



MOUNT MAUNGANUI RUNNERS AND WALKERS



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DECEMBER 2024 NEWSLETTER

Well, here we are at the end of another year and another year for our fantastic club. Whether you have been with the club for literally decades (and many have) or have recently joined, everyone has contributed to making the club what it is. It is a community of active runners and walkers out there pushing themselves in all kinds of weather (mostly good) with a wonderful camaraderie. That coffee get-together afterwards is 'the icing on the cake' providing for some great banter and socialising.

For some the goals are about getting fitter, faster or going farther; finding happiness in both struggle and success. It's great to see runners and walkers competing in other events and often very successfully. For others it's just about enjoying the journey with likeminded people and having a good time. I can see friendships that have developed through the club, challenges overcome and goals reached.

Club days clearly require planning of routes and ensuring all are included and the efforts of all the leaders and planners are much appreciated.

Here's to a great 2024 for the club and may we continue to keep running run/walking, or walking, and inspiring each other in the new year.

Chris Taylor (Editor in training)

Dates for the Diary

- **Christmas Event** - Christmas run/walk will be held on Friday 13 December – it will involve some fun activities to get the runners and walkers together, with a BBQ and coffee cart afterwards. More details to come nearer the time.
- **Christmas closure dates** - The last club day of 2024 will be Friday 20 December, returning in the new year on 7 January 2025. Note, there is no access to the hall and no babysitters during this period. Club members are welcome to organise their own activities during this time.

- **Final 12 in 12** - The final 12 in 12 is being held on Friday 20 Dec at 8am, starting from club - Bridget will be in touch with more details via Facebook. Thanks to Bridget and Paula for organising these popular monthly events - we have had around 20 people attending each month.

Club Awards for 2024

Star Achievement Award – Melissa van Leeuwen

Melissa was injured during her training for the 2020 Rotorua marathon. She completed it (her first marathon) but had a very sore ankle after that and started rehab. She has always remained focussed on maintaining her healing with running, walking, stationary bike, swimming and strength. She was making good progress until earlier this year when she broke her ankle on a family hike. We all think she is a star because she remains positive about her rehab and never complains about not being able to run the way she loves to. She has continued to come to Club even though she couldn't join the runs with us all, more recently she has been trying to join in with the running route when she can and always with a smile on her face and her positive bubbly can do attitude. Having recently completed the Whangamata 10km under an hour, it is safe to say that Melissa is back.

Most Improved Runner – Sarah Dove

Sarah joined in May 2023 and has become a regular at club days, 12 in 12 and Sunday runs. In the past year she has completed the City to Surf 11km, ran up the Mount for the first time, completed her first ever half marathon and discovered a love of trail running. She did her First Light half marathon in Gisborne and Run The Forest in Rotorua half events. She is part of the run crew who enjoys swimming all year round. She is grateful that the run club has given her back some ME time.

The Extra Mile Award – Jackie Baxendine

Jackie has been on committee for the last 6 years and we feel this award is well deserved. When Jackie joined the Club, she volunteered to be on the Committee straight away. Jackie has overseen the newsletter, taken on the Walkers Captain role as well as being Secretary. Jackie has always gone above and beyond the call of duty. Jackie is a valued member of the Club, and her considerable efforts are truly appreciated.

Most Improved Runner Over 50 – Michael Ludbrook

Although Michael has been a long time runner, he had not run up the Mount for a year. So, this year he joined the beginners in their training for the Summit Challenge. He successfully ran all the way up the Mount with them and his smile said it all. We love how he set himself a target this year to improve and challenge himself and what a great achievement to still be running up the Mount at 78. Michael is consistent with his training, he absolutely loves track with the Thursday crew and is a regular at Park Runs. Michael is an inspiration to many, a great friend and encourages others.

Most Inspiring/Improved Walker – Lyn Holmes

Lyn joined the Club in 2023 and always with a smile on her face, she quickly became part of the team. When Carole Girven came up with the Mount Challenge for the walkers it was with some trepidation Lyn took part as she had not been up the Mount for 25 years. Slowly but surely, she gained confidence and when she reached the summit, how proud she was as were the rest of the walkers. Congratulations Lyn what a fantastic achievement.

Event Results

Thanks to Allan Shadbolt for compiling

Legend of the Peaks. Jan Longhurst - 2nd in the half marathon 60+ age group 3h 34m.

Mount Half Marathon. Allan Shadbolt - 2nd in the half marathon 70+ age group. 2h 1m.

Auckland Marathon. Allan Shadbolt - 2nd in the half marathon 75 - 79 age group 2h.

