

June 2018

# Manawatu STRIDERS

# Insider

Special  
Event  
Edition

Issue 6

INSIDE

p2 Manawatu Strider 21.1km  
p3 Manawatu Striders 10km  
p4 Coaching for juniors  
p5 Manawatu Striders 42.2km  
p6 Manawatu Striders helpers half

p7 Thoughts on Super 7s  
p8 Brothers that love to run  
p9 Upcoming events  
p10 Club matters

## Editorial

After months of hard work by our events committee and other members from the club another successful running of the Striders' marathon is now done and dusted. Not without a couple of challenging moments thrown in for good measure, but that is part of the joys of doing it.

Organising running/walking events are no easy feat and a tonne of work goes on behind the scenes. It is very hard to imagine what it entails if you are on the other side of the fence, because as a participant all you take away is maybe a customised bib with your name on it, and if you are lucky a medal. And if you are really lucky, a spot prize. Things like water points and marshals, we just take for granted. As participants we tend to forget that a whole heap of people volunteer to make it happen and we very easily get disgruntled if things don't go our way.

As an example: taking only the traffic management component into account, you have four people spending a morning on the

day before collecting all the road signs, sand bags and cones. And on the day there were six people working in teams from long before the event kicked off, until long after everyone was gone to pack it all up again and taking it back to the yard. The fact that the bulk of the event happens away from traffic, makes it even harder to fathom the amount of work involved. And that is only the traffic management part of it. Don't even get me started on the event itself.

This issue of the newsletter features some stories on the different distance events, as well as feedback on the Super 7s story we ran last month.

Just a reminder of our mid-winter club function coming up in July. See p10 for more details.

See you out on the road.  
Wouna



# Manawatu Striders half marathon

by Cath Staines

**M**y lovely mother, God rest her, had a saying: "You see some sights when you haven't got a gun." It means you come across the weirdest things when you least expect them. The Manawatu Striders' Half Marathon made me think of just this phrase.

As ever I started out at the back of the field, because it is good to start as you mean to continue. I ran down the hill, enjoying it because I knew that I would have to run back up it later. I ran towards the bridge, largely alone, having been passed by anyone quicker and ahead of the few who were having an even slower start than me. I crossed the bridge and turned right as I had advised several other competitors they would be doing, while sitting at the registration desk on Saturday afternoon and early Sunday morning. I gave the photographer my best friendly grin and headed along towards Ruahine Street, not sparing the horses, though these things are relative.

At this point I saw my sight, without a gun. A young man was running along, making quite animated gestures with his hands. Then he slowed to a walk. He was walk-running, so within a few minutes I got close enough to hear him talking. My immediate thought was "Nutter". I ran on. As I got even closer to him I realised that he was having a phone conversation. Yes, while running the "Nutter" was having a full on phone conversation with someone. He was asking the person on the other end (her?) to come and see him finish, all assuming he did. I was thinking: "You'll certainly finish if you can get off the phone for long enough."

I passed him. A little later he had speeded up to a run and I was having a little walk and he passed me again, still talking on the phone. Eventually I passed him again, still on the phone, and then I had to have the ubiquitous bathroom break.

The next time I spotted "Phone Guy" as "Nutter" had become was as he crossed the finish line, some 21 minutes after I had, and I did a 2:58:19. And good on him for finishing. But while I was able to observe proceedings, probably at least 20 minutes, "Phone Guy" was chatting away on the phone while running a half marathon.

*"You see some sights when you haven't got a gun"*

*In a funny addendum to my phone guy story: I saw him in the event photos on FB and I posted "Phone guy! Is that you?" A friend of his replied "Yes, that's him" OMG, does he always do this?*





# Manawatu Striders 10km

by Josh Zentveld

**O**n the morning of the 10km race I was pumped, I was aiming to better my time from last year (1 hour, 1 minute and 14 seconds). But at the end of the race I wasn't feeling as pumped as I kinda lost my shoe during the race.

