

# Insider

*Issue 2*

## Editorial

It is hard to believe we are already halfway through February. Gosh, where does the time go.

The Super Sevens series is well underway, and gaining momentum as the numbers each week hover around 1500. A huge congratulations to the events team and all you wonderful club mates who help to make this event the biggest in the Manawatu. It is the talk of town and something we can all be very proud off.

In this issue we have an overview of the 2017 Harriers season from Alister, a race report on the Super Sevens

from Cath, a story from Kel about the Paekakariki Escarpment Track, and a Jumbo-Holdsworth race report by myself.

Hope you enjoy this months newsletter, so grap a cup of coffee and settle in.

If you have done any events or other running, walking or tramping adventures, and are keen to share your experience, please get in touch. We'd love to read all about it.

Happy roads & trails everyone!

Wouna

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# Harriers

## Manawatu Striders

## 2017 Season

by Alister Martin

Our 2017 season commenced on 3 June with an Open Day Cross Country Run/Walk Event held at Massey University.

This was well attended with 45 participants taking part.

The following Saturday Striders Harriers hosted Feilding Moa at Dransfields Farm. Over 100 people from both clubs took part in what proved to be a demanding and very challenging cross country course.

My thanks go to Pam and Michael Dransfield for once again allowing us the use of their Farm and Shearing Shed.

Leading up to our Club Cross Country Champs on 8 July, our Striders Harriers Group hosted Feilding Moa at Mangaone Park and joined Moa in a cross country run/walk at Valley Road, Colyton and took part in a pack run/walk with Feilding Moa from the Ashhurst Domain.

Our Cross Country Club Championships were held at Massey on 8 July.



### Placings

Age Grade	Name	Placing
Squirts	Greer Robinson	1
	Milly Cruickshank	2
Girls	Vala Lawton	1
	Isabelle Conley	2
Boys	Quin Johnson	1
	Toby Smit	2
	Josh Zentveld	3
Junior Men	Jack Conley	1
	Josh Smit	2
Junior Women	Alia Robinson	1
Men	Daniel Palfreyman	1
Women	Kelda Robinson	1
Masters Men	Toshiyuki Nakanishi	1

The following weekend on 15 July the Manawatu Wanganui Cross Country Championships were held in Whanganui. This event was very well organised with fine conditions overhead, but very heavy underfoot conditions.

Special congratulations went to the Robinson family, with all four family members that took part gaining a place: Cooper finished 1st in his grade, while Greer, Alia and Kelda all finished 3rd in their Grades.

A fantastic effort!

Josh Zentveld finished 3rd and Toby Johnson 4th in their Grades.

That completed the Cross Country season.

# Harriers

## Manawatu Striders

### 2017 Season

(cont.)

**T**he Road season commenced with a road race hosted by Feilding Moa at Port Street Feilding and this was followed up by the very popular Halcombe Relay where our Harriers Group entered 2 teams.

Following on from the Halcombe Relay our Striders Harriers Group took part in a road race hosted by Feilding Moa at Ashhurst, the Manawatu-Whanganui Centre road champs held in Whanganui, a Turkey Trot held at Timona Park, a handicap road race at Stewart Road that was very well organised once again by Feilding Moa, and the Marton to Whanganui Relay where we entered one team.

In the Centre Road Champs Josh Zentveldt finished 2nd in the Boys 11 Group and Jack Conley finished 3rd in the Boys 13 Group.

The season concluded with our own club road championships on 16 September with an out and back course that started at the Fitzherbert Bridge and headed down stream along the Bridle Track.

This was followed by an afternoon tea and prize-giving held at our club rooms.

During the season weekly coaching sessions were held by Chris Sanson for our juniors. Chris is a very fine and well liked coach and it was very noticeable to see the improvement shown by our juniors as the Harrier season progressed.

In conclusion I would like to thank club members who assisted during the season with special thanks to Bob, Barbara, John, Margaret and Christine.

I would also like to thank all the parents who assisted either on Saturdays and/or by bringing their children along to Chris's coaching sessions.



Planning is underway for the 2018 Harriers Season and I will comment on that by email shortly and in our next Newsletter.

