



The Auckland Joggers Club



August 2018

Me - Heart attack? but...

Five years ago Daryl Lewis was happily contemplating an imminent trip to Base Camp in Nepal, with her good



pal from Joggers, Noeleen Elder. Daryl was doing a fairly regulation tramp in the Waitakeres when she stopped and said she felt a bit sick and nauseas with some funny indigestion. Otherwise, she was fine, except feeling silly for stopping the group and being a nuisance.

But two of her companions knew better. They are nurses and the next thing a helicopter descended and she was whisked off to Auckland Hospital. Daryl was shocked to be told she'd had a heart attack, because the only prior symptom identified by her GP, was that her 'good' cholesterol level was higher than ideal.

Further on the debit side, though was that three generations of her female antecedents had suffered heart attacks. And in spite of preventative habits such as being active and vegetarian for a long time before, she was still vulnerable and 15 kg overweight

Daryl was back at work as Office Manager at Turners and Growers Mt Wellington just two weeks after surgery inserted a stent in her major heart artery. Daryl's been with Turners' for 25 years where she's been instrumental in developing IT processes and staff training at the produce company.

She credits her fitness regime for almost certainly forestalling her heart attack and then for its relative mildness. The medicos also salute her exercise regime for assisting in a trouble-free recovery process.

Daryl has helped herself by becoming vegan, majoring on raw vegetables with plenty of greens, avocados,

fruit, plus lentils and chick peas. She's abandoned eggs and cheese, but will not take the diet to extremes when she's visiting people.

She's a bit ambivalent about taking heart medication for the rest of her life but is obedient to date.



Daryl - up to her neck in it in the Waiuku Forest

Now, approaching Gold Card time, she particularly loves off-road running experiences, the Xterra events. She and Noeleen will do the Honolulu Marathon (her tenth) in December. Daryl has three sons scattered between Melbourne, Palmerston North and Auckland.

[Read more about preventing heart issues over page >](#)

We welcome the following new members

Rebecca Branch, Thomas Howie, Melissa Kendall, Neil McKay, Terry Price, Maile Sanft, Rangga Soemardja, Jacquelyn Wan, Zangkai Wang, Mandy Zhang, Mark Verar, Alan Rohde

Running and walking getting a bit erratic and tiresome?

Perhaps at times we all suffer withdrawal symptoms about going to Joggers and pounding the seal. When it looks stormy and feels chilly, staying at home requires no effort. Here's a gentle reminder of the benefits of braving the conditions and even sweating a bit, particularly for your ever-loving heart.

Keeping up exercise — ideally, at least four times a week, has measurable advantages for healthy hearts, according to a remarkable series of recent studies involving hundreds of people. This research shows that you can substantially remodel your heart and make it more youthful by starting to work out in midlife, provided you exercise often enough.

By the time many of us are in our mid to late 50s, portions of our heart muscle have begun to atrophy and weaken, and our major cardiac arteries — the blood vessels that move blood from our hearts and to the rest of the body — have stiffened. These changes increase blood pressure and make our hearts work harder and less well, raising the risk for subsequent health problems, including heart failure.

But Dr. Benjamin Levine, a cardiologist and professor of medicine at the University of Texas Southwestern Medical Center and director of the Institute for Exercise and Environmental Medicine in Dallas, was not convinced that these effects were inevitable. He and his research colleagues wondered if they might be common only among aging people who are sedentary and not among those who are physically active.



So they embarked upon a series of examinations of 102 older men and women and their cardiac systems. Some had been sedentary throughout adulthood. Others reported that they continued to exercise two or three times a week for at least 30 minutes, were dubbed long-term “casual” exercisers. Then, a third group, who had worked out four or five times a week for years,

were classified as “committed” exercisers. And finally a fourth group, who exercised six or seven times a week and competed in sports, were marked as athletes.

The researchers then scanned and tested everyone's hearts. They found that the sedentary group showed the usual effects of time, where parts of their heart muscles, particularly their left ventricles or chambers, were shrunken and less powerful than in younger people. The same changes were evident in casual exercisers.

But they were not seen to the same extent in men and women who had exercised at least four times a week for years, or in those who were masters' athletes. Both of those groups had left ventricles that looked and functioned much like those of people decades younger.

Parallel findings were recorded with cardiac arteries, assessing their stiffness.

In general, the cardiac arteries of both the sedentary people and the casual exercisers, who worked out two or three times a week, were stiffer than in younger people. But among long-term committed exercisers and masters' athletes, the researchers found, major cardiac arteries were relatively flexible and, in functional terms, youthful and healthy, compared to the vessels in the other groups.

