



Some of the 23,828 Finishers at Round The Bays 2019



Their team is Medpool and 260 of these Auckland Uni med students completed RTB this year, a record entry level for them. Good to see our future doctors staying healthy and participating in a great public event



Sergio and Carmen arrived from Madrid six years ago. He's a bike mechanic and she's a PHD student in microbiology at Auckland University.



Riley and Adi both 16, ran a smart time of 37 minutes. They were with team Steel and Tube, where Riley's Mum works.

We welcome the following new members to Auckland Joggers

Zongkai Wang, Jerry Ji, Elena Baranova, Julie Mc Millin, Liam Lin, Iona Cunningham, Hilary Robotham, Dan Gui, Maryanne Kappeli, Yashwini Krishna, Hannah Louise Sinden, Patsy Holt, Rentia Greyvenstein, Julie Richards, Carlene Eng, Ian Horne, Craig Anderson, Diane Tredoux, Deborah LaRue

President's Corner

As the incoming President, I'd like to thank you for placing your confidence in me for this role. It's not the first time I have been in this position (as some wit said, 'a recycled has-been'), but when I put up my hand, I had forgotten just how much time and effort the job took. My wife Christine reminded me.

Therefore, I must pay tribute to those who carried the load last year when there was no-one in this role. Sue O'Shea and Kerry Edwards, no doubt ably assisted by the Immediate Past President, Jude Sprott, did a wonderful job of holding things together and keeping the club moving forward. Together with the other members of the committee, they did not adopt a marking time attitude, but continued to innovate in a number of ways.

For instance, there was the introduction of the Club Hub system that underpins the administration of the club and the preparation for the accounting system to be cloud-based. Together, these two things will now enable us to offer online payment of subscriptions – cash and receipt books are almost entirely a thing of the past.

Thank you very much for your wonderful work last year.

As I write, Round the Bays is now in the immediate past. Thanks to the foresight of Colin Kay, in 1962, twelve hundred runners departed from the Town Hall and ran out to St Heliers. From those humble beginnings, Round the Bays has become a feature on the Auckland calendar with tens of thousands participating, running and walking their way along the waterfront and enjoying the views that our magnificent harbour-side venue provides. This year was the 47th running of this event and I thank all those members who volunteered on the day to make this a memorable occasion.

In 2022, just three years' time, we'll celebrate the fiftieth anniversary of Round the Bays.

Earl



Earl with Cameron Graves, the winner of RTB 2019. Cameron, 27 was delighted with his win, something he'd dreamed of doing since he was 14! To do so, he completed the journey in 25.06 mins (2.98 mpk), to push reigning and perennial RTB champion, Jonathan Jackson into second place.

Last year Cameron was 3rd in the Auckland Half Marathon in 68.27. By week day, he's a Digital Banking specialist with Westpac.

AJC Executive Committee 2019



From left: Jude Sprott VP Social, Sue O'Shea VP Admin, Doug O'Shea, Lynette Dallas, Earl Irving President, Nav Bains Club Captain, Helen Van der Peyl Secretary, Lynda Williams and Tim Sprott Treasurer



Congratulations

...to Patricia Eastmonde and Graham Goodwin, who are tying the knot on 30 June

Meet Nav Bains - Club Captain

Following a very active four years of membership, Nav Bains is the now Club Captain at Joggers Club and a good thing too. Although there's little amiss with having shall we say, 'riper' members in significant roles, we do relish having younger people on the job. Nav's certainly made the club his away home, with frequent and enthusiastic attendance.



Jacqueline and Nav at the finish area

Along with Prime Minister Ardern, Nav grew up in Morrinsville dairy country before he headed to a cold bungalow in Dunedin and completed a B Com at Otago University. And as often happens, he formed close life-long friendships with his flatmates. Having

been on that end of the property spectrum, Nav moved to Hamilton and developed his own business in property management, which he on-sold after six years to the local Ray White franchise.

Now, Nav works as a Property Development Manager for the NZ Housing Corporation, which is currently undertaking a significant role in progressing the housing stock of the country. Nav's based in Greenlane from where he's involved with eleven development projects from Northcote to Pukekohe. The work requires adherence to the Auckland Unitary Plan, through all the feasibility and design and build phases.

Away from work and Joggers, Nav and his partner enjoy going to movies and meeting friends for relaxing brunches. He's recently seen 'A Star is Born' which he enjoyed.

Athletically, Nav was into soccer early before being drafted into rugby at college. He aims to keep nudging improvements in his marathon appearances, for which he trains four days a week and totals around 50ks.

He would like as Club Captain to identify the packs more closely according to their k times and will gently work towards that. Meantime, he's happy getting his largish feet under the figurative desk and getting to know everyone.

We wish Nav well, in all pursuits!

