



## The Auckland Joggers Club



December 2016

### Some images of what Joggers got up to in 2016...



Bbq in the park in February. four of the club's many characters:  
Roger Smeed, Frosty, Jim McGinty and Ian Bumper Morris



Gary and Irene Collins removed bunting at Round the Bays



Diane and Don Walker won Kay Lydiard in September



Bryan Taylor, Janet Green on the journey at Blackbridge in Oct

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

Nichole Ware; Tony Johns; Sarah Goodwin; Andy Thornton; Kate Munckhof; Analosa Veukiso-Ulugia; Lorraine Marevich; Leona Brereton; Aase Diegel; Richard Fairbairn; Chris Robb; Wendy Hawkes; Trish Ferguson; Susanne Van-Gendt-Nutbey; Linda Breekveldt (returning member); Kosala Krishnan; Pip Robbie; Tracey Haldane; Jim Bartley; Sue Knox (returning member)

## President's report

Hi All

Isn't it lovely to be looking forward to summer and the opportunity of lots of walks and runs with club friends. I often think how lucky we are to have our club in such a perfect location so close to the beautiful park and many interesting places to explore. Even though we have increased the promotion of our club it still is yet to be discovered by many.

As always it has been a busy year for the Joggers club with our usual range of activities. Your committee, supported by many keen members, has worked hard to ensure that the club has continued to run smoothly. Thank you to everyone who has helped over the year there are too many of you to mention personally just please know you are appreciated.

It has been good to see such strong interest in club events throughout the year. We have had good participation in events such as the Club Picnic, Kay Lydiard, Black bridge in the park, Round the Bays, Auckland Marathon water stop and also with members supporting the Beginners running programmes.

Even over the winter months, when there has been a fair amount of Auckland rain, a strong group of regular Jogger Club members have continued to turn up for walks and runs.

A couple of new things have been introduced to the club this year to create opportunities for club members to get together. The members' draw on Tuesday nights has proved to be popular, especially when the draw has increased to a reasonable amount!!! More recently members have enjoyed the start of Monday Pilates sessions at the club, another way to increase fitness.

The new website has been launched. This improved site will enable club members to register for events, purchase merchandise and also receive information and manage view their own account. We hope that you find this site effective. Please let us know what you think.

Think about what you would like to see happen at your club and whether you could contribute. We are always looking for people to help make things happen and we still need a Club Captain for the coming year.

Our final event of the year as always is our Christmas celebration. It's on Saturday 10<sup>th</sup> December, so put the date in your calendar, dust off your dancing shoes and come along and have some fun.

Looking forward to seeing you soon



Kind Regards  
Jude Sprott  
President  
Auckland Joggers Club

## AJC's 2016 AGM

Auckland Joggers AGM was held on Tuesday 22 November and new office-holders are:

**President** Jude Sprott, **Vice President Admin** Sue O'Shea, **Club Captain** yet to be appointed, **Treasurer** Tim Sprott, **Vice President Social** Kerry Edwards, **Secretary** Helen van der Peyl, **Committee members**: Miranda Turner, Caroline McDowell, Liz Davey.



## ***Paul Berry - ace runner and triathlete***

Paul Berry is competitive: he likes to win. And he does make a habit of it.

Take the Blackbridge Trophy, which was for years regarded as the club's unofficial championship. Paul has won this event 10 times and inscribed his name on it yet again this year by cantering in by over 4 minutes ahead of second placed Karrin Drummond.

Paul discovered his competitive predisposition in the New Zealand Army, to which he was compulsorily conscripted in 1967, the last intake under that policy. The army required its soldiers to take regular exercise and Paul found out he could play squash and run very competently.

In fact, his delight was to be able to take on the SAS trainees at cross country and beat them!