**Alister Martin**  
**Club Captain-Manawatu Striders Harriers**  
Mobile 027-212-1188

# Super Sevens

by Cath Staines



**A**fter a lovely five weeks on holiday in South Africa and Australia, eating and drinking the full fat, full sugar and full meat versions of everything (and a solitary parkrun in all that time), I knew that my first week back at the Super Sevens, which was the second event of the series for 2018, was going to be tough going. I was not disappointed. The fact that the thermometer read 30 degrees Celcius didn't help. Considering I'm a South African and that I supposedly flourish in the heat, I prefer cooler conditions for running.

I started at a slow jog across the grass using Strava, Fitbit and music as an excuse for a slow start. I'm not sure anyone bought that particular line, but I was selling it for all I was worth. Once I got onto the harder surface, through the gate, things improved a bit for me, as they always do. I sped up a little, feeling hopeful that it wouldn't be all that bad.

Sadly, by 1.5km I had to walk for the first time – the heat and the unfitness were beginning to take their toll and I was beginning to feel quite peculiar. From there it was a walk/jog/walk affair to the first water stop, being passed by the first walker at about the 2.5km mark. (Our kind member of the public who normally has his hosepipe out had forgotten that day, much to my disappointment.) At the water stop I drank a full cup of water and poured another full one over my head.

After another short walk it was around the lagoon and up the hill. All coaching aside, there was no way I was running the whole way up that hill, though I managed to breathe my way up some of it. That was until a random stranger turned and asked me if I was asthmatic – talk about demotivating.

I made it to the next water stop. Another whole glass of water in the tummy and another over the head. A little walk and I began to feel as if I might survive, considering it was only 1km to go. I wasn't considering, of course, the 300m of grass that form part of that last kilometre. I was going so slowly by then that I managed to have a conversation with someone who had completed the 3km and was walking in the opposite direction to their car.

With great relief I crossed the finish line after almost 56 minutes! While I have always thought running is like a mullet: All the fun is in the back; I found this particular run to be no fun at all. In fact, Super Sevens is always a challenge, but I think that's why we all love it. It's in the true spirit of running and walking: The only person to be faster than is yourself from last week and the goal is always a better time and that all elusive PB.

# Paekakariki Escarpment Track

by Kel Robinson

One Saturday evening, I received a message, "I'm doing the Paekakariki Trail with Gerry and Wouna, keen to come along?" Keen? Yes definitely.

At the bright cheery time of 6am we set off and were on the trail by 7.30am. We met up with Gary Crilley, who was a great lead runner, full of information about the track, especially about the narrow bits.

We started on Ames street in Paekakariki and ran down onto the bridge on the main road, took some stairs and followed a path which took us down under the road and up to the start of the trail head. The track slowly cruised upward until a top elevation of about 212m. The views were simply breathtaking, the hillside was still in a bit of shadow, which kept us cool.

After the top, we had to come down again, which is where all those stairs you've seen photos of start appearing. I was quite glad I was just doing one way and not having to climb all those stairs on the way back. We crossed over 2 swing bridges, which we took one at a time to see if we could run with the bounce of the bridge, one moment you're running light and the next you're having to work at it as you miss time the bounce. I actually forgot to look down as I was concentrating on running, so didn't feel fearful of the height of the bridges.

The moment when you doubt whether you can fly, you cease forever being able to do it.

- JM Barrie

There was one section of the track which crosses a slip and you have a guide rope to hold onto. The track there is pretty much one foot width wide! Definitely one person at a time crossing that section.

I don't have a fear of heights and love running down stairs so this run rated right up there in my books, it was just exhilarating. The views remained breathtaking the whole way.

Halfway across the track is a lovely picnic area with seating and again stunning views of Kapiti Island, this was where the track originally ended. There was a very inspirational quote on one of the seats.

The run out to the official start of the track near a disused train station was gentle and enabled good conversation re trails with Gary, who at that point I was following. We ran through some native bush areas as well. We left Gary, Wouna & Gerry to run back and arranged to meet them at one of the cafe's for coffee. Kate and I walked out to the Pukerua Station, through streets and parks, by following the Te Araroa trail signs. The train runs every half an hour and is \$3.50 back to Paekakariki.

We didn't meet too many people on the trail as we started out early but by the time Kate and I got to the end there were definitely lots of people starting the walk from Pukerua bay.

A great 9.5km trail one way which is definitely worth doing, although apparently you want to avoid it on public holidays as it can be quite busy.

# Paekakariki Escarpment Track

(cont.)