These results suggest that our hearts and arteries can “retain plasticity” deep into middle age, Dr. Levine says, meaning that they still can change in desirable ways if we exercise. But the exercise most likely needs to occur at least four or five times a week and continue for years, he says.

“It is a commitment,” he says. “But I tell people to think of exercise as part of personal hygiene, like brushing their teeth. It should be something we do as a matter of course to keep ourselves healthy.”

**By Gretchen Reynolds
New York Times 6 August 2018**



Meet the Jacksons - Peter and Jonathan

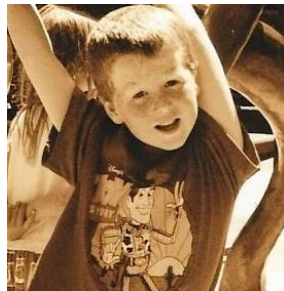


We've seen Peter Jackson taking his turn leading out a fast pack on Tuesday nights for the ten years he's been a member of AJC. A bright, cheerful guy, by day Peter is a Purchasing Officer for Plumbing World, the country's largest home-owned plumbing group. Purchasing is a role he's done since high school in Wellington, for several other major New Zealand retail chains.

Not quite as globally prominent as his Wellington film maker name-sake, Peter attended Wellington College where he played loads of sport, including half-back for the first fifteen, in keeping with family tradition for both his Dad and Granddad also represented the school in the top team. In those days, Peter ran to assist his fitness for rugby and cricket and the other sporting activities.

Peter's sporting interests and prowess found a ready apprentice in his son Jonathan, who we know better as the man who's won Round the Bays for the last six years. Peter recalls that as a youngster, Jono would run everywhere and that even as a three year old, a competitive streak was clearly evident in him. The family moved to Auckland where Jono attended Glendowie College and was as much into sport as his Dad had been in Wellington. Peter realised some special talent was brewing there, when the school Sports Master phoned him to say that Jono had just broken a Year 9 race record, which had stood for 10 years.

At that stage, Jono was far more interested in soccer and rose to captain the Auckland under 15's. But then he made a big decision: to give up all soccer and concentrate on running. He joined Auckland City Athletic club where he came under the expert tutelage of Barry Magee, 1960 Rome Olympic marathon medallist and our club Patron. Barry's group comprised a number of very talented young runners who've gone on to prosper.



Jonathan recalls Barry's ability to tell almost endless motivating stories about his own running days with the Lydiard 'boys'.

Jonathan himself won his first national title, the Junior 3000m in 2007 and has since added a number of Auckland and New Zealand victories to his bag, including the national cross country and mountain running trophies. To the future, Jono is interested in pursuing more marathons to his resume and hankers to win the Auckland marathon crown, before he's finished.

Meantime, Jono married Charlotte in March and they live with their German Pointer in Lynfield. Jono's a mechanical engineer who unsurprisingly for a Lydiard method trained man, runs to and from work in Mt Wellington each day.

Peter is enjoying running with Joggers and has competed in outside events, including a marathon and has completed quite a few half marathons with a best time of 1:33. . To any of us at the club, it comes as no shock that his favourite is Kerikeri!

We wish father and son and Charlotte very well for the future.



Jono winning his seventh RTB title this year



Seen outside two Scottish pubs by Sue Knox

Caroline and Kate - doing a good job!

Caroline McDowell and Kate Munckhof are currently serving Auckland Joggers on the Executive Committee, for which we members are appropriately grateful. But as is the way, they don't stand up and make a big noise about themselves, the effect being that we tend not to know much about them.

Caroline McDowell

This is Caroline's second year on committee, Kate's first. Caroline by day is a Senior Sales assistant at a Green Bay pharmacy which through considerate and compassionate customer attention has a client base of three hundred. Many are residents of two major retirement villages, including Pinesong which overlooks the Manukau Harbour.

One of Caroline's roles, is training new staff, with the intention of consolidating the reputation and outreach of the outlet in the locality. Following high school at Mt Roskill Grammar, she completed Diplomas in Aromatherapy and in Massage.



Danny, Caitlin and Caroline McDowell

Caroline's been walking with Joggers for four years and really enjoys the social element of it all. She believes that it's better to try to make a difference on committee, than moan about lack of change. One thing she'd like to propose, is that the club spend a bit more on current members than just save for the future. For instance, our barbeques could upgrade from your basic sausage to something a bit more appetising. **[If you've a comment to share on this topic, drop it in the Suggestion Box.]**

For leisure, Caroline likes reading crime novels, cooking and a glass of wine with each.

