



MOUNT MAUNGANUI RUNNERS AND WALKERS



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www.mtrunnersandwalkers.co.nz

## MARCH 2025 NEWSLETTER

### Event Dates for the Diary

- **Saturday, 29 March 2025, Hamilton Gardens Trail**, Hamilton Gardens, Hamilton. Includes a 6km, 12.3km and 17.2km. Another good event I would like to see us attend as I missed the last Hamilton event. Good distances that would suit everyone. Great for first timers being a flat easy course.
- **Sunday 27 April 2025 - King & Queen of the Mountain.**
- **Saturday 10 May 2025 - The Nugget Multi-Sport Festival**, Waihi, Coromandel  
*(NOTE: Event has been cancelled)*
- **Sunday 11 May 2025 - Summerhill Skedaddle.**
- **Thursday 22nd May – 27th May 2025 - Noosa Marathon**, Noosa, Australia. A group of walkers are off again on another adventure this time to compete in the Noosa Marathon (10km). I will try to do some extra 10km walks during May to ensure we are all ready to go. It's not too late if anyone wants to join us although entries are selling out fast.

### Event Discount Codes

- **Whitianga RunFest - 10 May** <https://whitiangarunfest.co.nz> - 10% discount. Code: MOUNTRNGRP
- **Taupo - 2 August** [www.taupomarathon.co.nz/](http://www.taupomarathon.co.nz/) - 10% discount - MTRUNWALK2025.
- **Run the forest - 9 August** [www.runtheforest.co.nz](http://www.runtheforest.co.nz) - 3% discount - PQ6N5JX7

## 2024 End Of Year Club Get Together

The club's Christmas Fun Team Event on 13th December 2024, was just that. Lots of fun challenges on the most glorious of summer days culminating in a group social get-together, BBQ and coffee below the clubroom. Thanks to all involved in the planning and execution of the event.





## MRW club members doing big things



In January **Allan Shadbolt** walked the Hump Ridge track at Tuatapere, Southland. “It's a 62k walk ,but they flew us in the first 10k as some wouldn't make to the top before night fall. We climb 1000m in 5k and mainly stairs. We had all meals supplied and lunches and snacks for during the day. 2nd day was coming down and just as many stairs. 3rd day about 500m over the 21k walking out. I then flew to Stewart Island” - Allan.

**Anne Audain** has very generously donated some of her sporting memorabilia to auction and help raise funds to offset the costs of the babysitting service the club provides. Anne has a proud professional history winning a gold medal in the 3000m race at the 1982 Commonwealth Games in Brisbane, and a silver medal in the 10,000m in the 1986 Edinburgh Commonwealth Games. Anne has also competed in three Olympic Games. Shown here is a signed poster and the No. 479 bib sewn into her Brisbane uniform.

Anne remains to this day New Zealand's only female track gold medalist.



## A Walkers Tale – Carole Girven

Walkers, not runners; who are we?

Many of our walkers have been runners, marathon runners, joggers, triathletes or plodders, and some still are. As we age slowdown is inevitable. How we combat this slowdown is staying active, training smart and taking care of oneself.

Eventually, no matter how healthy and fit someone is, they'll see their abilities and top-end speed decrease. This is normal and to be expected, as is gaining wisdom and experience over the years.

Although pace and speed may slow down with time, it doesn't mean that joy in leading a healthy life has to diminish. Walking simply means slowing down your pace regardless of the activity. Leading an active lifestyle is important to us.

This brings us to why being a part of this club is so important. A place where we can stay active, share our experiences and wisdom, enjoy a lifestyle with like-minded people that reminds us of who we once were. A place of belonging.

So, remember to stop, say hello, have a chat and share some running stories you might be surprised what you might have in common. But most of all enjoy each other's company and look after each other.





## Walkers at Karangahake Gorge on Waitangi Day



### Uniforms – Carole Girven

There are always lots of questions around uniforms. We see many varieties of new and old versions of singlets, t-shirts, sweatshirts, collared shirts and thermals amongst our members. Our official club uniform is royal blue in colour with our logo printed in white on the left hand side.