The start of my race was good, I was at the front of the pack and feeling like I was running at a good pace to better my time. Around the 1km mark I tripped and fall on the ground. I looked at my shoes to see that my left shoelace



had come undone and was now in a super tight knot. I brushed myself off and tried to undo the knot. I kept trying and trying but that knot was not going to come undone. So I decided the best thing for me to do was to take off my left shoe so I could finish the race and not get tripped up by it again.

When entering Massey University I regretted my decision to take my shoe off because there was a trail we had to run over that was dirt and had sticks and stones on it and I had to run over it with only one shoe on. It really hurt but I kept going because I knew I wasn't far away from finishing. I passed my mum at the bottom of the hill who encouraged me to keep going as there wasn't that far to go but my foot was really hurting. I ran up the hill and made my way to the finish line where I was so happy to see my dad so he could take my shoe so I didn't have to carry it anymore.

I went into the tent to get my banana and chocolate fish which was yummy after that run. I had to wait for my mum to walk back up the hill so we went over to the minor spot prize board to see that I had won a spot prize (free entry to the 2019 Super 7's). My foot was really hurting now so I had it checked out by the first aid people. They put ice on it and gave some instructions to my mum and dad and then we could go home.

I did better my time from last year, even with 1 shoe on for 9km I still managed to run the 10km in 51 minutes and 44 seconds. I can't wait for next year to run the 10km again, this time with both shoes on for the whole race.



## TIME TRIAL

Next Striders time trial will be on **3 July**, starting from the club rooms at 6:15pm.

## Coaching for juniors

I am very pleased to inform you all that Vanessa Story has agreed to take on the role vacated by Chris Sanson as our Club junior coach for children aged 5-14 years.

Vanessa holds a level 2 Track and Field Coaching Certificate as well as a Grade B Certificate in Athletics Umpiring. She is also the current Secretary for Palmerston North Athletic Club-a position she has held for the last 6 years.

Vanessa has been a competitive sprinter in the 100m/200m/400m both nationally and internationally. She holds New Zealand Masters Age Group records.

Coaching for Juniors with Vanessa will commence on Wednesday, 6 June at 4pm at our club rooms.

Please refer to the attached Programme put together by Vanessa for this Wednesday night.

Coaching will be held for 12 consecutive Wednesdays at 4pm from our club rooms. All Children/Juniors (Members and Non Members) are invited to attend for the first 2 sessions. After the 2nd session only paid up members will be able to attend.

All sessions will be free.

Alister Martin  
Club Captain-Manawatu Striders Harriers  
Ph 027-212-1188





# Manawatu Striders marathon

by Daniel Palfreyman

**T**his was my first standard distance marathon. As a triathlete I have run a full marathon in training and even entered the Catchment Ultra (50k off-road) last year (2017) and came third. Nonetheless, this was my first 'standard' marathon.

