sarah Cammick and Miranda Knight for regularly running with the group and to Helen Van Der Peyl for the Sunday after run treats yum!!

We are continuing to promote the club through our Website, Facebook and Meetup we will also hold an open day and another new runner and walker programme later in the year. Don't forget to tell your family friends and workmates about the club, we need to keep building the membership.

Progress on the club refresh is continuing. Last year it was the external painting and roof. This year we are planning work on the bathrooms.



Frank, Jude and Anne inspecting bathroom facilities at Bill McKinley Park, Panmure to assist in planning.

It is taking time to decide on what is best to do, once we have preliminary plans we will present these to you for comment and feedback then hopefully be able to put together a plan of action.

As you know last year Brett Young resigned from the club management contract. Since that time Nick Hoy has picked up much of the work that needs to be done, on a voluntary basis. Thank you so much Nick. We can't expect Nick to continue to carry this load indefinitely, so we will be exploring options. If you are able to help in anyway please let us know.

When it gets darker earlier at night many people scurry off home after their run or walk. But don't forget we have wonderful club rooms and for just \$10.00 you can get a lovely meal. A night off cooking - wonderful!!

Looking forward to seeing you at the club

Jude Sprott

President Auckland Joggers



Picnic in the Park - February 2016



Can you think of a caption for this? (Helen - Kiwi Statue of Liberty; Frank's Harem) ? mmm



Patrick, Philippa, Steve, Anne, Gail and Cherie.



Stewart and Michelle Church



Deepika and Kate, who joined the pre-RTB 8 weeks training programme, and Miranda



Roger, Frosty, Jim and Bumper sorting things out over a beer



Lisa Wong and Máire Litchfield

Round the Bays 2016 -afterthoughts

Operationally, this was a very successful event. Much of the credit for this goes to new Event Director Dale Coulter and his Auckland counterpart, Philip MacDonald.

They made us think outside our well-trodden square and brought new ideas and practice to what we do on the day.

Another factor was the supervisory efforts of Tim Sprott and Earl Irving at the Starting and Finishing Zones, respectively. They were called on to make adjustments, some at almost the last minute.

I believe we were setting up a **new template for RTB operations** that will serve everyone well.

The bulk of thanks, though, go to the members.

I refer to those who turned out in the days prior to the weekend to hand out bib packs, came earlier on the Sunday than they were used to and performed roles we don't normally expect to do.

Fantastic effort!!

I recall Frank Parr and Nick Wood, for instance at the bib collection venue on Thursday morning sorting a raft of forms to simplify recording changes. Barbara Brooking arrived on the dot of 6:30 am at Vellenoweth Park and went flat out all day. Chris Irving got the drinks table set up and then asked what else she could do. Ward Buckingham and Rochelle Burns moved how many metal barriers to help set up the baggage claim area.

It's this get up and go help-the-team attitude from everyone, that makes the event happen and a pleasure to be involved in.

Participant Numbers

Finishers this year were 19,628, down almost 2000 on last year. There was no clash with Pasifika or other key events that we know of and there was a much better effort by Fairfax, say through the community newspapers, to give air to RTB. We helped with a training programme accessed through the RTB website.

But there are still areas of publicity that should be addressed.

Just one: At the Sydney to-Surf event, the city's power poles are festooned with 2 metre long red banners proclaiming the event. You can't miss that something big is happening. By contrast, ATEED hang these tired washed out bluish things that probably nobody sees. **Our city must get in behind the event with genuine commitment!**

AK

Some highlights...



Joanna Poland (l) and Isabella Richardson (r) ran 34.08 and 32.16 respectively. **They are both 12!!**

Isabella was the 6th female, Joanna 12th out of 10,620 total. Jason Richardson is one proud dad.



Helen Lyons, Jackie Vulinovich and Cathy Horton (Fairfax) erecting Stuff bunting at the finish chute.



Rochelle Burns, Ward Buckingham (background) and Ross Cammick assembling the Finishing zone baggage claim.

Did you know...

Keith Beswick is a Vietnam war veteran?

