

# Insider

*Issue 7***ENTRIES ARE  
OPEN!  
A2E**

## Editorial

Spring is in the air and with the warmer weather, the running/walking calendar is bursting out of its seams. Spoilt for choice it gets hard to work out one's own training calendar, especially when three or four events fall on the same weekend, as is the case with the first weekend in November. Our members sure do get around as can be seen from all the lovely race reports and stories of your own endeavours and experiences over the past few months.

As many of you will know, Kim has decided to move on after five years of dedication to our club in the role of Club Administrator. She will still be involved until the end of January to facilitate the hand-over process to her successor. We thank Kim for all her hard work over the years. She will be sorely missed and we wish her all the best in her now endeavours. We are also glad to announce that Kate Southern agreed to take up the role of Club Administrator - welcome on board, Kate! Many of you will know Kate already from parkrun, but a short introduction can be found on page 17.

We are also sad to see Alister leave our club. He has been with the Striders since 1997 which is a lifetime of commitment and dedication to help grow the club. Read more on page 21.

Grab a cuppa and enjoy all the news in this month's newsletter. Happy running, walking and wheeling everyone!  
Wouna



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## CONTRIBUTORS

Thank you to this issue's contributors: Liz Hanson, Cheryl Sturm, Kel Robinson, Kim Fenn, Kate Southern, Dave Byrne, Margaret Stuart, Cath Staines, Lee-Anne Hannan, Evan Davies, Jane Warnock, Alister Martin, and Alia Robinson.

# Halcombe Relay report from walker team “Happy Stridors” (Walkers)

by Liz Hanson

**D**own but not out. Christine and Karen rose to the occasion and gallantly did two stages each. To their credit they were also the team timekeepers / recorders / driver, with aid from Martine and Liz with driving / yelling encouragement / tooting the horn to one and all.

The weather was ideal. No rain but cooled off by the final 6th leg with the wind gaining momentum.

**1st Leg: Liz:** Put her turbo feet to the tarmac. One of four first off the rank at 11:15 start time. Managed a time of 42:27. Enjoyed the scenery and support from fellow Stridors driving past shouting encouragement.

**2nd Leg: Martine:** A first appearance for this event and tackled the distance (rated hardest leg) with aplomb in a time of 45:33. Well done Martine.

**3rd Leg: Karen:** She was smiling the whole distance. Looked so comfortable in a time of 45:24. She was then geared up to tackle the final 6th leg. A great effort.

**4th Leg: Christine:** She did a great time along the top scenic leg in 37:3. A nice warm up for her next harder stage to follow on.

**5th Leg: Christine:** She strode along that metal road up the steep hill along the top in 39:38. With a casual “no problem” attitude after doing the two legs back to back. Total distance 9.28kms. A brilliant effort on her behalf to help keep our team afloat.

## Team Members:

Christine Wick, Karen Yule, Martine MacDonald, Liz Hanson. Due to circumstances beyond their control two members had to withdraw from the event (Lyn Honner and Val Holden).







## Halcombe Relay July 21st 2018 Team "Happy Stridors" (Walkers)

(cont.)

**6th Leg:** Karen: The temperature had dropped and a cold wind came up. Evident in exposed sections. Took her 3 kms to just bodily warm up but a gallant effort. Time 40:45. Thank you Karen for stepping up to boost our team and to bring the team in at the final.

Team Total time - 4hrs 12 mins  
Distance - 29.193kms

Thank you "Team Happy Stridors" and other Stridors for all the encouragement and support. It was appreciated, very rewarding.

Thanks go to the Stridors Main Committee for the grant to help with costs and our team rewarded ourselves at the local café to "chew the fat" post Relay.

Robb Dabb / Feilding Moas and Supporters: A huge thank you for hosting this event and for the refreshments following. A good turn out from different regions near and far and records broken. Well done to all participants.





# Results Athletics AMW Cross Country Champs 14/07/2018

by Alister Martin



**T**his Championship event was held at 2179 Kimbolton Road and was hosted by Feilding Moa Harrier Club.

Conditions were perfect for cross country (fine and sunny overhead) soft and slightly testing underfoot.

Results from Club Members who took part and acquitted themselves very well were as follows:

The Robinson Family again excelled as they did last year with Greer finishing 2nd, Cooper 4th, Alia 7th and Kelda 3rd in each of their grades.

Other results included Daniel Palfreyman who finished a commendable 5th in a very strong SM grade and Toshiyuki Nakanishi who finished 2nd in the M60 Grade.