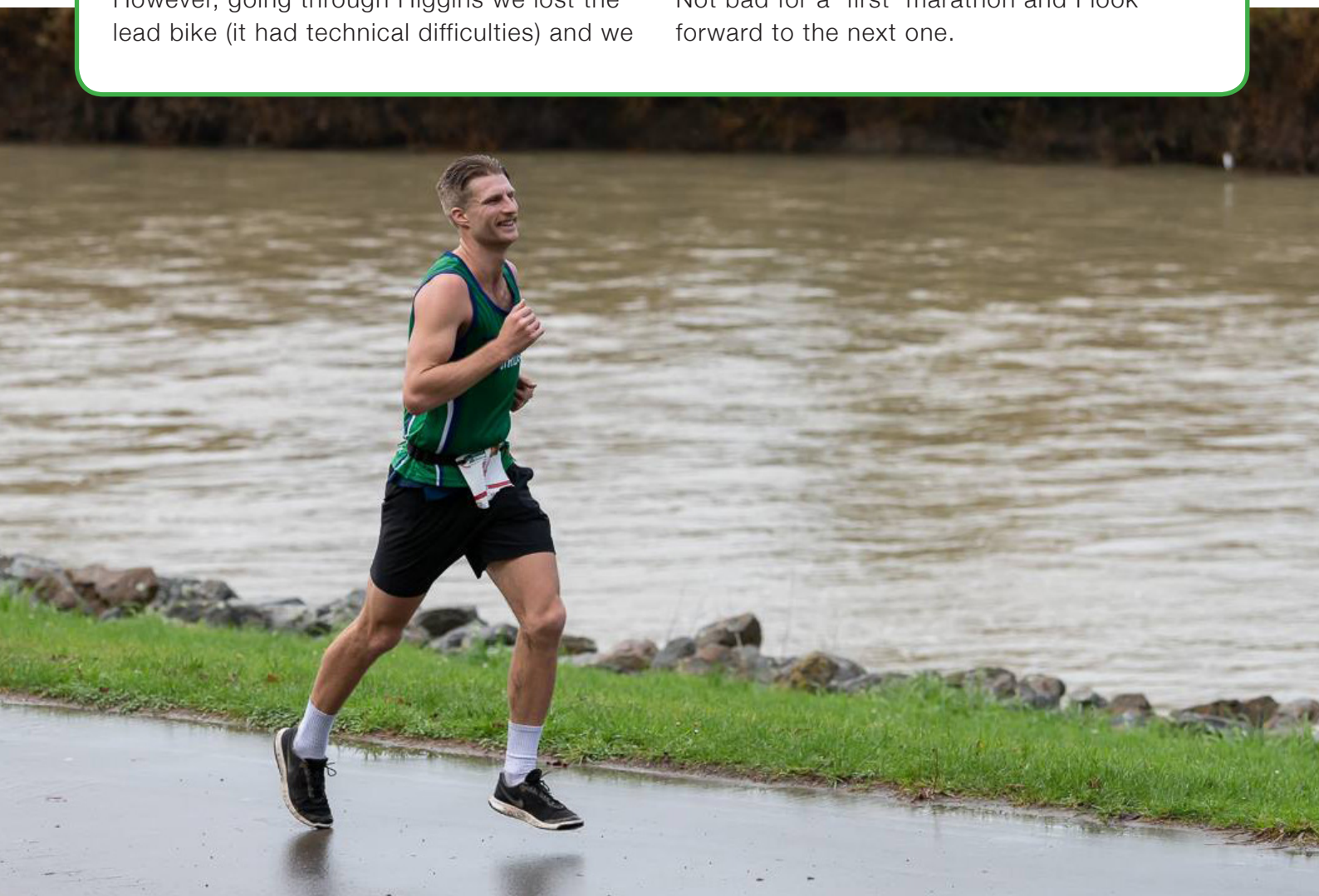
I didn't know exactly what to expect, I was wrapped up warm and only took my beanie off as we started. Liam Woolford and I set off from the start at a good pace and discussed approximate finish times (roughly 3hrs). Phil Murray from Havelock North soon joined and the three of us held a good pace (approx. 4min k's) to the half way mark.

However, going through Higgins we lost the lead bike (it had technical difficulties) and we

ended up losing the way. After a phone-call (5 mins) to the race director using a marshal's phone it was decided we would back track and make up some lost distance. This was a shenanigan but as the three of us had a hefty lead on the field we decided it was the honest thing to do and then carried on!

After this (about the 25k mark) my legs had had enough, probably due to not having more training k's. Phil and Liam took off at about the same pace they had been going, and I dropped slowly back. Liam came first in a time of 2:47, with Phil not far behind and I ended up with third in a time of 3:06.

Not bad for a 'first' marathon and I look forward to the next one.



# Manawatu Striders Helpers Half –



**S**unday, the 20th May was the day for the Manawatu Striders Helpers Half. An event that Viv and I have regularly participated in so that we too can be part of the 'been there and achieved that' on the actual event day, which of course was the following Sunday. The weather was not kind, but then again perfect for walking.

On arrival, the loyal crew were there ready to support ... Drum roll ... The 'two of us', Viv and I, as the only two participants for the course. All we can say is that we had the best support ever from a committed group of Striders members that went with us from start to finish!