Kate Munckhof

By week day Kate is a Veterinary Assistant at Ponsonby Vets and is in her third year studying for her Bachelor of Veterinary Science with Massey University. She feels being a vet is a natural transition from her life on the family two-acre grassy block at Karaka, where she and her sister grew up with sheep and horses and numerous cats.

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Arlo and Kate

That said, her favourite animal is the giraffe though they're not too obvious down Karaka way, nor in her clinic.

Kate's Dad is Dutch and her Mum English and they maintain close connection with their Dutch Rellies, visiting each other alternately most years.

Kate flats with two old schoolmates from Rosehill College and every year the girls work towards going overseas somewhere.

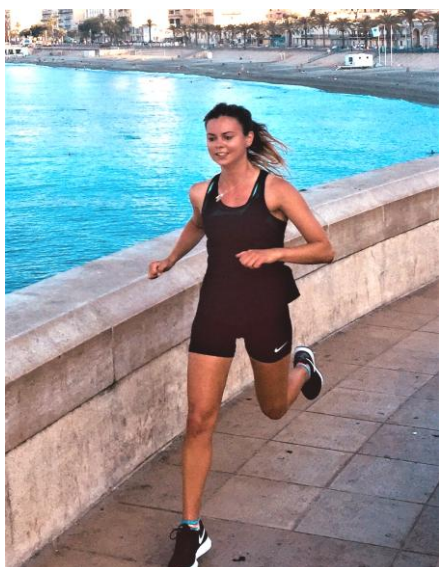
On the AJC committee, Kate's keen to participate by sharing her viewpoint and it's certainly appropriate for there to be younger peoples' voices heard there.

We hope she'll do that well and in to the future.



Sisters -Abby and Kate

Joggers' Spring Running School



Our Spring Beginners' running school will operate from 9 October to 27 November this year.

Esther Quinn (pictured here), a very well qualified and enthusiastic coach, who has worked with a variety of community and corporate groups, will

oversee the programme.

This training is aimed at beginners who want to ease into running with people of their own level of ability. This may well appeal to walkers who would like to gradually step up to jogging and runners recovering from injury.

The cost will be \$60 for the 8 weeks course on Tuesdays and Thursdays starting at 5.45 pm.

Beginners' School 2018 continues a pattern of the last few years where we invite both members and people new to the club, who are looking for an opportunity to nudge into better health with others.

We also invite Joggers' members to assist in teaching alongside Esther. Please let us know if you are willing to help.

Please spread the word around!!

**More information on Web page and Facebook.
Or txt Helen 022 102 7811**

Rotorua Marathon 2018

Paul Berry was very happy with running 3.29 and taking first place in his age group at Rotorua in May.

Patricia performed well in the Half Run by pushing herself into third place, while Noeleen Elder registered sixth in the same category.

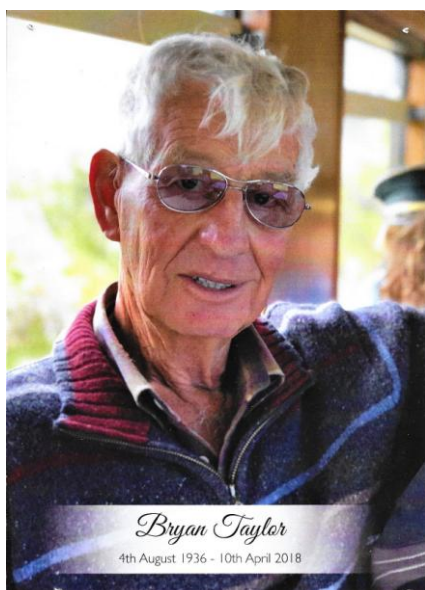
Other Joggers folk to prosper in top ten finishes, were Emily Verryt, Jude Sprott, Heather Chamberlain, Michael Simons and Dave Johnson.