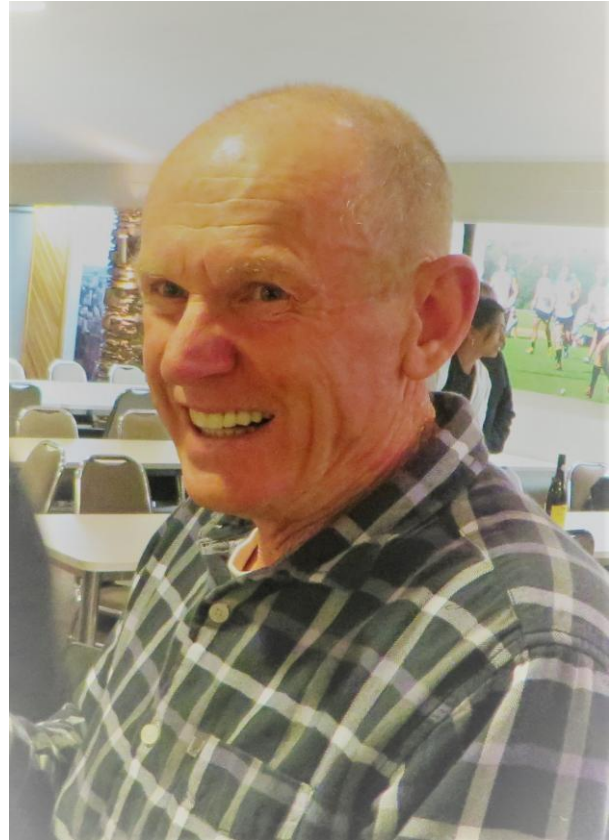
Back in Henderson, Paul started running around Henderson Valley and the Waitakeres, usually on his own. Then when he and his wife Cheryl moved to Epsom in the mid 1980's, he discovered Auckland Joggers Club. In fact, he and Greg Chalmers joined on the same day and their initial pack leader was Bruce Pederson.

Bumper (Ian) Morris also featured as a pack leader and, as was Bumper's wont, he led them up and down roads and lanes that probably nobody else knew existed. Paul says that he did try re-running some of those routes only to get hopelessly lost. (hear Bumper chuckling?)

Paul's running passion has resulted in him completing over 50 marathons, with a best time of around 3hr 05 minutes. He's also done many half marathons at a best of 80 minutes.

Then mid-40's, Paul Berry made another life-changing discovery - triathlons. Again Paul attacked the tris with all of his considerable enthusiasm and found with hard work, he was winning his age group in a range of events. Running came easily, cycling with some

application, but the real challenge was swimming. When he could swim from St Heliers to Rangitoto he knew he was getting somewhere.



He's now completed the Taupo Ironman 15 times, Hawaii 5. Paul enjoys the camaraderie of 1500 like-minded people from all over the world at Kona. His best time is 10hrs 45 at Taupo.

Paul aims to compete for another 5 years, til about age 70. He's now officially retired from his concrete contracting business and has sold all his tools so he can't be tempted back!

On average each week, he gets through 300 ks on the bike, 60-70 ks running and about 10 ks in the pool. And this is retirement!

For downtime, Paul and Cheryl enjoy their bach at Campbells Beach, often in company of their two adult daughters and four grandchildren.

## KAY LYDIARD 2016



It was a balmy September evening when Kerry Edwards herded a field of 28 runners and 22 walkers into order for the annual Kay Lydiard relays. It's a relay with variation; in some quarters called 'reverse pairs'.

First, there is some loose handicapping, where a faster athlete is paired with a slower one and in theory everyone finishes at about the same time. Each 'twin' rushes off in opposite directions and when they meet somewhere around the circuit they slap hands and head back the way they've just come.

Again in theory, they arrive back more or less simultaneously and dash for the finish line together. However, there have been reports from time to time of one partner waiting anxiously for the other to arrive and of terse and even unfriendly words being exchanged about 'late' arrival. Fortunately the delicate ears of the event recorders, this year, Bev Horton and Helen Van der Peyl were stationed far away by the clubhouse and avoided such aural discomfort.

The Patricia Eastmond/ Paul Berry running combination proved invincible, 37 seconds ahead of Anna Spittle and Jim Bartley. They were just 2 seconds to the good of Lorraine Marevich and Andy Thornton who just squeaked home from Terry Woodfield and Tony Johns.

In fact, most of the runners finished within about 6 minutes of each other which means that the rough handicapping works well enough.

The Tom Lambert Shield was won convincingly by Dianne and Don Walker, the first married couple to top an event for some time.

### KAY LYDIARD RELAY 2016

#### RUNNERS

1.	Patricia Eastmond and Paul Berry	33.53
2.	Anna Spittle and Jim Bartley (nm)	34.30
3.	Lorraine Marevich and Andy Thornton	34.32
4.	Terry Woodfield and Tony Johns	34.34
5.	Dave Johnson and Sarah Goodwin	34.49
6.	Jan Kippenberger and Rob Corne	36.01
7.	Khartik (nm) and Pete Nicol	36.30
8.	Tracey Haldane(nm) and Gail Parker	36.41
9.	Paul Ware and Will Verar(nm)	37.11
10.	Wayne Cunningham and Nissim Cohen	37.25
11.	Jude Sprott and Leone Brereton	38.08
12.	David Sheehan and Louise McMahon (nm)	38.43
13.	David Hamilton and Colin Cole	40.01
14.	Mike Frost and Kerry Edwards	42.38