The support crew went something like this: The ever loyal and committed Kim sorting everything from the clock, to the course, to the marshalls, to the water (spring water in bottles!), cups, to the peanut slab at the finish line. To Alister (and Cathy) who arrived ready to officially start us off and kindly allowed for the heaviest downpour of rain at 8.00am to subside before we started. To Bob our 'tail-end-Charlie' who followed us

## 'The Two of Us'

*by Jane Warnock*

the whole way, taking our baggage! (I mean jackets!), giving us times, offering those words of encouragement when the going got just a wee bit tough. Then there were the never ending appearance from the rest of the Strider's crew - from Christine, who would just appear out of nowhere, dressed in her bright highlighter, jumping out of nowhere to lead us in the right direction; Barbara and Liz with the always well timed water stops; John and Margaret at Maxwells Line turnaround, smiles on their faces, big words of encouragement as we kept up the pace with just 'the two of us!'. Nicole, who had been out for her Sunday walk and then turned up at just the right spots with those extra words of encouragement.

Added to the support crew, there were also the Striders out doing their Sunday session. Coralie and crew with motivating words and a hmmm comment 'not long to go now!' as we were at the 11km mark! Also, Denise, Evan, Dave and David providing support and cheers at the Ruahine turnaround as well.

We also had the joys of racing through the 'Bike day' that always coincides with the Helpers Half. Not as many bikes and children as last year, but still a 'force to be reckoned with' as bikes, children, adults seemed to be just standing and not moving. A little bit of manoeuvring got us through and we were most fortunate that our racy walking did not clash with any races that had started or were about to start. I think we would have been bowled over.

Going up the Massey Hill certainly provided that extra boost of energy and having a water stop right there was just the bestest water we have ever tasted. We all know that once that hill is done and dusted, then the finish line is just around the corner. All the support crew were there to greet us, with Gerry and Wouna adding to the amazing company that we had been surrounded with from start to finish and all just for the 'two of us'. Thanks to you all, and to Viv as a great walking buddy, and to add, the beautiful rendition of Happy Birthday that was sung as I crossed the finish line. Things we do on our birthdays!

Our times - Viv: 2:49:36 and myself: 2:49:56.



# Thoughts on the Super Sevens

*(in response to Peter Jones)*

by Darryl James

To answer Peter Jones questions re the event, to the best of everyone's memories [it is 25+ years ago] the first Super & series was held in 1993 and organized by Dave Blackett assisted by Rose Kearns and others, it was sponsored by The Guardian and Whitcoulls Office Products and was run from Hokowhitu park for several years until the route became a bit dangerous.

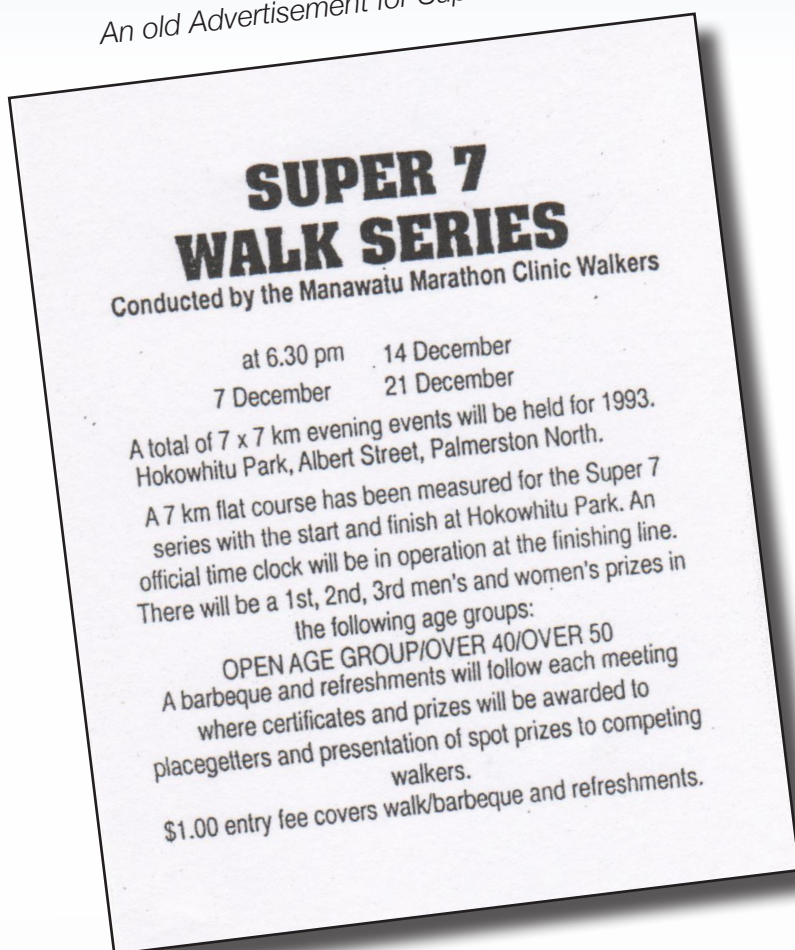
I have a newspaper clipping saying 70 people entered the event on the third night of the first series so wow it has grown! We used to meet at Hokowhitu park for our Tuesday and Thursday night walks. Rose thinks they ran it for 2 years then Mum and dad [Judy & Keith Simpson] took it over for about 8 years assisted by me - I took home all the money to count!

