



The Auckland Joggers Club



Auckland Joggers Newsletter

June 2014

Off they go...



Rotorua 2014 – somewhere in there are dozens of excited Auckland Joggers

Our partner keeps changing!

Once, there were two rugby clubs – Cornwall and Grafton. In 1982, they became Carlton. Auckland Joggers and Carlton agreed to build the clubhouse that, with additions and modifications, eventually became the facility we now share. When Grammar Old Boys lost its base in Ayr St, Parnell in 1996, our partner became Grammar Carlton. Last year, Grammar Carlton merged with Teachers Eastern to become Grammar TEC.

Since 1994, the facility has been managed by the Cornwall Park Sports Association (CPSA), represented equally by rugby and Auckland Joggers. The agreement between the two has remained largely the same throughout and even with the latest rugby amalgamation, will probably do so in the future. CPSA, under Nick Hoy's chairmanship, is working to establish a new management structure with a new manager. We welcome expressions of interest in this position.

The association has also let a contract to paint the exterior of the building. Everyone who sees the proposed colour scheme describes it as 'smart'. We'll know for certain before long.

CPSA is also drawing up a list of other structural items that need addressing, and is establishing priorities and timelines for them.



Mid-year dinner

Our annual mid-year dinner is after the run on Tuesday 24 June starting at 7:30pm. The theme this year is Italian, with the cost \$20 for members and \$25 for non-members.

Our guest speaker is Ray Porter, who was managing a major record label in the 1960s when New Zealand's pop music industry was starting to take off.

In the dark

As we head towards winter and the darkness descends, we need to wear brighter clothing at night. Yellow fluoro vests are available at the club and we should use them. They also provide another layer of protection from the cold wind. When possible, carry a torch.

Make sure people don't drop off the back of your pack or get left behind at drink stops – this is particularly important for our women members. Everyone, not just the pack leader, is responsible for sticking together on the run or walk. A tail-end Charlie is essential for every pack, especially during the winter months.

It's also important to let your pack leader know if you decide to head home early. The last thing they want is to panic that you're lost, when you are back at the club enjoying a cup of tea and biscuits.

Happy running and walking!

Alan Knox
President

Marathon Rotorua effort

Auckland Joggers were very well represented at the 50th anniversary of the Rotorua Marathon last month. Almost 50 members took part, with numerous others providing off-road support and encouragement.

Congratulations to all of you who competed over the full, half and quarter marathon distances.

Big thanks to Carole Young for helping a fallen comrade during the marathon.

Earl Irving: Mission accomplished

They say the biggest challenge is getting to the finish; sometimes it's just getting to the start.

This time last year, a seized back, then a pinched nerve in my neck had me down to a walk, weighing over 100kg and wondering whether I would ever run again. But, in October, I started a six-week gym programme at work, which incorporated a nutrition component, and my weight started to come down.

I went away at Christmas feeling good about myself and started to go for a slow run up the hill at Onemana and, eventually, along one of the forest roads. My times quickly began coming down, so I started pushing out a bit further. Just before New Year, I saw online that the Rotorua Marathon in early May was its 50th Jubilee. I had run the 25th anniversary event, so my interest was sparked. As my last marathon had been in 1995, this might have been biting off too much, so I set an intermediate goal of first surviving the Pukekohe Half in February.

Things had become serious by mid-January, with a new pair of shoes, replacement orthotics and a challenging training programme. This involved running to or from work most weekdays, long weekend runs, with Monday the compulsory rest day. On Tuesdays, I ran from work to Joggers and then home afterwards.

Saturday training involved up to 15km around Onehunga and Mangere Bridge, while Sunday was reserved for the big kahuna. I followed the traditional Jenny Witchell/Dave Greenlees course from 25 years ago along Manukau Road,