Following the Championships Paula Condor (Selector) from Wanganui Harrier Club announced the names of those selected to represent AMW at the National Cross Country Championships that was held at Tawa, Wellington on Saturday 5th August.

I am very pleased to announce that Tim Carpenter from our club was selected in the SM 35-39 grade. Although Tim did not compete on Saturday, it was felt by the selectors that his form leading up to Saturday was good enough to warrant his selection.

Some of our other club members who participated on Saturday were unavailable for selection.

I am sure you will join with me in congratulating those from our club who took part on Saturday and also congratulate Tim on his selection. Well done everyone.

All the results from the Athletics AMW Cross Country Championships are available on our website at **[www.manawatustriders.org.nz/harriers/](http://www.manawatustriders.org.nz/harriers/)**

Photos are on our Facebook.

# Wellington marathon

by Dave Byrne

**T**hey say you can't beat Wellington on a good day. Unfortunately, the 2018 Wellington Marathon wasn't held on one of those three days a year...

The rain started lashing down on the concourse in the final five minutes before race start, as we huddled together by the ticket booths. The course is a fast and flat one- if the conditions suit! Having done the race in beautiful conditions in the past, I guess Wellington owed me a rough day.

The wind didn't really hit until we went past the airport, but boy did it hit hard! I found myself laughing about it with a bloke I was running with before, mercifully, we turned and headed out past Miramar and the wind came and went as we went around the shore.

It was at this point that a fellow runner informed me that it was going to get much worse later on, with 100kph gusts. This left me with a perilous choice, do I:

(a) run conservatively and save energy for later when the weather packs in, or

(b) give it a\*\*\*\*holes now and hope for the best later on?

Being the impatient ginger that I am, it was always going to be option (b). Boy would I regret it later on!

After doing the double out and back, the last 7km round to Oriental Bay was torturous: wind so strong you could barely move forward, rain coming in sideways and the cold setting in good and proper.

Running through the food stalls at the markets just before the finish is always a treat and finishing at the stadium was a welcome relief.

It was cold. It was painful. It was relentlessly difficult.

Just the way us runners love it.





## Rotorua Marathon – Member discount

Dear Members,

We've opened entries up for next year's Rotorua Marathon event and as registered members of Athletics NZ through your club, you are eligible to a \$15 discount off entries into the Half and Full Marathon events! Just use the PIN Code: ATHLETICSNZRM19 in the entry console and your discount will be applied. Parents of children who are registered members are also welcome to use the code.

Head to [www.rotoruarunmarathon.co.nz](http://www.rotoruarunmarathon.co.nz) for all the information and to register.

2019 will be the 55th anniversary of the Rotorua Marathon and we expect a big field of entrants to join us.

This is just one of the great Member Benefits offers you can enjoy by being a registered Athletics NZ member. Check out all of the offers on our website: <http://www.athletics.org.nz/Clubs/Member-Benefits>

A big thanks for being part of the athletics family!  
Cheers,  
Athletics New Zealand



**Saturday 3 November**

**ONLINE Entries are now OPEN**

## Club history

**A**s many of you will be aware we have been working on compiling Club History for some time. Bob Hartnell has already done a lot of ground work on this, and Sue Stirling has kindly offered to add her skills as an archivist to this for us, which is fantastic!

To assist with this, if anyone has any material they think would be great to have included can you please let Sue know. Sue is keen to interview members who would like to share their memories of the club also.

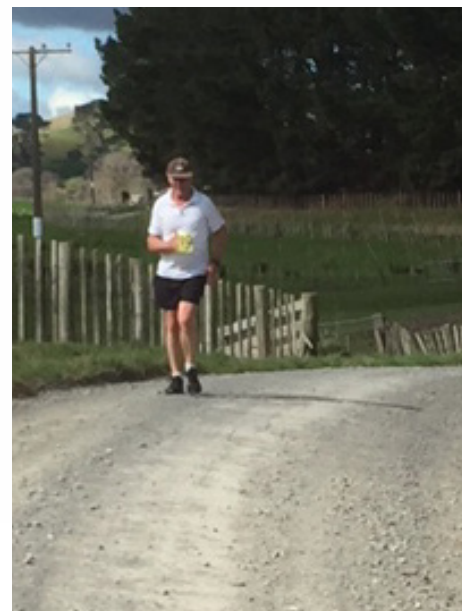
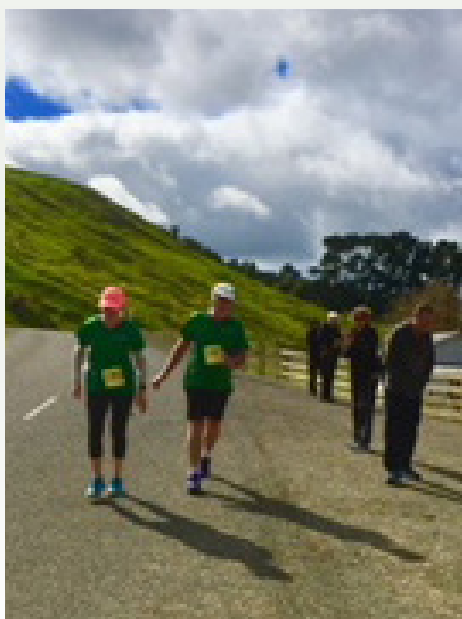
Sue's email is [susanstirling@gmail.com](mailto:susanstirling@gmail.com) and mobile 021 127 4724