It ended up at the Hockey pavilion when we changed clubrooms. Alan & Robyn Mckey then took over for 4 years and the Committee has run it since.

A great event still today.

Darryl James

*An old Advertisement for Super 7s.*





# Brothers that love to run!

by Kelly Isles

**M**y sons Toby 9 and Quin 11 are both harriers members and they both love running. At your recent event both the boys ran the 5km race. Toby ran a fantastic race and finished 3rd overall, so out of the 86 males in that race he finished 3rd, he was first in his age group which was under 14 years. His running has grown from strength to strength over the last year and he also won his school cross country on Friday. He is looking forward to competing at the interschool cross country. Quin had a solid run and came in 5th at the 5km and is also looking forward to representing his school at the interschool competition.

The picture below is Toby in the green manawatu striders top and then him with his medal from school cross country. Quin is in the red t-shirt doing the 5km.





Thank  
You

# Event sponsors

Our club is proudly supported by Property Brokers as our club sponsor and look forward to the continuing support we receive from them.



We are also lucky to have strong support from the Massey Sport and Recreation Centre and The Athlete's Foot, and wish to acknowledge our continued partnership with them.



As I am sure you all know, these events take a huge amount of planning and we could not do it without a lot of support, so we wish to thank the following who have not been mentioned above.



It's winter, it's cold, the days are short. So we put on our staunch faces, add some extra warm layers (well, some of us do) and we head out the door to hit the roads and the pavements to keep up some semblance of fitness. Luckily there are still some amazing events on the calendar, even through the harshest months of winter. There really is nothing like an exciting event to keep the motivation up, is there? So check out the list below, pick your favourites, and go out there and do it!

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

## **The Possum Night Run**

**Saturday, 16 June 2018**

Wairakei Resort, Taupo  
[thepossum.co.nz](http://thepossum.co.nz)

The Possum is a trail night run on the shortest day and darkest night. Experience the Wairakei Resort, Craters Mountain Bike Park, and Craters of the Moon Geothermal Walkway at night!

## **Hawke's Bay Trail Run Series: Te Mata Peak**

**Sunday, 17 June 2018**

Matangi Road/Te Mata Peak,  
Hawke's Bay  
[hbtrailrun.co.nz/](http://hbtrailrun.co.nz/)

The course traverses private land until you reach the trails around Te Mata Peak. Access the trails on Te Mata Peak at any time from the normal access points, but please, do not use the tracks on this private land at any other time.

## **Wellington Marathon**

**Sunday, 1 July 2018**

Westpac Stadium, Wellington  
[wellingtonmarathon.co.nz](http://wellingtonmarathon.co.nz)

Almost 5000 runners and walkers participate in this annual Marathon, Half Marathon and 10km fun run event, which was established by the Wellington Marathon Clinic and has been Wellington's favourite footrace for 30 years.