Rotorua 2014 results

Marathon run	Time	
Paul Berry	3.37.43	8 th in age group
Sarah Jackson	3.41.07	
Peter Ruygrok	3.48.29	
Tim Sprott	3.50.20	
Sarah Cammick	4.05.17	
Ian Mound	4.20.44	
Mike Frost	4.50.11	
Michael Simons	4.50.12	
Anna Spittle	4.51.52	2 nd in age group
Dave Hamilton	4.57.25	210 th marathon
Heather Chamberlain	5.01.43	
Earl Irving	5.05.44	
Doug Shadbolt	5.12.55	
Noelene Elder	5.39.49	10 th in age group
Stella Lim	6.43.57	
Carole Young	6.58.55	
Patrick Holloway	7.00.35	19 th marathon
Marathon walk		
Jeanette Rogers	5.18.47	
Charmaine Bernard	5.37.05	
Trish Archer	6.09.00	
Daryl Lewis	6.27.44	
Half Marathon run		
Anne Whineray-Smith	1.50.33	4 th in age group
Liz Davey	1.51.55	10 th in age group
Nigel Le Sueur	1.53.39	
Mel Wilson	1.54.12	
Ian Biddick	1.51.55	7 th in age group
Jude Sprott	2.04.09	
Dave Sheehan	2.05.44	
Stephen Driver	2.06.06	
Miranda Knight	2.12.19	
Vana Buckan	2.20.42	
Ian Westwood	2.36.12	
Patricia Eastmond	2.36.31	1 st in age group
Peter Jackson	2.37.41	
Barbara Fish	2.43.51	
Marion Griffith	2.51.04	2 nd in age group
Half Marathon walk		
Jill Stewart	2.32.19	5 th in age group
Doug O'Shea	2.35.47	
Sue O'Shea	2.45.69	
Ross Cammick	2.48.52	
Sarah Rapira	2.51.56	
Barbara Brooking	2.59.36	
Rob Magnusson	3.01.43	
Mike Townsend	3.04.04	
Julie Cull	3.05.12	
Elizabeth Eden	3.09.15	
Deon Stoltz	3.30.00	
Quarter Marathon walk		
Bev Horton	1.53.30	



Another one done and dusted...

Mt Albert Rd, Dominion Rd, Grafton Bridge, through the Domain and back to the club, gradually extending the distance by longer loops around Cornwall Park. My invitation for others to join in generally fell on deaf ears, although Dave Johnson joined me on a couple of occasions.

For my interim target, Pukekohe put on one hell of a hot day, so I deliberately went out slowly. I was soon dead last and stayed there for the first 5km. However, I then began reeling in the field and finished in 2hr 25m, a time I was very pleased with. Nothing like the 1hr 40s I used to run, but hey, that's life. That night, I registered for Rotorua and the die was cast.

The training schedule was working beautifully, with six consecutive PBs on my runs to work. I started taking the "scenic route", doing reps up One Tree Hill, or tackling Goodall Street and along St Andrews Rd. The seven peaks run during the weekend of Cyclone Lusi was a highlight and the miles kept building up until I

was doing about 90km a week. Then, with four weeks to go, it all unravelled.

On 6 April, Dave Johnson joined me on my final really long run before beginning to taper – the famed clubrooms/Mt Wellington/Panmure Basin/Hamlin's Hill loop. As we were coming down Mt Wellington, I was hit with shin splints, something I hadn't had since 1995. While painful, I kept going and made it back to base, but things weren't good.

The next fortnight involved numerous physio and other medical appointments in an attempt to get things right. Training-wise, all I could manage were 16km walks up and down Puriri Drive on Tuesday and Thursday nights. My wife, Chris, and I had planned a motorhome trip around the East Coast over the Easter/Anzac period, with a run each morning, but that also went by the board. I managed a couple of walks in the sea – isn't that how they treat racehorses – and one 8km run at Ohope. In the last week, two shake-down runs of about 5km each were my final preparation.

To add to my problems the cushioning of my almost-new shoes had worn through, and the repair job had created a ridge that would rub on my heel, so my old shoes would have to do for Rotorua.

A few days prior to the marathon and the shin injury had largely abated. There was a little tenderness with direct pressure, but the final couple of runs had been pain-free. Lots of Voltaren Emugel and stretching certainly helped.

Although mentally ready, I was not so sure about physically, but convinced myself that I had done the hard yards early on, so would take it as it came. Not only that, there was so much support and encouragement from so many fellow Joggers, especially as they noticed my weight, which had dropped by over 20kg. Kirsty even referred to me as 'thin man', while another thought that I was sick because I was so skinny.

After all the drama, the actual run was great – a simple one lap event! It is hard to get lost; just keep the lake on your right and follow the crowd. I picked up the 5hr pace makers (Simon

and Jaime were great at keeping a steady pace) and was on schedule for a sub-5hr finish until about the 34k mark when I slowed down and crossed the line in 5:09:49 (or net, 5:05:44).

What's next? Ask me after the legs have recovered, but there's always the Auckland Marathon (I have never run over the bridge), and then either London or New York before I finally retire. Any starters?

Making the effort

Club member Anne Whineray-Smith talks about her journey into running.

I grew up in a sporting family. My father, Bruce, represented New Zealand at hockey and his brother, Wilson, captained the All Blacks in the 1950s and 60s. Both used to jog and I can remember going out for a run with Dad as a youngster. However, it didn't do too much for me and I always wanted to stop for a break.