Auckland Marathon. Diane Cockrane - 6th in the half marathon 65 - 69 age group 2h 13m

City to Surf 11k . MRW team came 5th. **Brenda** 1st. in the 50 - 54 age group 54m 46s.

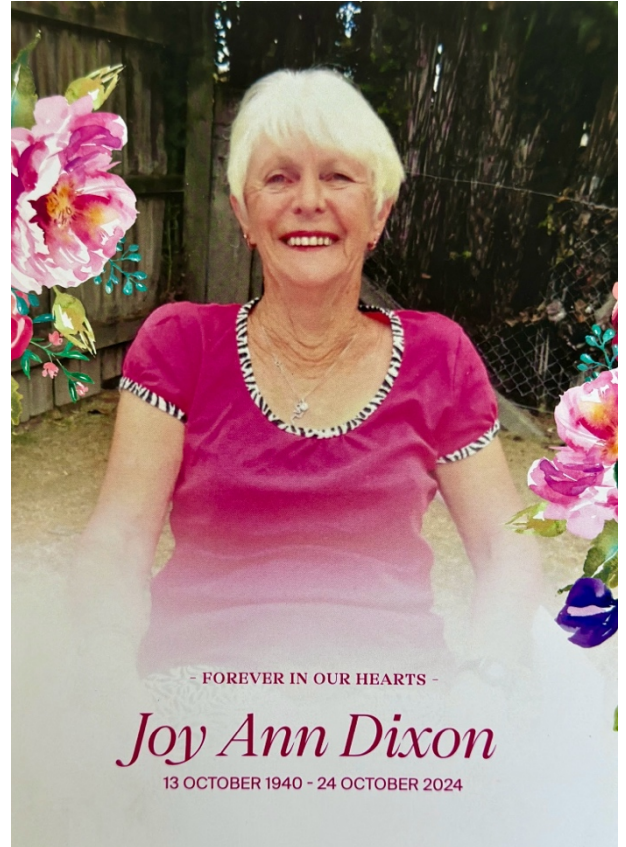
Allan 1st in the 75 - 79 age group 1h 05m, **Diane Oxley** 2nd in the 70 - 74 age group 1h 13m

Images of Allan in the Auckland Marathon –



IN MEMORY OF JOY ANN DIXON – by Mike Powell

Joy joined the Club in 1990 (along with husband Ray) then known as Mt Joggers and Walkers, when they moved to the Bay from Hamilton. Initially Joy was a runner and completed many events of all distances wearing the club colours. She also took part in relay events with other members, such as Around Lake Taupo and Around Tongariro Road Relays to mention two such events. At that time Mt Joggers entered Harrier events and competed in Cross Country races. Joy loved the mud. In the early 2000's Joy hung up her running shoes (because of her knee she said) and became a walker. A very competitive one I must say. She was determined to get ahead of any club member on her shoulder in any event. The walking numbers had grown over the years and are a very sociable bunch and there were many trips away that Joy went on, such as the Rotorua walking festival, Whangamata, and Taupo to name a few. There is a theme here, trips away with running members and then walking members. (Party girl) Joy was a life member of the club and as such had seen the many changes at the club as it has evolved into what we have now. Joy just loved the social and family atmosphere of the club, whether that being travelling away or just local walks and having a coffee and chat afterwards. She found it difficult in the last few months when that damned knee again hampered her, but she still tried to get out and have the coffee and chat. Joy will be remembered as a very warm, friendly, and welcoming club member and was always inclusive of everyone.



We all know a beautiful lady named Joy Ann Dixon
Whose need to exercise was almost an addiction
Whether in the Waikato or here in the Bay
She was running or walking almost each day

Her second family was Mount Joggers and Walkers
Whose pastimes were either running or walking
Or you could say they were Mt Bloggers and Talkers
Because they liked fun times and coffee and talking

Joy had a quiet persona and quite unassuming
But on club trips she became a different person
A tipple or two, music up loud and her voice booming
Who was this lady, we were never quite certain

But the real Joy that we all loved and knew
Was warm and friendly and she loved our club too
That love is returned by members both present and past
Joy will always be remembered for as long as the club lasts.

Walkers Go Around Rarotonga (from Carole Girven)

In September this year an 18 strong group of walkers travelled to the beautiful Island of Rarotonga but a South Pacific holiday was not their objective. This was a fantastic opportunity to combine a holiday with a walking achievement. The Around Rarotonga Road race proved to be just that. The activities started the day prior with a fun run where we joined other well-dressed teams, in our smart island apparel.