## **Hoka ONE ONE Tauhara Trail Run**

**Sunday, 1 July 2018**

Mt Tauhara, Taupo  
<https://tauharatrailrun.co.nz/>

An off road half marathon, 10km and 5km running/walking event at Mt Tauhara, Taupo. Track surface includes grass farm paddocks, farm tracks, 4WD roads and forestry single track. The Tauhara Trail Run will be run for the last time in 2018; it will be replaced with a new event in the Run Taupo Series in 2019.

## **Manawatu Moonlight Madness Night Series**

**Wednesdays 11, 18, 25 July**

[manawatumoonlightmadness.wordpress.com](http://manawatumoonlightmadness.wordpress.com)

A fun, family-friendly and affordable nighttime trail running / walking series. Scheduled over three consecutive Wednesday nights, the series takes in Palmerston North, Levin and Ashhurst, for a showcase of awesome trails in the region.

## **WUU-2K Marathon & Ultramarathon**

**Saturday, 14 July 2018**

Woodmancote Rd, Khandallah, Wellington  
<http://www.wuu2k.co.nz/>

The run takes you on either a 43km trail marathon, or a 62km

ultra marathon around the peaks that circle the outskirts of the CBD. These include Mt Kaukau, Makara Peak, Tawatawa Reserve, Mt Albert, and Mt Victoria.

## **Cape Egmont Half Marathon**

**Sunday, 15 July 2018**

Okato to Cape Egmont, Taranaki  
<https://www.capeegmonthalf.com/>

This event is in memory of a close friend and fellow runner Andrew Smith, who lost his battle with brain cancer in December 2016. The run starts at the Okato swing bridge, then onto Carthew Street along Oxford Road to Wiremu, from Wiremu to Newall Road, down Newall across Surf Highway 45 to Bayly Road and finishes at the Cape Egmont Boat Club.