Thanks everyone

# Marton to Whanganui

*by Evan Davies*

We managed to come in second behind a very good Wellington team.





# Kahuterawa Classic

by Margaret Stuart

A bleak, cold morning greeted the small team of volunteers who arrived before 7 am at Dransfield's woolshed, Kahuterawa Road to help with the running of this event. It remained that way all day, warming a little when the sun came out occasionally and the wind dropped, but chilling off quickly with the odd shower and even a few spots of hail.

Numbers were well down from last year, with 18 in the 7 km morning event and 38 in the 14 km afternoon event. Everyone was bright and cheerful, and despite the small numbers it was an enjoyable day, with one competitor describing it as an "awesome event". Prizegiving and afternoon tea followed, and Mike and Pam Dransfield were

thanked for their generosity in allowing Striders the use of their property.

Congratulations to all who took part from our club, with special mention to

Christine Wick - 1st overall female walker  
Jane Warnock - 2nd overall female walker

Paul Jurgeleit - 1st overall male walker

Toshiyuki Nakanishi - 2nd overall male runner  
John Hannifin - 3rd overall male runner

Jackie Welsh - 4th overall female runner







## Wairarapa Country Marathon, Half Marathon, 10 km & 5 km

*by Margaret Stuart*

It was a cool, frosty morning in Masterton when participants lined up at Makoura College for the start of the Wairarapa Country half marathon event, and the question of what to wear was once again debated. I decided my Striders' top would hopefully be warm enough, and it was, as thankfully the day warmed and conditions were ideal. The half marathon is a scenic course, quickly leaving town, with most on the flat, then a couple of patches of easy hill, returning on the flat back to the College.

There were 258 entrants over all events; 30 in the marathon, 75 runners and 20 walkers in the half marathon, 90 in the 10 km, and 33 in the 5 km.

At least 7 Striders attended. Of note, Debra Arnold was 1st in her age group in the women's marathon, Derek Tankersley was 3rd male in the half marathon walk, and Douglas Maddison was 2nd male in the 10 km walk. Also, John and Douglas both won spot prizes.

## Race reports

### AGM

Hi all, just a reminder that the Club AGM is coming up on **Sunday 25th November**.

The AGM will be held at 8am, followed by a walk/run at approx. 9.30am and a return to the clubrooms for tea/coffee and morning tea.

Papers will come out for this meeting as soon as we have them finalized from the Reviewer.

We are also calling for nominations for the elected positions on the Main Committee: President, Secretary, Treasurer and Committee Members. Can we have all nominations for committee positions in by 5pm Friday November 16th to enable me to have those ready for the meeting also. If a position does not receive nominations in advance, we will take nominations from the floor at the AGM.

We are also calling for nominations for the **Bev and Glenn Patterson Rosebowl**. This award goes out to a member (or couple as we have had in the past) who have contributed significantly to the club throughout the previous year.

As we did last year, this year we are calling for nominations from all members, then a decision will be made from those nominations as to who will be awarded. Nominations close on Sunday November 4th.

To nominate for either an Elected Members on the committee, or for the Rosebowl award can you please email me the details.

Kind regards

Kim

# Dunedin marathon

by Lee-Anne Hannan

**O**n 09 September I was lucky enough to experience a half marathon in another city - I can't think of a better way to combine my love of running and taking a holiday at the same time, I call it active relaxing.

