



MOUNT MAUNGANUI RUNNERS AND WALKERS



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www.mtrunnersandwalkers.co.nz

JUNE 2025 NEWSLETTER

*Newsletter content to Chris Taylor.
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Event Dates for the Diary

Wednesday 18 June 2025 - Evening nutrition and physio talk at club, 7- 8.30pm. Kate Walker and Brad Dixon will give us some nutrition and injury prevention tips. Free

Saturday 5 July 2025 – Hume Pack-N-Cool Fun Walk & Run. Free Community event supporting the food bank. Katikati War Memorial - Registration 8.00am. 9.00am – 10km start 9.30am – 5km start

Saturday 2 August – Taupo Marathon. www.taupomarathon.co.nz/
10% discount - MTRUNWALK2025.

Saturday 9 August 2025 – We Run The Forest, Rotorua.

Friday 15 August 2025 - Winter Social dinner at Club Mt Maunganui. More details to follow. Partners welcome.

Saturday 20 September - Whangamata Half Marathon –
www.whangamatahalfmarathon.co.n

President's Report

It is wonderful to see our numbers growing each month, a special welcome to our new beginners running group members and to those of you who have recently joined. As you will have discovered we run, walk ,and run-walk, rain or shine and we have had plenty of both recently.

The committee have some things lined up for the winter months to keep you all fit, healthy and motivated so note down the dates in your diaries and come along. Finally, it is so great to see people purchasing uniforms and coming along each week in their club 'blues'. On that note, we were reminded last week that while we are out and about on our walks and runs, enjoying the usual chat, to be mindful of other footpath or track users in our community who may not be prepared for the sea of 'blue' that descends upon them on a Tuesday and Friday! - **Clare**

From our Runners Captain

The runners were fortunate enough to have Angelo from Medina Athletic Systems take a drills/technique session for them last month, he reminded us of the importance of correct technique and put us through our paces with all sorts of drills to test our balance, form and intelligence!

Well done to all of you who have participated in various events over the past couple of months, from We run the Night to the Rotorua Marathon, the Skedaddle and the very local King and Queen of the Mount, as well as others in between. Well done to **Morgan Bickley** who completed her first Marathon and **Jess Porter** for her first half marathon as well as all of you who won medals, plants, fluffy blankets and personal bests. Keep up the great work everyone and remember the most important thing is to have fun doing it! - **Clare**

From our Walkers Captain

Well the year is really ticking by so fast, it's hard to remember what we have been up to since our last newsletter, so much has happened. What I do know is that winter has surely hit us, and the temperatures have dropped. So, It's great to see those resilient, loyal walkers who turn up to club days rain, hail or shine.

We started the year focusing on stairs and we have been up and down most of the stairs in the Mount, I'm sure. However, we still have the monster stairs to conquer before the end of our season so don't think I've forgotten. In early March we started another Mount Summit challenge. Over the next 6 weeks we built up our strength towards achieving our goal of climbing to the summit.

There were lots of members coming and going on holidays over this time of the year however we still managed to get a group up to the summit to celebrate our achievement.

Well done to everyone, but a mention in particular to **Liz, Jill and Kathy**. Another successful challenge under your belts.



Easter came and went along with the King and Queen of the Mountain which I think only one of our walkers took part in. Well done to **Don**. We will have to see how many we can encourage next year.

At the end of April, we started working towards building up our kms and pace during our weekly walks in preparation for the 10km events coming up over the next few months. By the end of May we were looking good. To ensure you didn't get too bored I ran another quiz challenge with questions of the surrounding mount area. And a challenge it turned out to be, giving you all a headache thinking about it. First prize went to **Jenny Steele** who answered the most with **Alma Wood** coming a close second.