Music was my thing, although I dabbled in a number of sports, including doing a few Round the Bays runs. But as I got older and became a busy working mum, I didn't have the time or inclination to do much. However, about four years ago, with home and work pressures starting to ease, a milestone birthday approaching and my weight getting out of control, I decided to do something that would be long term.

First up was a 12-week challenge at a local gym. I worked hard, changed the way I ate and the difference was so great that I was a top-10 finalist across 10 gyms.

I immediately wanted another challenge, so why not a marathon? I trained hard at the gym and my running, whilst slow, built up and finally just over a year later I lined up for the 2011 Auckland Marathon, which I managed in 4hr 47min, exhausted but upright!

With no thoughts of ever running again, a week later I saw the New York Marathon on TV and decided I had to give that a go. I armed myself with a personal trainer, sports massage therapist and nutritionalist, read every marathon book available and talked with anybody I could about running. I ran eight 10km races, six half marathons and started to get faster. Two

months out from the marathon I did two halves in under two hours; I was rapt and ready.

Of course, the New York marathon didn't happen in 2012 because of Hurricane Sandy. (See *Start spreading the news...* on page 5.)



US spelling, but it means the same thing

It was just after New York that I met and ran with my idol Kathrine Switzer (who has been responsible for such huge changes to women's running over the past 40 years). Kathrine suggested I join Auckland Joggers, which I duly did, and that move has probably had the biggest impact on my running to date.

I never thought I was good enough to run with other people, but I have improved so much. I enjoy the friendships I have made and Tuesday nights have taken me to the most unlikely places around Auckland – Symonds St Cemetery stands out as the most intrepid run so far.



No time for a Sav – Anne running through the vines in Marlborough

Of course, I could not have done any of this without the support of my family and friends.

Their eyes may glaze over when I start talking PBs, splits, injuries, shoes and the latest watches, but they tolerate it. My boys have had to get their act together and cook as I am often out running somewhere. One of them has even developed a love of running, himself. And I think the challenges I've taken on have encouraged my husband, David, to rekindle his youthful passion for motorbike racing.

I have developed a love of running because of the way it makes me feel when I finish a run. I love that rush of endorphins and I love it that, when I don't want to go for a run, I do anyway. It feels good to have pushed myself. I like what running has taught me about myself and am stronger for it. But, most of all, I am thrilled to have met so many amazing people who feel just like I do and I am honoured that I am able to be part of this.

Start spreading the news...

Anne Whineray-Smith headed to the 2012 New York marathon; but it wasn't to be.

I'd prepared well for New York, but then Hurricane Sandy arrived, causing death, injury and widespread damage in and around the city. It also put paid to the 2012 Marathon. While the authorities made the only decision possible, it was still a huge disappointment, especially after I'd trained so hard and travelled so far.

All was not quite lost, however, with the running spirit kicking in and an unofficial 'Run Anyway' replacement event being organised in Central Park.

On the day the marathon was meant to be, New York turned on stunning conditions and some 20,000 runners did 10km loops of Central Park. With locals cheering us on, the atmosphere was amazing and everyone was so happy just to be out running. Afterwards, I ran back down 5th Avenue to the hotel in my running gear – brilliant.

The buzz I got from New York saw me rush off and enter the Marlborough Marathon being held just four weeks later. This was difficult both physically and mentally. I'd tapered for New York and had to fly back to New Zealand, regain some form and then ease off again. Running

32km just 24 hours after getting off a long flight was not one of my better moves.

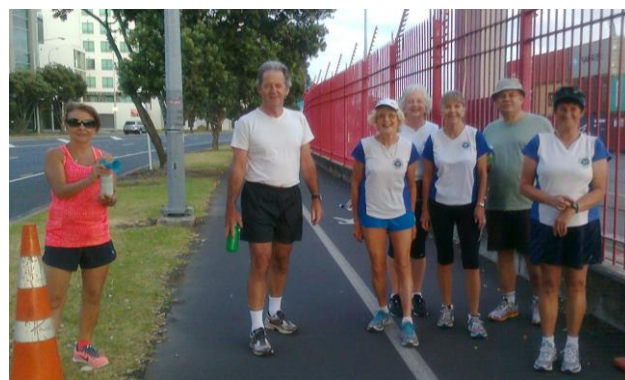


Where it was all meant to end

A number of other marathoners who'd missed out on New York had also signed up for Marlborough and there were high-fives all round when we spotted someone in a New York Marathon T-shirt – we were all family now and determined to make up for the heartbreak.

It was another stunning day for running. I wanted to run with a pace runner, so a Facebook message had gone out and a very kind young Frenchman offered his (running) services. I was delighted – a pace runner and French as well in wine country, whoo hoo!! Despite all the preceding dramas, I ran a near perfect marathon. My goal was a sub-four and I ran a 3:59:36 (the Frenchman went over four hours!). I finally got the reward I had worked so hard for and I wore my New York marathon medal for the first time (it had stayed in its bag up until then). The wine never tasted so good!