From Our Summer Picnic in the Park



AJC men at play - serious issues under consideration





The Hamiltons in picnic mode



Mark seriously engaged in downing a bbq sausage

AJC Beginners' Training Programmes



John, Sharon, Debbie, Julia and Tolia

There's quite a buzz in the air - the joggers' packs are all chattering away up and down the road, getting more distant as a bunch of us gather around Coach Esther, awaiting instructions. Dressed in assorted garb, we are the Beginners' Group, half way through the '8ks-in-8 weeks' programme.

You may have seen them - one group back in October-November last year and the second this past January-February. These are folk who are running for maybe the first time since school, or who are starting out again to recapture fitness and health that busy-ness or families have stolen from them.



Thirteen paying customers participated in the early squad of whom five became members, while this year nineteen people enrolled. They learn about the programme mainly by word of mouth from members and from Facebook. We are all in debt to the remarkable energy and commitment of committee member Helen van der Peyl, for putting the whole thing together. Thanks Helen!



Early February on the journey through the park - 4ks tonight!

Faithfully escorting the Beginners on their progressive build-up have been a number of Joggers' members, several of whom are themselves working back into running following injury or illness. This group includes Steve Gemmell, Neil Mackay, Earl Irving, Doug O'Shea and Dave Sheehan.



Sharon, Debbie and Doug

Inspirational Trainer fronting the training has been Esther Quinn, who by day works as Exercise Physiologist and Clinic Manager for 'Well For Life', a group based in Jervois Rd, Ponsonby, who specialise in preventative and remedial health.



Esther's well qualified for leading a group of 'mature' beginner runners with an MSc from Auckland, focussing on cardiovascular risks and rehabilitation and a BPhed from Otago based on rehabilitation. As a great bonus, she's also a runner and is blessed with unfailing gracious charm and patience.

Esther follows up the two weekly runs with some homework for her troops.



Rita, Esther and Tolia

Yashwini's Life changing Story

After years of running on the treadmill at the gym I started to think, do I want to carry on doing this or should I challenge myself with road running?

I started searching on social media for running clubs and that's when I came across Auckland Joggers Club and their Beginners Programme. Without any hesitation I joined the 8 week Programme in October last year.

With the guidance and encouragement from my amazing coach Esther Quinn and fellow joggers, I completed the program with flying colours, reaching 8km in 8weeks. This was such a huge achievement for me!

By day, I've worked for an Electrical Contractors and Engineers company for 25 years, which is also the age of my oldest son and the younger, 23.

I have now joined Auckland Joggers Club, which is the best thing I have ever done for my fitness. The club members are down to earth and always eager to help which meant I was never left out as a beginner. The support of my pack leaders always has me believing I can do more.



Steve with Yashwini at RTB

There I was, a person who had never done any road running and now I can run 11km with ease.

I'D LIKE TO SAY A HUGE THANK YOU TO AUCKLAND JOGGERS CLUB

How Healthy is Auckland Joggers Club in 2019?



We asked two former Presidents, Carole Young (2006-2009) and Earl Irving (2001-2003 and current) to run a ruler over the club. How are we doing? Here are some of their responses.

How do you feel about the current state of the club?

CY: Lacks vitality, appears to be no WOW factor, certain people generate great groups within the club, doesn't roll out to wider members. Events run by other clubs has probably caused this, which means there needs to be some organisation around open events: half marathons, marathons, fun runs and tri's, where we could encourage teams or groups to participate by creating open forums for members to do this, as our groups can be clicky.

EI: The club is in good health. Membership is down on what it was twenty years ago, but the current members are more likely to be active, rather than passive or phantoms.

Recently, committees have spent a lot of time trying different ways, such as the beginners' programmes, and using social media to get through to the millennials. These, are slowly bearing fruit. The subsidised meals on Tuesdays is a winner and the relationship with our CPSA partners, rugby, has also improved.

What would you like to see happen that's not at the moment?

CY: Perhaps some engagement with fitness groups to see if there is any interest in a combined club usage and opportunity for members to try different activities.

Cross fit, pilates, yoga, spin training, dance, music – social 5km runs followed by a sausage sizzle (\$5)

EI: I have 5 matters I wish to achieve: increased membership, a presidential success plan, enhanced club facilities, the RTB 50th year celebrations, and re-establishing contact with our kindred joggers clubs.

The Mystery RTB function was an event that was really looked forward to, but has not occurred in the past decade. The committee is reviving this and we can look forward to a "knock-your-socks-off" occasion later.

Is there still a place for wearing uniforms?

CY: Perhaps the club tee shirt with mufti for club nights, uniform for events.

EI: A uniform is the best way of advertising our club – people can see us in the park and streets of Auckland out enjoying themselves. I'm not one of those who believe that Thursday nights are non-uniform nights.

In three years' time (2022), the 50th Round the Bays will be staged. How would you propose we celebrate this milestone?

CY: Consider offering originals free entry if they have done 5 or more.