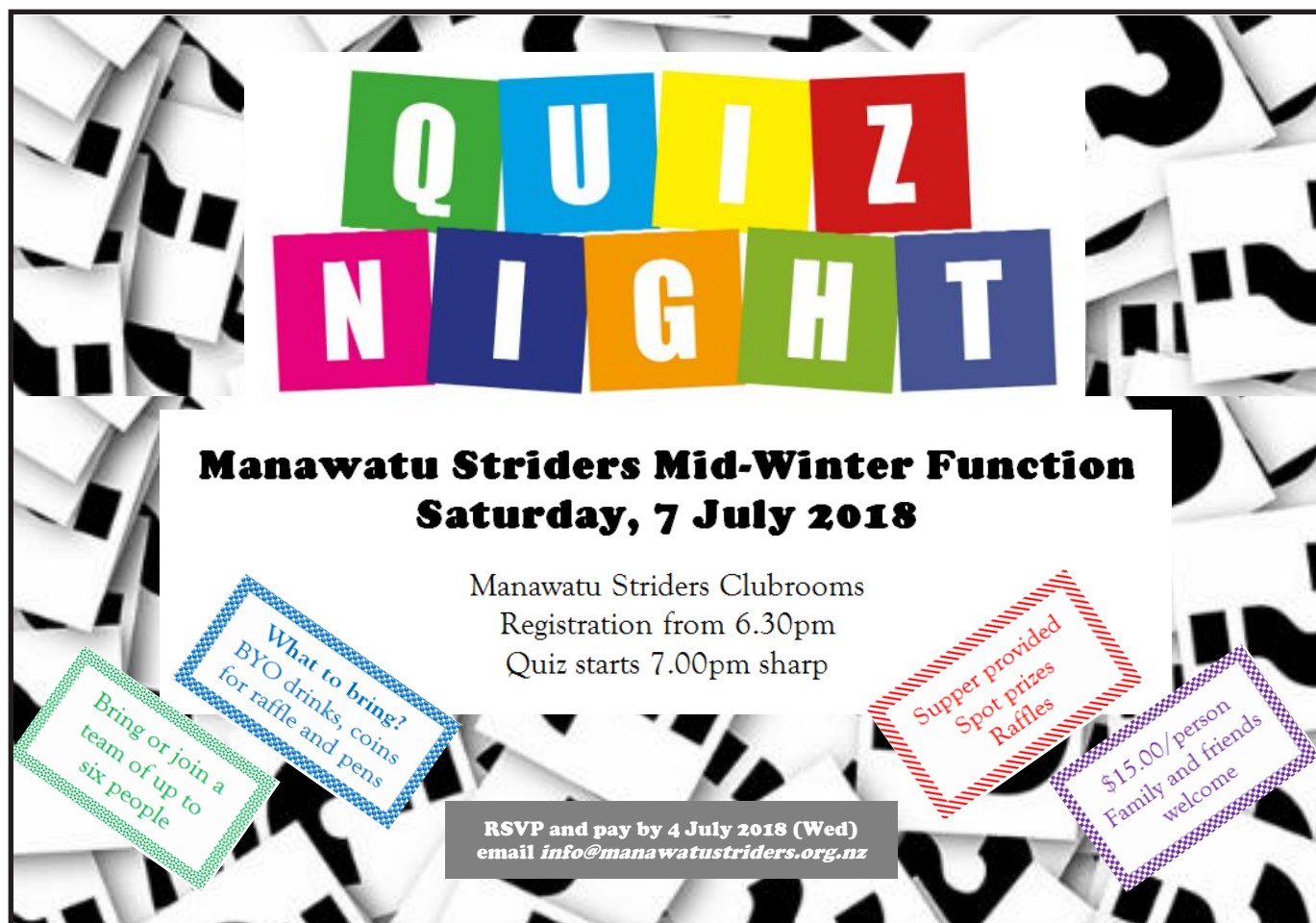
## **Halcombe Relay**

**Saturday, 21 July 2018**

Halcombe Hall, Halcombe, Manawatu  
<http://feildingmoa.co.nz/event/halcombe-relays/>

The Halcombe Relay is for six person run or walk teams, covering a 29.2km loop from Halcombe through the quiet undulating roads of the Manawatu countryside. Start times are staggered with the slowest teams off first, meaning teams finish more or less together. This is an ideal challenge for running clubs or as a workplace challenge.





**Quiz Night**

**Manawatu Striders Mid-Winter Function**  
**Saturday, 7 July 2018**

Manawatu Striders Clubrooms  
Registration from 6.30pm  
Quiz starts 7.00pm sharp

**What to bring?**  
BYO drinks, coins  
for raffle and pens

**Bring or join a**  
team of up to  
six people

**Supper provided**  
Spot prizes  
Raffles

**\$15.00/person**  
Family and friends  
welcome

**RSVP and pay by 4 July 2018 (Wed)**  
email [info@manawatustriders.org.nz](mailto:info@manawatustriders.org.nz)

## Club fees

Subscriptions for the 2018/2019 season are now open online. These cover the period 1 April 2018 to 31 March 2019. In the past these have been uploaded manually, but this year we have them online for quick and easy renewal for all. However, if anyone has trouble with this please contact Kim at [info@manawatustriders.org.nz](mailto:info@manawatustriders.org.nz).

In addition to being part of our super club, access to training opportunities, club meets and fabulous social events, we are also keeping the half price entry to events for our members. As part of this great benefit we love to have all members helping out at events. It is a lot of fun and a great way to meet other members so look

out for the next event for your chance to sign up as a helper.

You are also eligible for the Athletics NZ benefits. See:  
<http://www.athletics.org.nz/Clubs/Member-Benefits>

Subscribe here:  
<https://www.manawatustriders.org.nz/join-us>

**Junior membership**  
6 years and under \$15  
7-14 years \$45  
15-19 years \$68

**Senior social membership**  
\$70

**Senior competitive membership**  
\$103

## CURRENT WEEKLY CLUB RUNS AND WALKS

- » **Tuesday Night**  
Start 6.15pm -  
Manawatu Striders  
Club Rooms.
- » **Thursday Night  
Group Walk**  
Meet 6.15pm -  
Manawatu Hockey  
Carpark.
- » **Sunday Morning  
Club Run and  
Walk**  
Meet 8am -  
Manawatu Striders  
Club Rooms.