Visitor to the Club



Marian Hayes (left) starts the RTB officials' run in March. She ran a respectable 45:08 time. Marian's from Belfast and was in Auckland to visit her daughter for about six months. We certainly enjoyed her company in that time!

Call the doctor

Chief Medical Officer for Air New Zealand and Club Treasurer Dr Tim Sprott offers members some medical hints and advice.

Suffering from a cold or the flu? The good news is that, in most circumstances, you can keep on walking and jogging. This is because mild to moderate regular exercise is good for our immunity system.

If you get sick, a useful rule of thumb is the 'neck line' rule.

Mild to moderate exercise is fine if your symptoms are 'above the neck', such as when you have the common cold. Symptoms include a runny nose, nasal congestion, sneezing or minor sore throat. If you feel fatigued and miserable, consider reducing the intensity and length of your run or walk, or take a break, until your symptoms have resolved. Let your body be your guide. Resume your normal routine gradually as you begin to feel better.

Don't exercise if your symptoms are 'below the neck', such as with the flu where symptoms are fever, coughing, chest congestion and widespread muscle aches or pain. The influenza (flu) virus affects both skeletal-muscle and heart-muscle cells by decreasing their function. It impacts on exercise performance for several weeks after the flu. Studies indicate that muscle strength, endurance and even cardiac output are significantly lower in those recently infected by the flu. Exercising at your normal intensity when you have more than a simple cold risks more serious injury or illness until you have had several weeks of recovery.

This is also a timely reminder to have the flu vaccination. There are relatively few side effects, it's effective and you can't catch the flu from it as the vaccines use inactivated viral particles. Minor side effects seem to be reserved to the substrate of the vaccine and are short-lasting. The vaccine is also free for people over 65 or if you have a chronic medical condition such as diabetes or heart or respiratory disease.

If you aren't sure if it's OK to exercise, always check with your doctor.

More visitors to the Club

Not many of us can claim to be 'helping the planet' in our daily work. Paul Fisher can.

Paul and his wife Rosanna, who live in Gainesville, Florida with their two sons, Diego 18 and Maya 16, have been back in New Zealand since January visiting Paul's Mum, Auckland Jogger Raewyn Fisher.



Since being here, Paul and Rosanna have also been turning out regularly with Raewyn at Joggers and it has been a delight to have them with us.

The couple share a strong botanical/horticultural background, having met at the University of Michigan while studying for their PhD qualifications in 1992. They visited New Zealand together 10 years ago and Paul has been coming back regularly over the past 4-5 years.

Paul's interest in things biological began with Mum, Raewyn, who taught biology at Birkdale College and then in Singapore. He says that the family's time spent sailing on the Waitemata also encouraged his concern for the natural world.

Paul's professional pathway has taken him towards a more holistic approach to horticulture, which on his visit this time involves addressing plant nurseries on the critical global issue of efficient water usage. This relates to water conservation and how, as

far as possible, to reduce and recover run-off. Recovery can approach 100% if managed correctly, says Paul.

Clearly, given the seeming upward trend of global warming, water usage is becoming an increasingly significant concern for most New Zealand farming operations. According to Paul, because we've had an abundance of water, Kiwis are about 20 years behind other countries, such as Australia, when it comes to adopting sound water conservation policies.

Rosanna's career path began with the intensive study of potatoes at the International Potato Centre in her native Peru. True spud aficionados among us will know that Peru has been home to a variety of tubers, such as the potato, sweet potato and yam, from as long ago as 5000BCE. Rosanna's work involved improving the efficiency of tuber farming, particularly in Andean countries where they are staple crops.

These days, she works at developing ornamental plants for plant nurseries using traditional plant breeding techniques.

Paul and Rosanna say they have enjoyed the opportunity to get along to Joggers – and Raewyn has obviously loved having them and her grandsons around. Hopefully, we'll see them all back here again sometime soon.



*The Three Tenors performing for Auckland Joggers' Summer Dinner 2013:
Alias John Edwards, Mike Frost, Kirsty Picard*

Welcome to these New Members!

*Dan Dillane and his son Myles, *Philippa Dumont de Chassart, *Paul Fisher, *Rosanna Freyre, *Marian Hayes, *Renee Harden, *Jonathan Inggs, *Rod Magnusson, *Nicola Meyer-Smith, *Stephen O'Neil, *Susan Wilkinson-Pool and her son Jasper Poole, *Mary Semmens and *James Wyllie

Returning members: *Peter Ducie and *Emma Kippenberger

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