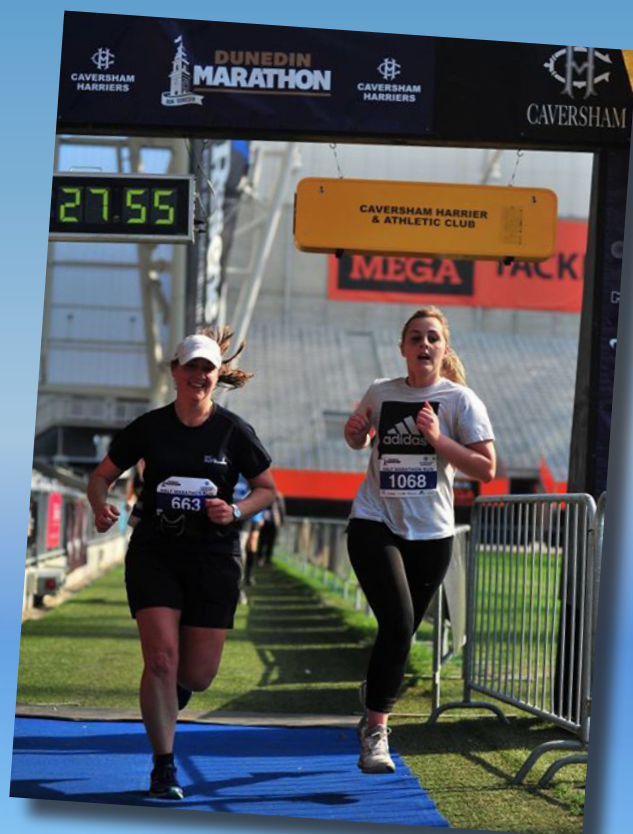
The Dunedin Marathon was a simple choice for me, my niece is studying at Otago University and its not everyday she says "come run with me", so that was the plan, I entered and we would run it together. We have never trained together before, my plan since it was her first ever half marathon, was to get her through to the finish line and enjoy every bit of it. Time was not important.

Palmerston North weather hadn't been terribly warm leading up until the half, I packed mostly for the cold as I had heard that Dunedin gets snow. I was pleasantly surprised when it turned out to be a sunny day with a breeze and I had luckily remembered to still pack the basics of t-shirt and shorts.

We started out slow yet by the 5k mark I felt like I was stretching her out too far, come 10k it was starting to hurt. Though not nearly as much as it does when you think you are nearer to a point than you are - as we encountered the kind volunteers with the usual remarks "not long to go now, "your half way", and at neither of those points were we within a K of where it was anticipated and unfortunate for us there were very limited distance markers on the course.

A bit of encouragement and a gel near the 15k mark soon helped pep her up. Luckily enough as part of the race pack each one has gels in it, PURE – tasteful and easy on the stomach.

I hadn't researched any of the course, race elevations do not interest me, I didn't even know what type of terrain we were running on. I was confident in my abilities and left it all to chance. One thing I don't like to leave to chance is water, I ran with a race belt, but





# Dunedin marathon

(cont)

it was my intention to use it if I needed to, but use the aid stations. My plan was executed well, and it meant I could leave my water on my race belt as a dangling carrot for my niece to keep going. There was ample water and electrolytes offered at all aid stations.

The course is a mixture. It leaves from the Forsyth Barr Stadium and you run through streets in town, which I might add was rather interesting. If you think Palmerston North is student city, let me tell you that you haven't seen anything. Dunedin is full of students, the average age would not be that high. One of the things I found lovely about this run is that many of the houses/flats have names. One in particular that stood out was "The dolls House" students adorned the balcony and cheered for the runners/walkers as they passed by, as did many of the other houses, so awesome. You veer off into the iconic Botanic Gardens, you even pass sculptures of Giant Molars – a sculpture comprising six large wisdom teeth constructed from concrete and Oamaru Stone.

And by all accounts this half marathon definitely saves the best to last – you get to feel like a winner and come back through the finish line inside the Forsyth Stadium Barr – Fantastic! only to be adorned by a finishers medal.

A race with Bling..... Cha Ching. SOLD!!!

If you're worried about what to find to do there, you need not, for a very short trip away I managed to visit the beach at Saint Clair, head to the lookout and watch the fascinating lights of the Dunedin Night Sky, visit the iconic Larnach Castle, admire the architecture of many of the buildings including the train station as well as find some places to dine out for dinner. Dunedin has it all, including yellow eyed penguins and Royal Albatross.

If you have a chance, give this run/walk a go. It offers a full marathon, half marathon, 10k marathon and a mini marathon. And the price is comparable to local events at a mere \$60 for the half marathon distance.





# Cape Kidnappers

by Cheryl Sturm

On a whim I signed up on Monday 1st for the Cole Murray Cape Kidnappers 32K Trail Run for ... Sat 6th October!!! I had seen it on facebook and wanted to do it but didn't register, then found out friends Stephanie, Suzanne and Rob were going so I hitched a ride, a place to stay for the night (thanks Graeme) and was off with excitement of the views ahead of me.