I was about to walk into Countdown Mt Eden in April last year, when there, at a table just outside selling red poppies, was Keith. Did a slight double-take because I'm not used to seeing Keith, one of AJC's quiet men, in an up-front or out-front position.



It turns out Keith served in Vietnam in 1967-68 as a Gunner. His gun team were in charge of a 105mm Echo Howitzer artillery gun. This means that they were behind the front-line action carried out usually on foot, by infantry soldiers.

So all those images from television news and almost countless Vietnam war films, depicting men wading through swampy jungles alert to imminent Vietcong attack, don't apply to what Keith experienced. The Echo Howitzer is a close-support field weapon, with a range up to 18ks, out of close danger except for enemy artillery action.

According to Keith, the early models that Battery 161 had, were so light they would not remain stable on the ground during firing. This was remedied by buying American units which at least had the good grace to stay in one place, thereby increasing the chances of hitting their target.

Keith volunteered and trained at Waiouru for three and a half months prior to leaving Onehunga for the heat of Vietnam.

Ask him why he volunteered and Keith waxes mysterious and thoughtful. He says this is the question he's always asked. His family has no record of involvement in war or military matters, so that doesn't help. It wasn't about adventure or daring either. Nor was it for sheer patriotism or glory.

But it was something to do with the prevailing political attitudes at the time and how they rubbed off on Keith, a modest man, who thought he could help in his way. He earned the General Service Medal for his contribution.

Returning to Onehunga, Keith was a truck driver for Butland Industries for some years, undertaking deliveries to Mangere airport and to Cambridge and Hamilton. And he's kept in touch with his old gun crew mates; in fact they had a reunion just last year.

Keith's been a jogger for 9 years, having met some members in Cornwall Park one day and finding out where and when to come.

Keith's main hobby is gardening. He admits to being a 'green man', his way of saying he's got green fingers. He and I have compared tomato-growing notes over the years.

Could be a good go-to man if you need some gardening tips! And you might see him out selling poppies.

AK



Battery 161 on duty with the Howitzer. Keith is in the middle row, far left.

Guesstimate Run - March 2016

Participants	Estimate	Actual	Diff
Brian Alexander	77.00	77.02	0.02
Naomi Boynton	22.54	22.50	0.04
Lynette Dallas	67.45	67.39	0.06
Jenny Biddick	62.02	61.51	0.09
Patrick Holloway	93.00	92.45	0.15
Nigel Horne	56.10	56.25	0.15
John Edwards	63.00	62.39	0.21
Denys Anderson	30.15	30.42	0.27
Wayne Cunningham	59.54	59.27	0.27
Lisa Wong	37.30	38.01	0.31
Gail Parker	54.00	53.27	0.33
Charmain Simmonds	36.01	35.25	0.36
Tim Sprott	23.05	23.44	0.39
Steve Gemmell	52.30	53.13	0.43
Karin Drummond	48.00	47.17	0.43
Earl Irving	69.52	69.08	0.44
Peter Jackson	44.50	46.17	1.27
Michael Horne (visitor)	36.51	38.20	1.29
Margaret Amundsen	45.00	43.25	1.35
Frank Parr	35.35	33.58	1.37
Graham Goodwin	45.10	43.32	1.38
Helen Van Der Peyl	45.10	43.22	1.39
Sarah Davies	53.45	55.09	1.24
David Hamilton	77.36	75.37	1.58
Dave Johnson	64.48	62.48	2.00
Ward Buckingham	40.00	37.10	2.50
Rob Corne	47.22	49.33	2.11
Graeme Stanton	55.00	52.36	2.24
Nicola Meyer-Smith	60.02	62.35	2.33
Charlotte (visitor)	46.30	49.13	2.43
Caroline McDowell	69.00	66.05	2.55
Barbara Brooking	64.53	67.39	2.46
Gail Walter	38.38	35.28	3.10
Anna Spittle	30.31	33.34	3.03
Patricia Eastmond	68.00	71.14	3.14
Mary Gray	43.05	39.18	3.47
Tony Johns	57.00	53.13	3.47
Elizabeth Eden	47.21	43.22	3.59
Ronnie Bridges	78.25	72.80	5.17
Jackie Vulinovich	78.05	72.31	5.34
Raewyn Fisher	49.60	43.22	5.44
Nicole Ware	50.00	55.49	5.49
Janet Green	74.00	67.43	6.17
Terry Woodfield	26.59	33.34	6.35
Bryan Taylor	80.00	72.58	7.02
Felicity Corne	80.00	72.44	7.16
Jane Hannah	72.00	64.43	7.17
Helen Lyons	76.36	67.42	8.18
Safia (visitor)	52.00	60.18	8.18
Danielle Boven	51.07	60.55	9.45
Barbara Fish	55.30	65.15	9.45
Lynda Williams	80.00	70.05	9.55
Jackie Verwymeren	83.15	71.24	11.51
Sandra Knight	89.29	76.48	12.41
Sandy Smith	84.00	70.05	13.55
Paul Ware	34.00	55.49	21.49
Mabel Ganapi (visitor)	60.00	38.04	21.56