nm = non-member

### TOM LAMBETH SHIELD 2016

#### WALKERS

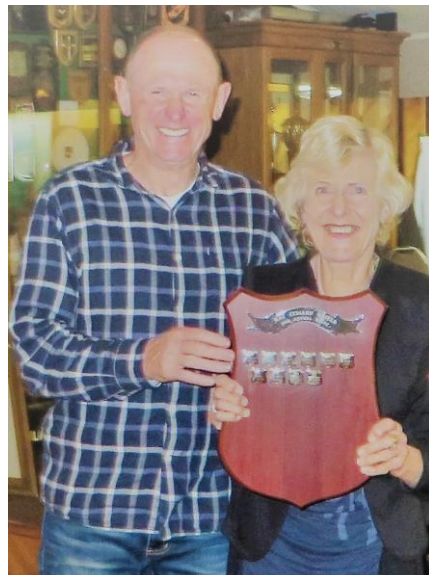
1.	Dianne and Don Walker	34.17
2.	Sharon & Lynette Dallas	34.54
3.	Graham Goodwin and Sandie Smith	35.07
4.	Liz and Barbara Brooking	35.26
5.	Felicity Corne and Jackie Vulinovich	35.33
6.	Eileen Jenkins and Jackie Verwijmeren	35.34
7.	Lynda Williams and Ward Buckingham	36.44
8.	Nicky Copping and Trish Ferguson	36.53
9.	Ronnie Bridges and Sarita (nm)	37.38
10.	Brian Taylor and Margaret Amundsen	38.01

nm - non-member





*Terry Woodfield, Lynette Dallas, Sharon Eaton & Tony Johns*



*Paul Berry and Patricia Eastmond with the Kay Lydiard shield*



*Dave Hamilton - going too hard to pick daffodils at Blackbridge*



*Lorraine Marevich and Miranda Knight enjoying Blackbridge*



*Jan Kippenberger with Bruce Pederson, Mike Taylor and Jackie Verwijmeren at Blackbridge*

## BLACKBRIDGE 2016

Blackbridge on October 11 was about 6 weeks earlier than has been the norm for some years. It seemed to throw a number of members off balance as a rather numerically anorexic field lined up beside the Jogger's tent in Cornwall Park this year. And the weather was lovely, just a slight zephyr ruffling our hair (if any) instead of the more habitually gusty stuff.

Fourteen runners and fifteen walkers responded to the starting horn, down from twenty and twenty three respectively two years ago, which in turn was below the heady days when this event was the club's unofficial annual championships. We should take care not to diminish another valuable club tradition.

The course has not been the down to Mangere Bridge Primary School and back up Onehunga Mall and Deadman's Hill challenge of yore. But the around and through Cornwall Park trail (twice and 12.96ks for runners) is arguably more picturesque and certainly safer than the former model.

Additionally, there are almost as many trophies up for grabs as there were participants.

Paul Berry triumphed over the runners and Caroline McDowell the walkers.

### BLACKBRIDGE 2016 FINISHING ORDER

#### RUNNERS

			<b>Trophies</b>
1. Paul Berry	61.05	1st male 60-69/1st overall	Blackbridge Trophy
2. Karin Drummond	65.25	1st woman 50-59	Blackbridge Cup
3. Sarah Jackson	66.31	1st woman 40-49	BlackbridgeLadies Trophy
4. Peter Jackson	68.13	1st male 40-49	Eric Woods Cup
5. Frazer Brown	72.15		
6. Tony Johns	72.20		
7. Sarah Cammick	73.15		
8. Gail Parker	76.04		
9. Wayne Cunningham	79.08	1st male 70+	Bill Wingrove Trophy
10. Dave Hamilton	84.14		
11. Dave Sheehan	86.27		
12. Aase Diegel	94.30		
13. Kerry Edwards	96.49	1st woman 70+	Blackbridge Ladies Trophy
14. Patricia Eastmond	99.11		

#### WALKERS

1. Carolyn McDowell	71.07	Gordon K Brown Cup
2. Graham Goodwin	72.32	Fred Bercht Cup
3. Barbara Brooking	74.19	Blackbridge Trophy
4. Lynda Williams	76.03	Blackbridge Trophy
5. Sandy Smith	76.04	Blackbridge Trophy
6. Bruce Pederson	76.04	Blackbridge Trophy
7. Jackie Verwijmeren	76.15	
8. Michael Taylor	80.35	
9. Lorraine Marevich	80.45	
10. Miranda Turner	81.12	
11. Charmaine Simmonds	85.28	
12. Ward Buckingham	80.50	
13. Bryan Taylor	82.19	
14. Ronnie Bridges	82.40	
15. Janet Green	82.40	