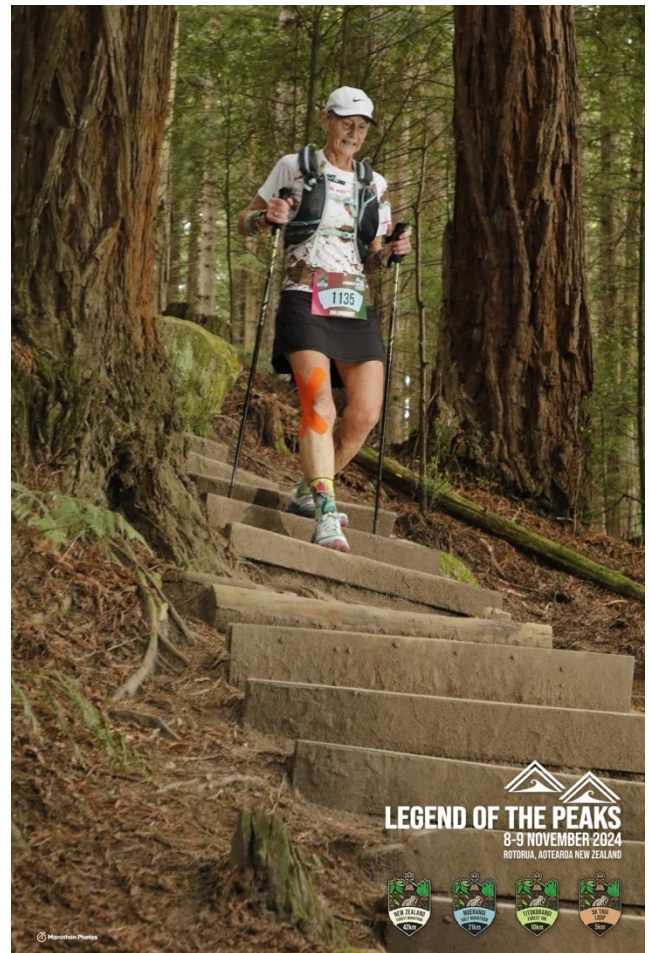
Race day arrived with a beautiful warm morning; the eerie sound of the beating drums started the early competitors on the island run. Only one brave soul “Mike Powell” tackled the mighty island, returning after having run it once before, 40 or so years ago, with the remainder of us taking on the 10km distance. How proud we were to see our little blue club members lined up on the start line all dressed in their blue uniforms. And even more proud when they crossed the finish line, representing the club in fine form. Lindsay was first male across the 10km finish line, with Doug the 3rd male (although there was some confusion over the results, we’ll still claim it) and Ngaire Hughes came in 2nd female. The rest of us weren’t far behind. Mike finished in 3rd place for male walkers. So proud of everyone’s achievements. A real reflection of our club spirit. Celebrations followed and then a few days of relaxation to enjoy that island sunshine. Where to next!





Legend of The Peaks Trail (from Jan Longhurst)

On Saturday, 9 November Ann Mitchell and I attended the Legend of the Peaks trail run in Rotorua. This year we both ran the half (23km) (I wised up after doing the marathon last year). With 750m of elevation it is a challenging run, and interesting, as it takes you not only on forestry roads, but on mountain bike trails to summit 3 peaks. The trails were well marked and marshalled with excellent aid stations. The finish line had a great vibe with live music and the mountain bike cafe available for food and a well-deserved beer. I can highly recommend this event and would suggest it as an excellent alternative to Tarawera ultra, with entry fees very reasonable. This was its second year of running and I see it getting bigger each year. Check it out.



New York Marathon (from Paula Maitland)

Three of our club members ran the New York marathon in November. A truly phenomenal experience to run with 55,000 other people from all walks of life, all there for different reasons but all with the same goal. Ange even represented New Zealand in the parade of nations! We'd all do it again in a heartbeat so if you want to find out more, ask Angela Thomas, or Paula and Jimmy Maitland



Your Club President and Committee

Top Row L to R - Clare Arnt (President and Run Captain), **Carole Girven** (Walking Captain), **Doug Stewart**, **Warren Scobie**.

Bottom Row L to R - Cara Phillips (Secretary), **Bruce Woods**, **Paula Maitland**, **Ange Thomas** (Treasurer), **Paul Mitchell** (not pictured),



Message from Club President Clare Arnt

Another year has almost gone and what a year it has been with so many of you pursuing running and walking challenges whether it be organised events or personal goals!

I want to thank all of you who turn up to club each week, help with fundraising, volunteer for events, organise runs, plan events, welcome new members, open the club in the morning, babysit our children, update social media, put together our newsletter and so much more!

We also have an enthusiastic new committee who are working hard to see the club continue to flourish and grow. We are always open to receiving suggestions and ideas or if you would like to help out please come and see one of us, we are a friendly bunch!

Have a wonderful Christmas and New Year everyone.