We started out at dawn on the East Coast along the beach for 8km. Here I was unfortunate and rolled my ankle on the stony beach. However the beach was stunning, beautiful shells, cliffs, rock pools and the gannets of course. Then 2k along farm land to the first transition point. I was grateful for Steph's company.

The next 10km's were where the real challenge lay. These were the biggest hills I have ever seen. The largest was the "Hellavator" - people were on there hands and knees going up here. Usually this section has some hills and then follows rivers, however the new event organisers decided this year to stay on the hills. There were beautiful views of the cliffs and the ocean, farmlands and bush trails. However the hills were relentless and seemed to be never ending. It certainly tested your body and mind in this the second leg of the course. My ankle seemed to be coming right after I chomped a few Panadol and I bounced along the hillsides. I was glad to see transition 2.

This marked the start of the end. The following 12K was more hills and we seemed to be going left inland when we wanted to go right towards the ocean. I was grateful for the river and stream crossings at the final stages of the leg as it was refreshing and cool on my tired feet. The final stretch was along the road and back to the start line for the Finish. It was here that the Speedy Rob and Suzanne met us and cheered

us on as they had already completed their run (I think they flew around).

Phew I was wrecked. Hardest thing I have done in my life ever! Hard, but LOVED it! And I am so grateful for the lovely people I have met during my time running.

It was nice to see proceeds going back into the community and sanctuary etc. Great amount of money raised for a good cause and a lovely community. I said I would never do it again ..... but I think I would! Ha ha haaa. If you get the chance this is a definite must do.





# Red Walk & Red Nose Family Fun Day

by Cheryl Sturm

Sunday 30 September greeted us with a beautiful sunny spring day for the Palmerston North Cure Kids Red nose 5km or 10km run/walk. A great cause and every year a fun family event. This is also a nice wee event to come to for anyone starting out their walking/running adventures to reach that goal of their first 5/10km. Everyone in high spirits, looking around there was a sea of red, costumes, balloons, tutu's, streamers and of course bibs. Dogs, Children, Parents, Grand and Great Grand parents. The Palmy Fire Service came along again this year in full gear for a HOT 10k to raise extra money for Cure Kids.

The course starts at Hardie St Reserve and follows along the river towards the golf course, providing a view point at the lookout 2/300 meters down trail, a comfy tree stump seat for a photo opportunity just before 1km marker. A bit of off-roading along the BMX trail or through the trees to look for palmy rocks for the little ones. Another little photo opp at the Carved "eel rock" before going up along the rise by Albert street turn off where you stay right and follow the river to the cut tree stumps to do a spot of Tree Bouldering if you are primary school aged, or if you are an adult you take full advantage of the slop downwards to pick up some speed. Then along to the trees and the turn cone and then smile and laugh your way all the way home to the start point.... unless you were keen and did the 10km circuit, where you continue along the river track some more, admiring the river and tree views and the quiet of the bridal track before reaching the 5k turn point and then steaming your way home for a satisfied fun 10K Sunday out.

Well done all I hope you enjoyed it as much as we all did!







MEMBERS AND PARTNERS ARE INVITED TO THE

# Manawatu Striders Christmas Breakfast


**Sunday, 2 December (9.30am)**

Steeple Room  
Cophthorne Hotel  
110 Fitzherbert Avenue  
Palmerston North

Family and friends welcome  
\$28.00 per person



Please bring a  
\$5.00 Secret  
Santa Gift and  
coins for raffle



RSVP by Monday, 26 November  
Register and pay online at  
[www.manawatustriders.org.nz](http://www.manawatustriders.org.nz)



# The Stairs of Lindos/Tana

by Cath Staines

On a lovely Sunday morning a couple of weeks ago the lovely Cheryl Sturm and I headed from the Hardie Street Reserve, over the Fitzherbert Bridge and up Pork Chop Hill with the intention of doing the Summerhill trails, known to some as the gulleys. It was to be a nice quiet trail run with the usual mix of selfies and shenanigans that goes with a run with my "Stair Sister".

Just as Pork Chop Hill really becomes a hill there are stairs on the left, leading up to the top of the cliff. True to our name of "Stair Sisters" we decided it was a good idea to take these. We reached the top and took some photos and then decided that the Stairs of Lindos/Tana seemed like a fine idea. We had tried them 2 weeks prior but I had the deplorably behaved Bowie-dog with me and there were too many people on the stairs and so we had given up. But also, I have a secret – I am terrified of heights and was finding the whole stairs with no rail thing very daunting.