Mens polo shirts



Mens and women's singlets



T shirts mens and women's



Half zip polar fleece



Full zip polar fleece



Our current supplier is EmbroidMe, 511 Cameron Rd, Tauranga, where you can go to order from our club selection, printed with our logo. We have singlets, short sleeved t-shirts, polo shirts and polar fleece jackets and peaks.

At the club we hold a selection of samples in various sizes for you to try before you order. We also have a limited variety of shirts in stock from previous orders that are for sale.

Our thermal shirts are the only ones that are different. These are purchased through Kathmandu and then printed with our logos. Because of this, we only do these when there is sufficient demand. These differ to the normal as they only come in a navy blue. Members are also welcome to buy their own shirts in royal blue and have these printed with the club logo. EmbroidMe will do these for you but charge extra for shirts not purchased from our club selection.

We are lucky now to have an alternative where we can get the logo printed onto your own shirt for a reasonable price. Logo city, 22 La Cumbre Close, Bethlehem, will print the front logo for \$12, or \$19 front and back of shirt. Usually an overnight service if they can. Just drop your item into the drop box when it suits and you can collect from the same drop box once completed. They work from a workshop under their house. Phone 572 2444. Uniform choices and prices can be seen on the notice board inside the club rooms and online at Embroid Me. When we start our beginner's group, we will do a group/bulk order for all members if required. Keep an eye for details in April. For any information about uniforms contact Carole or any of the committee members.

## From Our Runners Captain

I think it is safe to say the majority of the runners have loved this season of running and making the most of our special piece of beach paradise. I have especially enjoyed the challenge of adding 'water play' into our Tuesday runs. It clearly makes us look younger as one passerby recently asked if we were a school group!

Thanks to Morgan and Steph for getting us up the Mount every Friday with variety and for prepping us for the King and Queen of the Mount on April 28th (who has entered?). Well done to all of you who have entered events so far this year, it has been great to see great times, personal bests and age group placings as well as plenty of enjoyment and fun!

**Clare**

## From Our Walkers Captain

Well the club year is sure off to a flying start. It's great to see such great member numbers every Tuesday and Friday with a wave of blue across the bay. We started with a focus of stairs for this year and am happy to see you all having a go at tracks which include these challenges. Waitangi day we headed off site for a walk in the Karangahake Gorge. We were lucky to have a stunning day and the rail trail and windows walk were enjoyed by all. We followed this with lunch at the Talisman Tavern which was also very enjoyable. Although I did hear a few went shopping which also sounds like fun.

The 10 x 10, 10km every month for 10 months has been included for walkers in this years 12 x 12. A small group attended the February walk at Papamoa so hopefully we'll see more in coming months.

Welcome to the new members of the club, hopefully you have been introduced to many new friends. Please see me if you have any questions or queries. It's important for us to keep introducing new members to the club so don't forget to spread the word on how good our little blue club is. I look forward to the rest of the year with you all and there's lots to do.

**Carole**

**The club recently farewelled one of our amazing, long standing babysitters - Michelle. She had been with us for 15 years and she will certainly be missed!**





## Presidents Report

If you love running and walking in the summer sun you will have loved the past few months at club. What a wonderful sunny summer we have had with plenty of walking and running and run/walking adventures. It has also been great to see some new faces around the club too.

Thank you to Vicky and Izzy for organising another year of 12 in 12's, whether it be 12km, 21km, 10km walking or running, there is something to challenge everyone. It is also great to see Carol starting the Mount Challenge again for the walkers and the runners beginner group starts up at the end of April (anyone interested in leading this group please see a committee member).

It was wonderful to have Anne and Chuck with us again this year and we are very grateful to Anne for her donation of her gold medal winning race bib. It has enabled us to promote the club in the paper and online and will hopefully raise some money for the club babysitting. Thank you Anne!