## AUCKLAND MARATHON RESULTS 2016

### AUCKLAND MARATHON 2016

#### FULL MARATHON

Michael Simons	3.54.15
Tim Sprott	3.56.28
Philippa Dumont de Chassart	4.05.09

#### HALF MARATHON

Pete Nicol	1.39.03	
Jim Bartley	1.49.26	
Tony Johns	2.00.27	
Denys Anderson	2.01.32	4th in age group
Paul Berry	2.04.28	
Dave Sheehan	2.07.56	
Jude Sprott	2.15.26	
Jane Hannah	2.34.18	
Lind Breekveldt	2.42.01	
Des Brennan	2.43.51	
Daryl Lewis	.45.40	
Caroline McDowell	2.48.40	
Ross Cammick	2.52.06	
Kosala Krishnan	3.13.23	

#### 12K

Earl Irving	1.17.48	5th in age group
Patricia Eastmond	1.27.31	1st in age group

## KERIKERI 2016

### KERIKERI HALF MARATHON 2016

#### RUNNERS

Chris Robb	1.17.36	1st in age group	7th in run
Pete Nicol	1.36.19		
Chris Thorne	1.38.58	4th in age group	
Peter Jackson	1.45.19		
Charlotte Thorne	1.48.09		
Jim Bartley	1.48.36	7th in age group	
Sarah Cammick	1.49.25	9th in age group	
Frazer Brown	1.50.00		
Gail Parker	1.52.26	4th in age group	
Dave Sheehan	1.57.41		
Tony Cutten	2.00.40	1st in age group	
Liz Davey	2.03.06		
Anne Whineray-Smith	2.03.47		
Pete Ducie	2.07.10		
Chris Melley	2.09.01		
Sian Lilly	2.13.54		
Dave Hamilton	2.15.42	4th in age group	
Anna Spittle	2.17.26		

#### HYBRID

John Edwards	2.40.58	1st in age group
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#### WALK

Ross Cammick	2.51.45	2nd in age group
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## ***Closed at the BNZ open at Puriri Drive***



*Sarah Duffin (3rd from right) and the BNZ team, having a cuppa at the end of their painting shift.*

As we know from years of observation, August is when lambs and calves are playing Cornwall Park and blossom is bright and handsome on the deciduous trees. Otherwise, It's also a bit nippy and wet.

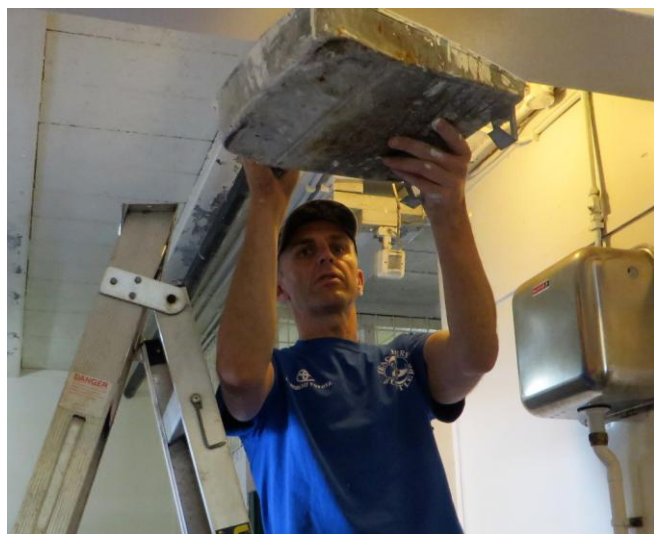
Well, this August something else remarkable happened: people came to paint the interior of the men's changing rooms at the club! And even better, they were volunteers. Eight men and two women took a day off their normal work routines, as part of the BNZ's 'Closed for Good' programme.

On 31 August, all BNZ bricks and mortar branches around the country closed as staff undertook hands-on projects in their communities. In the last seven years, they've completed 2500 projects.

As to our project, Nick Hoy and Alan had assembled a range of painting equipment and step ladders as the folk arrived on that Wednesday to commence action.

Two people were assigned to each work area and then got into action, sweeping down the walls and floors in preparation before applying the enamel paint with great enthusiasm. It was not copy-book stuff, but it worked-the paint went on! Smelly stuff too, is that enamel paint.

If that's good news, it gets better: the BNZ gang have promised to come back next year with at least 30 workers! We're anticipating being able to paint interior and exterior surfaces.



*William Waite painting a beam in the gents loo.*

### ***Auckland Joggers Contacts***

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