When we got to the top of the down set of stairs, I began to wonder if the whole thing had been a giant mistake and was concerned that I might freeze, or just not be able to do it. It seems an very steep drop for those first few stairs. But I took my courage in my hands and took the first step. After maybe 10 steps it started to improve a little, but it was very slow

progress at times, with the lovely Cheryl reaching the bottom at least 5 minutes before I did.

I admit that reaching Terra Firma at the bottom of the stairs was a big relief. It felt very good to be back on the flat again. But in no time we took off at a run, over some quite large river cobbles towards the up set of stairs.

When I got to the bottom of those and looked up, I realised just how long and steep they are. With another deep breath and throwing caution to the wind, I started up. It seems like a different country going up and certainly not like Palmie at all. I began to understand why my colleague had thought "Stairs of Lindos" an apt name. I could be Greece or Turkey quite easily.

Up stairs is always a slightly less nerve wracking concept for those with Acrophobia than down stairs is. It is still very steep though and despite a couple of stops on the way up, my legs felt like rubber by the top. I also felt a great sense of achievement. Yes, because the physical challenge, but mostly because I had overcome my phobia, at least to some extent, to do the stairs.

Thanks to the lovely Cheryl for always encouraging me. You rock Stair Sister.





# Kahuterawa Classic

by Jane Warnock

Kia ora tatou ... a little blurb on our Kahuterawa Classic. Once again, an event that whilst small (in the bigger picture of what we have through the year), has an amazing feeling of atmosphere and camaraderie. This includes the 'team' putting the event together from early hours in the morning to end of event, through to the competitors competing in what can only be described as slightly challenging with just a few smallish hills and gigantic hills thrown in there as well.

One particular competitor requires a special mention in competing for the first time in the event.... and that is seven year old Aiden McGregor. Aiden and his dad, Jason, registered for the 3.5kms. This route follows the same path as the 7km, with a turn around point at the half way, or so they thought! What transpired however, was that Aiden and Jason ended up running the entire distance, as due to a 'slight' mix-up in the course set up, there was no 3.5km course.

Aiden and Jason came across the finish line, with Aiden's time 0:49:30, just pipping his Dad's time of 0:49:33. The timekeepers were right on the finish line to see Aiden's achievement as Jason explained that this was the first 7kms that

Aiden had ever run, and that on realising that there was no turn-a-round, Aiden chose to compete and complete the whole distance.

When we consider achievements such as what Aiden achieved, each and every one of us within the Club will be able to recall an event, a time, a place where we exceeded ourselves beyond our expectations. This I believe is what gets us hooked into competing and completing when we are out there walking or running, whether an event or whether it is just a walk or a run. We can see that for Aiden, this is one of those events that will keep him 'hooked' and continue achieving great achievements.



*Aiden McGregor 'chuffed with his prize' that we awarded him with, including a Manawatu Striders (2017) medal (as we have a few in stock) for him to keep as a keepsake.*



# Introducing our new Club Administrator - Kate Southern

Hi! I'm Kate, wife of one and mother of three. I've lived here in Palmerston North for 17 years - it is a great place to live, work and play.

I'm a runner - while I don't run particularly fast or particularly far, I love to run; for the enjoyment, for the challenge of setting a goal and working towards it, and sometimes just for a chance to have some me-time!

I've been active in the local community on a volunteering basis over the past year; setting up parkrun in Palmerston North in 2017 and starting a 261 Fearless running group (a womens only group focused on beginner runners) in 2018. Nothing beats getting to share your passion with others. I've also met some amazing people in our local running and walking community.

You're likely to see me out and about at parkrun on a Saturday morning (if I'm not volunteering I'll be grabbing the chance to run it myself), running or biking along the river or on the nearby trails. Say Hi if you see me - I'm always up for a chat.

I look forward to meeting and working with you all!





# Alia Robinson

*In August 2018 Alia Robinson had the privilege to attend the World Youth Championship held in Moscow Russia. She gained this place on the NZ team by trialling earlier in the year. She was invited to trial based on her outstanding efforts in competitions in 2017.*





# Alia Robinson *(cont)*

First stop was a week in Bangkok, Thailand where we trained in the humidity and heat to acclimatise from winter to summer and also gain some valuable training time with the team. Especially in the Speed climbing discipline, this is the equivalent of a 100m sprint in running. Lead Climbing would be like a half marathon or Marathon.

Thailand was an overall great experience as I got to experience a very different culture and living style, we slept in pods!