*Right: Gary at the slip with the guide rope.*

*Below: A good workout on an endless supply of stairs.*



# Jumbo-Holdsworth Trail race

by Wouna le Roux



**F**or the past seven years, this event has been on our to do list. But every year there's something preventing us from entering. Finally, this year we took the plunge to see what all the fuss is about.

We arrived at the start, registered and had our gear checked. A list of compulsory items was put in place to ensure everyone's safety. With race briefing done, we were off and within 100 metres from the start we were right at the back with only one lady behind us. After about one kilometre, the track splits to allow for two options: the Jumbo-Holdsworth, or the Holdsworth-Jumbo. One can go either way around. Most runners do the Jumbo-Holdsworth over Donnelly's Flat with a slight incline, followed by a sharp, steep climb up Rain Gauge going up, followed by a longer, more gradual downhill via Gentle Annie Track. However, some of the slower runners claim the cut-off for the Holdsworth-Jumbo, is more reachable than that of the Jumbo-Holdsworth. Our way around meant we had 2:10 to get to Jumbo Hut, which is about 10km in and roughly a 900m climb.

Running all by ourselves for the first 7km, we then reached the dreaded hill. For roughly 3km you climb straight up the mountain via Rain Gauge track. I was going as fast as I could, and checking our progress, it turned out that we could only manage a 20min/km pace. Which turned out to be good, as we were passing heaps of people (a bit over 20 in total over the 3km stretch) on the way up, without anyone passing us. A lot of participants were going even slower and I couldn't help but think that many of us were not going to make it in time for the cut-off at 10km.

Soon we popped out above the tree line and around the next corner, we were at the hut. Yay! Luckily it was a little before the 10km mark (9.7km to be more accurate, and not 11km as I thought) and we made the cut-off easily with 15 minutes to spare. A quick drink at the hut, which doubled as a check-point (there were about six in total (I think?) tracking participants' progress) before heading up the ridges. About one kilometre further (10.7km) we reached Jumbo peak. A light breeze made sure everyone stayed cool, but unfortunately



# Jumbo-Holdsworth Trail race (cont.)

the fog spoiled all prospects of nice views across the mountain tops. We could only just make out the next route marker, and sometimes not even. Taking into account the tall tussock and other scrub, the path was almost invisible with some muddy parts, and otherwise rock hiding in the grass. It was near impossible to see where you put your feet, and I was amazed at the speed that some runners manage to do this.

We were trotting along where we could, still walking big parts of the ridges as the uphills were relentless. Two checkpoints on the ridge were a nice confirmation that we were not alone, and were looked after. This must be a pretty challenging job in severe weather conditions. We still had to summit Mt Holdsworth (13.9km) towering to 1445m above sea level. Starting at 299m, the difference in elevation between the lowest and the highest point is 1146m. With the ups and downs along the way, however, the overall elevation gain and loss is 1394m and 1412m, respectively.

In my minds-eye, I imagined the top of the mountain to be wider and more flat. Ha! Apart from it being quite hilly, there were also parts on the ridge that were quite narrow with sheer drop-offs on both sides, where I secretly thanked my lucky stars that I couldn't see further than a few metres.

For roughly 6km, we continued along the ridges,

until finally reaching Powell Hut (15.7km) back at the tree line, and another checkpoint. A quick drink and filling of water bottles, and we were on our way with 8km to go. From here it is downhill most of the way. And quite a steep one to boot. We managed to run most of it, but with knackered quads, my progress was slower than I thought. Some of the runners we passed on the uphill stretch, had since come screaming past on the downhill.

With the steepest part of the downhill behind us after 2kms, we managed a slightly better pace for the final six kilometres over the well graded Gentle Annie Track. The finish is a few hundred metres from the start, but what a lovely welcome all runners receive. Everyone was lazying around under the trees, others went for a swim in the stream and drying off in the sun. It was just a nice and jovial finish to a challenging, but good day.

Race organiser, Rob Barber, welcomed us back, before we headed over for some free grub; sausages, salad and fruit. A fantastic finish to a great event.

If you haven't done this before, get it on your to-do list. It is very challenging, but do-able. In total there were about 222 finishers over all the events: 70 in the Hooper Loop (a 12km event), 130 in the Jumbo-Holdsworth and 22 in the Holdsworth-Jumbo.



More bumper-weekends ahead, with runners and walkers in the region being spoilt for choice on the events front. Hoping to see many Striders out supporting these great events (and hopefully sharing your stories once you return! Have a great summer, and make the most of the awesome weather we've been experiencing!