Have one BIG party at the Finish area where people can really celebrate the milestone. Make it sparkle and shine. Have a theme to support either Women's Refuge, ReCreate, Hearing House, or dental work for rural NZ schools

EI: Joggers have been there for all fifty years. For this occasion, Joggers must be right up front in the advertising and promotion of this event, and our partner can take a back seat for a change. Other possibilities – win a trip to San Francisco for the annual Bay to Breakers run, for example. Let's hear from members what they think would be a great way to celebrate.

How about running the original route from the Town Hall again?

PS - You may have a comment to make on any or all of these issues - please pop them into the Suggestion Box.

Committee members do read them!!



Stork News... Sarah Goodwin and Andy Thornton have a brand new baby boy!!

Results Kay Lydiard Relay September 2018

An enthusiastic field gathered at the start line back in September last year, to compete in one of the club's more ritualistic events - the Kay Lydiard Relay. In honour of our esteemed founders, we set off to tame the course. Leaning right or left at the lights, we poured along Greenlane Road in opposite directions.

It was a lovely evening for a gallop and that's what happened. I took up the challenge for the first time in 8 years with my partner for the moment, Emily. Tearing along towards Manukau Road, I checked that I was ahead of the next runner. I was! Trouble is, that when I met my partner on Market Road and headed back to reverse the course, I realised that there were no other runners behind me. I was the Sweeper at the rear!

All great fun and no harm done, except a small reality check to my pride. Patricia and Andy took out the runners' and Lynette and Mary the Walkers' prizes. Thanks to the organizers and helpers!! AK

WALKERS

Lynette Dallas & Mary Gray	34.24
Earl Irving & Jackie Vulinovich	34.31
David Hamilton & Ronnie Bridges	34.42
Nick Woods & Noeleen Elder	35.40
Caroline McDowell & Liz West	36.31
Helen Lyons & Sarita Nadam	36.49
Barbara Brooking & Elizabeth Eden	37.02
Eileen Jenkins & David Holford	37.20
Jackie Verwijmeren & Nikki Copins	37.25
Peter Neumegen & Keith Beswick	37.49
Karin Baynes & Lynda Williams	37.57
Helen Van Der Pyl & Raewyn Fisher	40.39
Brian Alexander & Sandra Knight	40.51

RUNNERS

Andy Thornton & Patricia Eastmond	32.47
Garren Espin & David Sheehan	34.58
Zongkai (Kevin) Wang & Sue Knox	35.31
Graham Goodwin & Anna Spittle	36.15
Anne Whineray Smith & David Shephard	37.30
Heather Chamberlain & Jacquelyn Wan	37.32
Emily Verryt & Alan Knox	39.10



Andy and Patricia



Mary and Lynette

Don't give up on your spuds!

These days of rigid diet control and foods banned one year and super-foods the next, can leave us bewildered, unless we take a firm stand. One such AJC member was Robin Guthrie, who took a principled stand against the outlawing of potatoes along with pasta, by the Atkins diet a few years ago.



'While many would not quarrel about reducing the amount of pasta', she wrote 'reducing potatoes seems a backward step.

'Potatoes contain minerals and a reasonable amount of vitamin C'.

So don't give up your mashed potato!

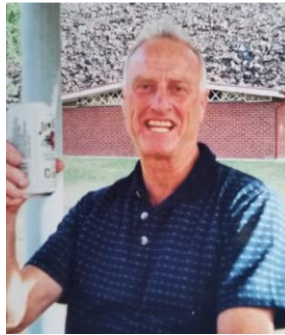
Doug Sims - Joggers Legend



Doug leading a pack around Orakei Basin one sunny morning

'Doug and Dele' were a huge part of Auckland Joggers club lexicon, for 30 years.

Sadly, Doug passed away in November last year, aged 82. His sunny smile and hearty laugh were blessings to us all, from this kind and considerate gentleman.



He was a very popular pack leader and in the photo right, had led his pack one Saturday morning, allegedly at Karen Halley's suggestion, to his first family home, in Catherine Street, Onehunga.

Doug and Dele were married for 59 years and have son Tony, who's getting married in April and daughter Tessa, who lives in Australia. Dele has four grandchildren and two great grandchildren to occupy her.



Doug will be truly missed and fondly remembered.

Happily, we still see Dele on Saturday mornings when she can get out.

We wish you so well for the future Dele.

NZ blackcurrants - lead the bunch

Did you know that New Zealand blackcurrants have the highest recorded anthocyanin values and antioxidant activity of any berry in the known universe? ...and they're low in sugar too.

So what? Well researchers at the University of Chichester have discovered that these blackcurrant compounds, endow very positive benefits to athletes, including joggers and snappy walkers. Apparently, the product assists individuals with slow twitch muscle fibre, which are built for endurance, and have increased resistance to fatigue, by as much as 11%! It also accelerates fat burning, supports brain health and assists recovery.

Lead researcher, Professor Mark Willems says 'If you like endurance exercise and your muscles perform repeated contractions, you will benefit from blackcurrants.' What's not to like? One local brand, Sujon supplies 2 months worth of capsules (one a day) for \$38.60. Find on-line.



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