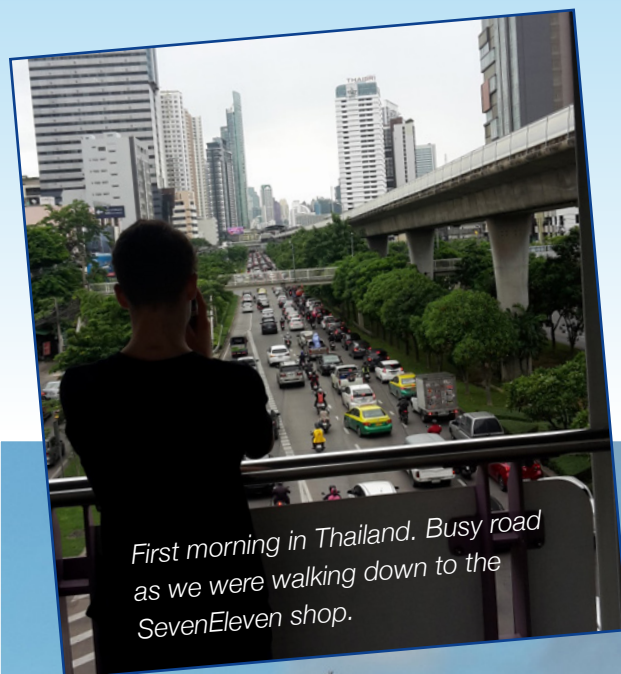
After a long flight direct to Moscow, the team could walk to the competition venue, so we were able to stretch our legs daily.

In Moscow we focused on Speed training as this is not able to be practised here in New Zealand as there is no Speed climbing wall.

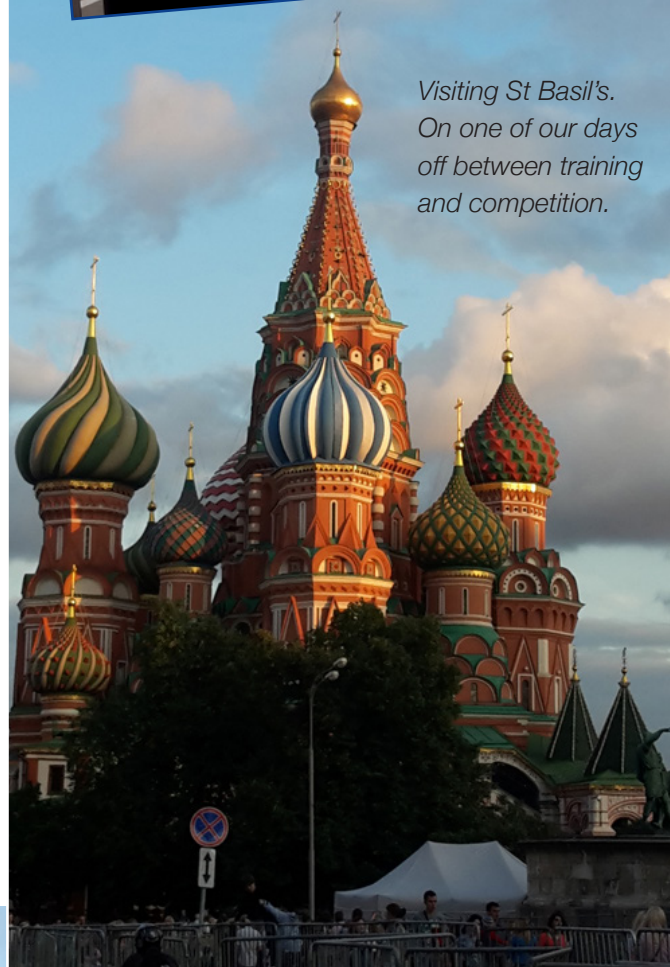
The competition was run over 9 days, I competed on 3 of the days, each competition took 3 days. Qualifiers, then Semi Finals and Finals.

The competition was nothing like I had ever experienced before, the amount of climbers competing and the huge scale of the walls. It was inspiring and motivating and I hope to going back again to the next Youth Championships in Europe.

Representing New Zealand was a huge honour and I thank the Manawatu Striders for their support & kind donation. Especially the thoughts and well wishes passed on to me while I was in Russia.



*First morning in Thailand. Busy road as we were walking down to the SevenEleven shop.*



*Visiting St Basil's. On one of our days off between training and competition.*

*The Team having a rest outside the Ice caves. Alia's 3rd from Left.*





# Alia Robinson (cont)

In Moscow. Tunnel down to the underground monorail, it was an extremely long escalator.