(Information in this section courtesy of the wonderful [runningcalendar.co.nz](http://runningcalendar.co.nz) website.)

## **Camelbak Ruapehu EXPRESS**

**Saturday, 24 February 2018**

Horopito to Ohakune

[www.ruapehuexpress.co.nz](http://www.ruapehuexpress.co.nz)

The Camelbak Ruapehu EXPRESS returns in 2018, once again bringing you an opportunity for an epic adventure in a stunning landscape. The event involves a mountain bike event and a separate running/walking event in the foothills of Mount Ruapehu. Each event has a different course and start line, but they share a finish in the mountain side township of Ohakune.

## **Tararua Mountain Race**

**Saturday, 24 February 2018**

Tararua Ranges

<http://www.tmr.org.nz>

This is one of New Zealand's oldest mountain races, having first been raced in 1990. The race transforms a 35km, three-day hard tramp into a one-day trail run of epic proportions. The Tararua Ranges are widely renowned in New Zealand for tough mountain terrain and weather, so the race is not for the inexperienced or faint hearted!

## **Plimmerton Fun Run**

**Sunday, 25 February 2018**

Plimmerton School, Porirua

[www.plimmertonfunrun.com](http://www.plimmertonfunrun.com)

The inaugural Plimmerton Fun Run takes you on a run, walk or stroll through the beautiful Plimmerton and Pukerua Bay area. The various routes will take you along Plimmerton's picturesque Moana Road seaside, and/or along the Ara Harakeke walkway through to Pukerua Bay and back.

## **Bayleys Mountain to Surf Marathon**

**Saturday, 3 March 2018**

New Plymouth

<http://mountaintosurf.co.nz>

The Bayleys Mountain to Surf Marathon has a full marathon, half marathon and half marathon, two person relay in New Plymouth. The course starts at the gates to Egmont National Park and finishes at East End Reserve, Nobs Line, New Plymouth. The half marathon starts at Lepperton Hall on Richmond Road in Lepperton.

## **Rotorua Off Road Half Marathon**

**Sunday, 4 March 2018**

Whakarewarewa Forest, Rotorua

[heventpromotions.co.nz/rotorua-off-road-half-marathon/](http://heventpromotions.co.nz/rotorua-off-road-half-marathon/)

Event options include the half marathon, quarter marathon and 5K; and "Little Devils" kids events. The course follows a mixture of smooth gravel forest roads and scenic forest trails,

designed to be achievable by competitors of all abilities. The half marathon is two loops of the quarter marathon course.

## **Cancer Society Relay for Life: Manawatu**

**Saturday, 10 March 2018**

Massey University Hokonwhitu Campus, Palmerston North

<http://www.relayforlife.org.nz>

Relay For Life in Palmerston North is a fun overnight fundraising event for the Cancer Society that brings communities together to celebrate and remember the lives of those who have been affected by cancer. It is an inspirational, fun event, where we celebrate with survivors, remember loved ones lost to cancer and come together as a community to fight back against cancer. This summer over 1800 people from around Manawatu (Tararua and Horowhenua) will come together to celebrate 18 years of Relay For Life. People of all ages and levels of fitness are welcome.

## **MCL Construction Triple Peaks**

**Saturday, 10 March 2018**

Havelock North Village Green, Havelock North

[www.triplepeakschallenge.co.nz](http://www.triplepeakschallenge.co.nz)

Run, walk or mountain bike the 50km Triple Peaks Challenge, with its breathtaking views and craggy, challenging terrain. Traverse stunning private

## Upcoming events

land on Mount Erin, Mount Kahuranaki and the iconic Te Mata Peak. Enter solo, or invite your friends and enter a relay team. There is new terrain and new trails never used in the event before, and a new management team for 2018.

### **Rotorua Walking Festival** **Friday, 16 March to Sunday, 18 March 2018**

Neil Hunt Park, Rotorua  
[www.rotoruwalkingfestival.org.nz](http://www.rotoruwalkingfestival.org.nz)

The Rotorua Walking Festival celebrates walking in the beautiful Rotorua landscape which includes forest, native bush, lakes, parks and distinctive geothermal features. There are walks that will suit just about everyone: an evening walk on the Friday night; 42km, 21km and 10km walks in Whakarewarewa Forest; and 30km, 20km and 10km town walks.