Patricia Eastmond finished third in her age group in the Half

MARATHON RUN		
Paul Berry	3.29.02	1st in age group
Mark Verar	3.52.34	32nd in age group
Michael Simons	3.57.22	9th in age group
Garren Espin	3.59.29	59th in age group
MARATHON WALK		
Steve Doughty	5.38.12	11th in age group
Caroline McDowell	6.17.57	32nd in age group
HALF MARATHON RUN		
Ross Hanson	1.44.01	11th in age group
Nav Bains	1.54.22	15th in age group
Andrea Greenwood	1.58.25	24th in age group
Tim Sprott	2.01.57	13th in age group
Liz Davey	2.13.05	16th in age group
Emily Verryt	2.14.05	10th in age group
Rochelle Burns	2.14.30	17th In age group
Jude Sprott	2.22.35	8th in age group
Heather Chamberlain	2.24.15	9th in age group
Dave Johnson	2.45.33	10th in age group
Barbara Fish	2.49.47	15th in age group
Patricia Eastmond	2.54.04	3rd in age group
Noeleen Elder	3.07.43	6th in age group
Dave Sheehan	3.28.31	22nd in age group
HALF MARATHON WALK		
Graham Goodwin	2.58.30	15th in age group
Barbara Brooking	3.19.27	57th in age group

Bryan Taylor - made his mark



It's now some months since Bryan Taylor passed away, although it's still very raw for his daughter Fiona and her husband Gunther Neubert. It was the suddenness of it that shocked. 'We thought he'd just keep going, because he always had' she says shaking her head softly and tearing up at the sense of loss.

This time, though on Tuesday 3 April, Bryan at 81 had succumbed to his failing heart. And we at Auckland Joggers who knew Bryan felt a similar shock that the tall, smiley guy who seemed to kick his right foot out to the side when he walked, had no more k's to go. He'd completed his journey.

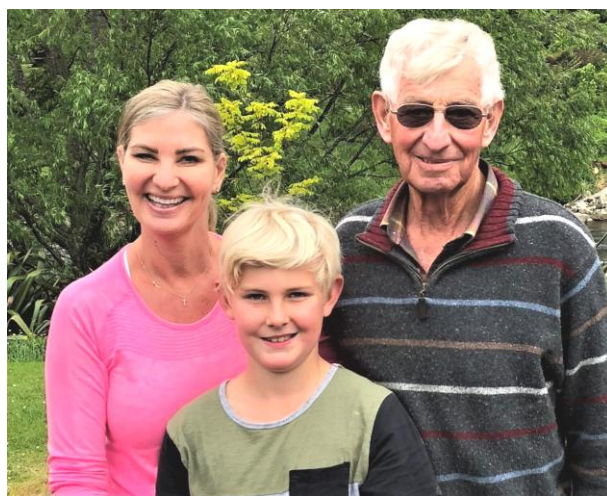
I'd had a gentle tease with Bryan the Tuesday before, because he'd turned up in civvies and had not changed for his walk. I said something about a gentleman's right to say 'no' and he chuckled and mumbled about not feeling like it today. That was the only, slightly cloaked warning I'd had that he wasn't one hundred per cent; but it did puzzle me. It took on more significance a week later that that would be my last conversation with him.

Bryan had come at ten past five on what no one knew would be his final Tuesday at Auckland Joggers, to help get the tea things ready for us. He couldn't stay away: he had to help.

Helping was typical Bryan. I recall when coordinating Joggers' roles at Round the Bays, that Gladstone Road was the domain of three Bryans: Bryan Taylor, Brian Taylor and section commander Brian Alexander. If they were in place, there was nothing at all to worry about.

A few weeks after Bryan's funeral on the 17th, when many Joggers had turned up to show their respects, Fiona and Gunther and their nine year old son Monty came to the club to reciprocate in gratitude to club members, for being such a significant part of Bryan's life. This was a gesture we very much appreciated. And so this obit.

Fiona (formerly a flight attendant with Air NZ), speaks of a gentle father to herself and her brother Ken, who's three years older. The family lived in Mangere Bridge, just off Coronation Road until Bryan and his wife Myrna split when Fiona was eleven. It was a shock for the children for they hadn't seen it coming. And though everyone remained on amicable terms, she didn't actually live with her Dad after that.



Fiona, Monty and Bryan

One of Bryan's greatest joys was to collect grandson Monty from school some days.

By 'trade' Bryan was a plumber and was involved in the installation of the kitchens of McDonalds restaurants when they opened in Queen Street and Mission Bay and beyond.

It was just a few years ago that Bryan cycled down the coast from Seattle to Los Angeles, after abandoning the more legendary Route 66 as 'boring'. One of his many such exploits, we could well lay the title 'legend' more aptly on him.

For us, Bryan Taylor seems to represent those many Joggers past and current, who make being together worthwhile: really good, honest, interesting characters.

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