Alia jumping to attempt to grab the next hold, so close but couldn't grip it.

aliacimbing  
Moscow, Russia



Meeting Brooke Raboutou top climber from Team USA. She got into Finals in the age grade above Alia.

One of Alia's Bouldering "Problems" You have to work out the best approach on the spot.



Training in Bangkok

Liked by banana.bo1.35, saintseagull and 30 others  
infinity\_climbing Climbing NZ youth team in Bangkok. Thanks so much to Natee at Assumption College Thornbury for allowing our team to use their speed wall. Times have been coming down nicely!



# Alister Martin

*by Kim Fenn*

Alister Martin joined Manawatu Striders in 1997. Since that time he has been a very active member contributing strongly in both the Main Committee and the Events Committee's. Alister was a driving force behind the Club's Strategic Vision planning several years ago, and keeping the main committee on task with this. He was also instrumental in setting up the Harriers group, who will miss his encouragement and support.

Last night he said farewell to the Events Team, here are a couple of photos. We will all miss you Alister! We all join in wishing Alister the best in Christchurch, and look forward to hearing about the new club down there.



## Upcoming events

Spring is in the air and looking ahead at the next two months, there certainly is no lack of exciting and fun events to keep you motivated through the silly season. Road or trail, city or country, running or walking - whatever your preference, you are sure to find a few events to fit the bill. Happy running!

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

### **Feilding Marathon, Half, 10 and 5km**

**Saturday, 3 November 2018**

Timona Park, Feilding

The course is out and back from Timona Park to Stanway Hall on Makino Rd. The outwards route steadily climbs around 140 metres. So the good news is the homeward journey is that much easier!

### **Foxton Beach Fun Run**

**Sunday, 11 November 2018**

Foxton Beach Surf Club, Foxton

There is a 21km half marathon, and 10km & 5km fun run/walk events. The 21km & 10km events go along the beach to Himatangi. The 5km events go south along the beach and turn up the estuary. All of the events are out and back courses with marshals along the way.

Proceeds from this event go to the Foxton Surf Club, Manawatu Coast Guard and Palmerston North Rescue Helicopter.

### **Ashhurst 2 Esplanade Half Marathon and Fun Run**

**Sunday, 18 November 2018**

Ashhurst Domain, Ashhurst

The course runs along the riverside from the domain, through Higgins depot, then a few km of rustic rural roads from Te Matai Road to just passed the Town and Country

Garden Centre where it rejoins the PNCC pathway, ending just outside the Manawatu Striders clubrooms.

### **The Big Kid Adventure Run**

**Saturday, 1 December 2018**

Horopito to Turoa Ski Area

The Big Kid Adventure Run Tongariro is a grunty 18km alpine adventure run starting in Horopito near Smash Palace and heading up to the start of the Mangaturuturu Track to the hut to join the main Goat course for the last 3km.

### **The Goat Adventure Run**

**Saturday, 1 December 2018**

Tongariro National Park

SOLD OUT

### **Great NZ Santa Run: Palmerston North**

**Wednesday, 5 December 2018**

The Square, Palmerston North

The Great New Zealand Santa Run in Palmerston North on Wednesday, 5 December 2018 is a 2-3km fun run/walk in a santa suit! Each entrant receives a free Santa suit as part of their entry fee. Kids under 13 will get a Santa hat instead of a Santa suit. The course is easy so everyone can finish with minimal training and are highly visible for maximum impact.

The charity partner is The

Graeme Dingle Foundations, with proceeds from the event going to meeting their objective to have New Zealand's young people transition through their sequenced programmes from age 5 through to 18 as a transformational journey to set them up with a strong platform for adult life and a career.

### **Mitre 10 MEGA Tough Kid & Tough Teens**

**Friday, 7 December 2018**

Cooks Gardens, Whanganui

The Mitre 10 MEGA Tough Kid and Tough Teens events are an exciting off-road obstacle course for Year 3-10 kids and students. Taking place at Cooks Gardens in Whanganui, this event will see kids crawling, sliding, squeezing and jumping through obstacles as they make their way through the TOUGH course.

### **3 Bridges Marathon**

**Saturday, 8 December 2018**

Union Boat Club, Wanganui

The course takes in the Dublin Street Bridge, City Bridge and the Cobham Bridge, alongside the Whanganui River. The surface varies from sealed road edge, footpaths, grass (for only 400m) and walking tracks, generally flat. This event allows the Wanganui Harrier Club to offer the city of Whanganui an affordable, family orientated club for runners and walkers.



## Club matters



## 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.

## 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