We also said farewell to one of our amazing, long standing babysitters - Michelle. She had been with us for 15 years and she will certainly be missed! We are very grateful to Suzette who has now come on board and has already won the hearts of the children. Thank you so much to Michelle, Jenny and Suzette as well as Annette and others who have filled in with babysitting where necessary.

Finally, I want to especially mention this year's committee. What a pleasure it is to serve the club alongside this great team - their dedication to the club and moving things forward is amazing! In particular this quarter, Bruce has spent many hours refining the club constitution so that it is ready for us to vote on at our special general meeting on April 4th. Paula has also taken dressing us all in blue to the next level and has spent a lot of time looking into different supplier options and logo printing. There is more to come so watch this space!

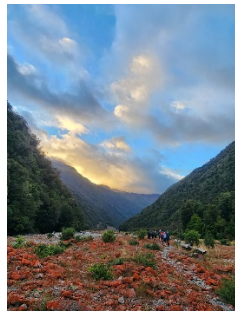
Clare

Submissions to the club newsletters should be emailed to  
[papamoabeach@gmail.com](mailto:papamoabeach@gmail.com)

Thanks – Chris Taylor (Editor)



## The Adventure Of A Lifetime – Carole Girven



This February Lindsay and I tackled our greatest challenge ever, and ticked off one of our bucket list adventures. The coast-to-coast bike, hike and raft, an epic journey from the west coast to the east coast of the South Island crossing the mighty southern Alps.

While this wasn't the actual race it covered the same course over a 4-day period with a different discipline every day, and rafting instead of kayaking. We were expecting a challenge and this adventure definitely didn't disappoint and has surely given me a greater appreciation for those who complete the real thing.

Starting in Christchurch we travelled towards Greymouth to our start point on the Wild West coast shores of Camerons Beach. A quick visit to the beach to wet our feet and we were off along the wilderness trail towards Kumara on our first cycle leg. From there to Lake Brunner along rough gravel roads shook up the joints. 65km later, first leg complete. Not so bad.



Day 2, 6am start, a 30km hike up the Deception river crossing the iconic Goat Pass with 1000m of elevation to look forward to. The scenery in this back country was awe inspiring and you felt very small in this mighty country. The first river crossing was 10 minutes into the walk and there were so many crossings after that I lost count. Wet feet from the start to the end. Rocks and boulders they said and they weren't kidding. The track was continually up the riverbed, increasing in steepness with boulder scrambling at every point and the last climb to the pass was directly up a waterfall. Crossing the summit I'm sure they said its downhill from here but I think they forgot all those other short sharp climbs in between. By the last stretch along the river bed of the Mingha

Valley, I was over the sight of rocks. The van waiting at the end was a welcome sight after 11 and half hours on the track.



Day 3, another day another discipline. Today we rafted down the Waimakariri river and through the stunning Waimakariri gorge. 5 hours, 40km with many rapids. 2 rafts, 14 people and 1 dog we headed off. The river levels were quite low so meant quite a bit more paddling, so much for my rest day.



Day 4. Back on the bikes for the last 70km ride. We rode along quiet sealed backroads, with rural landscape, and cycle paths from the Waimakariri river gorge bridge to the sea at New Brighton. A quick stop on the river for lunch and then a downhill race to the finish line. A quick dip in the east coast beach of New Brighton completed the Coast to Coast.



Tired to say the least. Exhilarated definitely. Proud of ourselves very. Would I do it again ...NO. But would I recommend you doing it yes, yes and definitely yes.



If you're interested I'm happy to tell you about it and would highly recommend the company we went with check out their website: <https://www.adventuresouth.co.nz/> for more info.

## Special General Meeting re the Constitution

Notice of the special general meeting was emailed to all members on 6 Feb 2025.

**Meeting to be held Friday 4 April, 9.15am at the club.** For any questions, please talk to Bruce Woods at club, email Bruce at [woods@xtra.co.nz](mailto:woods@xtra.co.nz), or phone 0274814148.

## 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).