Brian Alexander was 2 seconds out in his calculations, Naomi Boynton(left) 4 seconds and Lynette Dallas just 6 seconds.

Naomi comes to us from the city of York and for her very first Guesstimate run, did so well to match the times of the veterans, Brian and Lynette.

Tony Mangan is...



one of the world's great Irishmen, if slightly nuts. He was with our club in January 2014 as part of his Run around the World. He completed the run of 50,000 ks in October that year, wearing out through 50 pairs of running shoes along the way!

Well, he's at it again. **Now he's walking the world!**

Here's what he says:

February 23rd, 2016 :

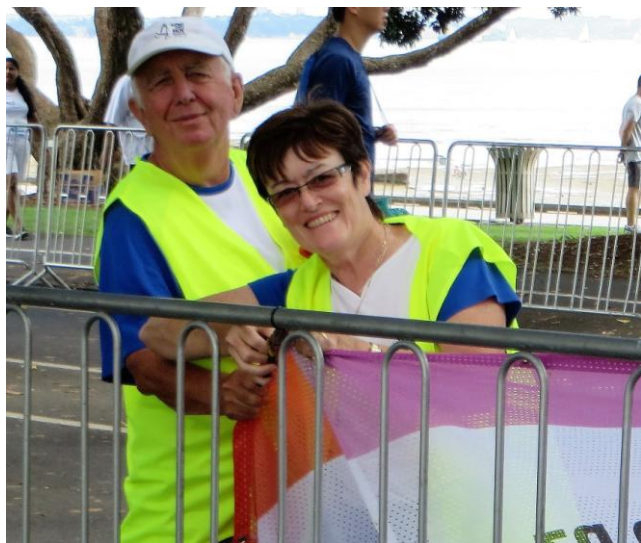
Hi everyone!! .This Saturday I begin a walk around the world! Starting from Run Logic running store in Dublin's Temple Bar, we meet at two pm and leave a three pm. Please see my new website for the walk theworldwalk.blogspot.ie or my Facebook page! Hope you can join me!

He will be back in Auckland with us! Keep up him on Facebook.

More Round the Bays action...



Assistant Event Coordinator, Philip MacDonald briefs the Finishing zone crew at 9:15 am on event day.



Gary and Irene Collins release the bunting prior to lunch.
(An excuse for a cuddle?)



Jonathan Jackson, son of AJC man Peter, with President Jude Spratt. Jono has won RTB for the past 4 years.

His time this year: 25.59.



Loading the Mainfreight baggage truck at the Starting Zone. Left, Richard Elliott, Sue O'Shea with Nigel Le Seuer on the truck beckoning souls to come forward and release their burdens. It's estimated up to two thousand people did use this service.



Felicity Corne with a 'lost' six year old.



Bumper - a reasonably formidable human safety barrier at the entry to the finish chute.



Jude co-presenting cheque to **Garden to Table** charity.

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