### **Taihape Half Marathon** **Saturday, 17 March 2018**

Wainui Hall, Pungatawa Rd, Taihape  
[www.taihapehalfmarathon.org.nz](http://www.taihapehalfmarathon.org.nz)

Not quite off road but certainly not your standard on road marathon, the Taihape Half Marathon is something special. Taking runners and walkers through the stunning Maowhango Valley, the Taihape Half Marathon has been described as the most scenic half marathon in the North Island. The event starts at Wainui Hall, 5km northwest of Taihape township. There are also 10km, 5km and kids 2.6km fun run and walk events.

### **Round the Vines** **Sunday, 18 March 2018**

The Square, Martinborough  
[www.roundthevines.org.nz](http://www.roundthevines.org.nz)

Round the Vines on Sunday, 18 March 2018 is a 21.1km half marathon and 10km fun run in Martinborough, run on road and gentle off-road (through vineyards, not farmland). The course starts and finishes at the square; after finishing you can have lunch and enjoy live entertainment. Food, wine, coffee and other non-alcoholic beverages will be available to purchase, or bring your own picnic lunch.

### **XTERRA Wellington: West Wind**

**Sunday, 25 March 2018**  
Makara Wind Farm, Wellington  
[www.xterrawellington.co.nz](http://www.xterrawellington.co.nz)

The XTERRA Wellington Trail Running Series is an annual series of off road trail runs through the winter in Wellington, New Zealand. Each race in the series has short, medium and long distances, which equate to approximately 5km to 7km for short courses, 10km to 14km for medium courses, and 17km to 20km+ for long courses.

### **Raetihi Gutbuster** **Sunday, 1 April 2018**

Waimarino Museum, Raetihi  
[www.rideruapehu.com/](http://www.rideruapehu.com/)

The Gutbuster is a fun way to experience the scenery and history of the Raetihi-Pipiriki road that lies between the Tongariro and Whanganui National Parks. Includes an 18km running/walking option.

### **Ruapehu Ring of Fire** **Saturday, 7 April 2018**

Chateau Tongariro Hotel, Mt Ruapehu  
[www.rof.co.nz](http://www.rof.co.nz)

The inaugural Ruapehu Ring of Fire will undoubtedly be one of the most challenging and exhilarating alpine adventure running events in the Southern Hemisphere with its unique combination of terrain, distance, altitude and views. The circumnavigation of Mount Ruapehu will challenge competitors physically, mentally and spiritually. It will be tough and uncompromising, offering a mix of desert, scoria and lava fields, stunning native bush, scraggy tussock desert like terrain, crystal clear mountain streams as well as breath taking climbs and expansive views of one of the most treasured landscapes of Aotearoa New Zealand.

### **Gully Gutbuster Fun Run/Walk**

**Sunday, 8 April 2018**  
Paparangi School, Paparangi (North of Wellington)  
[www.paparangi.school.nz/events.html/](http://www.paparangi.school.nz/events.html/)

This is a fun run/walk aimed at members of the whole family and will take participants 5km or 10km through the Setton Nossiter Park and back through Paparangi School.



### Striders on Strava

The Striders go virtual, with the creation of the Manawatu Striders club on the running, cycling & swimming activity tracking app Strava, also known as “The Social Network for Athletes”. If you track your training and/or events using a GPS watch, you can join the club on Strava, after which your activities will appear on the club page on the app. To find out more, check out the Manawatu Striders Strava Club page here:

[www.strava.com/clubs/manawatustriders](http://www.strava.com/clubs/manawatustriders)



The 2018 Property Brokers Race to the Brewery is coming our way again this coming weekend, on Saturday 24 February.

Run as a fundraiser for Relay for Life and the Cancer Society, contestants embark on a race from Property Brokers Head Office at 240 Broadway Palmerston North, taking on a variety of disciplines before being greeted with Mangatainokas finest East India Pale Ale at the Tui Brewery.

There are 6 legs so the majority of teams are made up of 6 members, but you can have up to 10 or as few as one if you are really keen!

Run in association with Tui Breweries and CB Norwood, this event is a great challenge, good fun and in the name of a terrific cause. If competing isn't your thing the party at the brewery afterwards is a good incentive.

Striders is once again doing our bit for the community by helping out at this great event. We are, however, still quite a few helpers short, so if you can see your way open to spend part of Saturday helping with the event, please get in contact with Kim at [info@manawatustriders.org.nz](mailto:info@manawatustriders.org.nz). It will be greatly appreciated.