The highlight of this quarter has to be our trip to Noosa. Twenty two walkers headed across the ditch to join the Noosa Marathon. This wasn't just any old fun run this was a serious event with 8500 competitors, a new experience for many. Blue skies and warm temperatures welcomed us to Noosa and stayed the whole week making our stay very much more enjoyable. I am so proud of the efforts of all our members who achieved well beyond their expectations and personal bests were abound on the day. **Ngaire Hughes** was the first women home from our team and improved on her time from Rarotonga last year. Well done Ngaire. **Terry Arnold** was the first man home from our group in an impressive time. Above all it was great to see the joy and excitement on every face as they crossed the finish line. A great week was enjoyed by all, until the unexpected happened and **Carol Reid** unfortunately took a tumble down some stairs and broke her arm. We wish you a speedy recovery Carol, and we know you will be back as soon as you can.- **Carole**



In Remembrance - Clive Berry

We have sadly lost two club members. **Clive Berry** passed away 25th May 2025 at age 93. Clive had been a member of the club since the mid 2000s and had been active on the committee from 2015 to 2018. He attended club regularly right up until recently.



John, Graham, and Clive Berry (R)

Along with a group of others, he walked around the mount every Wednesday. Clive had a goal to climb to the Summit on his 90th birthday, and with the company of a few others for support, he achieved this. Proud to have had such a fine outstanding man as part of the club. He will be sadly missed – **Carole Girven/Mike Powell**

In Remembrance - Kevin Pollard

Kevin Pollard passed away on 14th May 2025 at age 71. Kevin joined the walker's section at age 65 on his retirement. He was a regular attendee at club days until about 18 months ago when he was diagnosed with Leukaemia. He struggled to walk any distance by then but would often come for a coffee at our regular meeting place. He came on the annual boy's walking trip a couple of times and I will attach a couple of photos from those trips. What many may not know is that Kevin was a member of the running section of the club during the 1990's when the marathon boom was happening in New Zealand. Kevin ran a few Marathons including the iconic Fletcher Marathon (as it was then known) around Rotorua Lake. Sunday was a big club day back in the 90's and the male members of the club would do their long run on the Sunday as often they could not attend weekdays as they were working. Rest in peace Kevin- gone far too early. – **Mike Powell**



Kevin – far right - Bream Head March 2022



Kevin on left - at Mount Taranaki 2021

MRW club members doing big things

Awesome achievement by Morgan Bickley

I ran my first marathon at the Rotorua marathon in May. I only really got into running in September 2023 as it was the easiest thing to do after becoming a mum. I can't believe that I've now run a marathon less than two years later. I've always loved a good challenge, but I never thought I'd choose the one where I have to run 42k's.

After the start, my goal was to keep the 4 hour pacers in my sights (they were about 20 meters in front of me from the start). I managed to do so until my legs started cramping around the half way mark. I had no idea what to do, but I just kept going and trying different things. The last 10-15k's were gruelling, stopping to walk and stretch out my legs all along the way. However, they were made 1000 times better by having Steph run (and walk) by my side. It was gutting to feel like I had so much left in the tank, but just couldn't get my legs to stop seizing. But alas, I always knew it would be hard.

I stiff-legged it through the finish line and held back my tears when I hugged my husband and kids. My goal was to run under 4 hours, and I got 4:22 with half of that on cramping legs, so I was pretty stoked! I learned a lot while training for the big day. My favourite quote that got me through early mornings, looooong weekend runs, and all the works was this – "If you wasn't to become a runner, run a 5km. If you want to change your life, run a marathon". - **Morgan**



We Run the Night – 3 May 2025

Kate Rhodes, Paula Wilson, Dana Lambert



Linda Ross completed the Aramex sponsored walk and run event at McLaren Falls on 10th May 2025. Well done Linda!



Noosa Runaway Event – special thanks

Carole Girven and Kay Evans en-route to the start line of the Noosa Runaway Event. **22 walkers owe a great debt to Carole Girvan for her spectacular organisational skills for our trip away.** All walkers finished with excellent times - many of us achieving great PB's! Thanks heaps Carole and well done Kay for an excellent time in your first ever 10K event.” – **Shona Leggatt**



Noosa Nights



Spotted recently - the usual fence sitters



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



T shirts mens and women's

Mens and women's singlets



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. For any information about uniforms contact Carole or any of the committee members.

Club scenes through recent weeks

A lot of fun in many of these photos





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),



**Next newsletter September. Send submissions to
Chris Taylor papamoabeach@gmail.com**