

**Welcome to the August Newsletter. There has been a pretty full calendar of events over the winter so far for cyclists, multisporters, walkers and runners.** The good news is there are lots more coming up in the next few months too, including Striders very own Multisport Training Day. Its an opportunity for all Striders (including clubroom members) to meet up, get outdoors, and have a go at a different sport. Details in an email sent to you this week, and on our website.

With the **Kerikeri Half Marathon** on the horizon, here is your opportunity for a pb— the course is pretty flat and well-known for producing fast times. Coachmag has produced a training plan for those seeking to run under 2 hours (though you'll need to convert from miles to km) and there is a link to a beginner plan on the Striders website.

**Calling all Striders, whatever your sport** — If you have taken part in a sporting event or know of any that may be of interest, email us at [info@striders.com](mailto:info@striders.com) Photos welcome.

Save this date: **Sunday 6th October**

for **A Multisport Training Day and bbq for all Striders members**—details on our website

### Striders Club Updates



**Saturday morning running at the Falls** keeps growing—we're a friendly group, all ages and abilities. Its a great way to start the weekend. Come along and join us, we run/walk then swop stories and drink coffee after at the Honey Café

Nothing stops the **cyclists** meeting every Sunday—rain or shine they cover a range of distances and routes. There's always photos of their adventures on our Facebook group.

Check the website for our **walking** group updates.

New **club shirts** will be available from Ultimo Sports (see the club website soon) ready for the Kerikeri Half Marathon. Ideal for supporters and clubroom training too.

**The Incredibles v The Beast**— more mud/swamp/hills than ever on this year's new route. Pictures and report in the next newsletter (If we survive to tell the tale!)

### Stories featured inside

'The **Whangamata 12hr Adventure Race** goes down as the best day of sport I've ever been involved in' says Bill

**Northburn 100 miler—Take 2** by Striders' Redrunner

An ex-Southampton footie player embarked on an incredible **5 Ironman in 7 days** challenge

Renata compares the **Kerikeri Half Marathon** with many others worldwide in which she has competed.



**Kerikeri Mountain Bike Club's Enduro Event**— Richard Pill-ing reports

Whangarei Athletics Club held its Annual **3 Pigs event**—muddy fun...



## Whangamata 12 hour Adventure Race with Bill, Alice and Catherine

The Whangamata 12hr Adventure Race goes down as the best day of sport I've ever been involved in.

We were a team of three, myself, part-time Strider Alice Hosted and Paihia local Catherine Langford. Alice had done the event before but for Catherine and I this would be our first Adventure Race.



The format was simple enough... you've got 12 hours to get to as many check points as you can with the fastest, most accurate team taking the win! However, it seems that Adventure Racing has a well-developed sense of humour and in the days before the race we received our final briefing email, which included an unexpected 2.30am start! We knew we would be running, navigating (map and compass only), Mountain biking and kayaking... but the 2.30am start time was a surprise. But when in Rome ...

So at 2.30am we lined up at the start line with 140 other people, with a set of maps we'd received only six hours earlier, and were off. Like stunned mullets we tore across the start line and quickly stopped to try and work out what to do next! Our lack of experience showed immediately but we were there purely for the fun and we were laughing (albeit at ourselves) from that moment on. We picked up our first marks easily enough, we stuck to our plan and were feeling good... until we took a wrong turn in the black-out conditions. However once we were back on track it was a very cool experience to be 'somewhere' looking out across the course at these pockets of lights, being the other teams, and enjoying our new reality.





We got back on track, got through the Rogaine, into the first transition and onto our Mountain Bikes. That's where our day of orienteering started and our adventures in the stickiest, puggiest mud in living memory began. When you can't push your bike downhill you know you're in mud.



We moved through the course, picking up marks, getting lost and then getting found and soaked up a fantastic sunrise on a little beach on the Whangamata Coast with a couple of other groups... Bliss!

With the sun up, and my glasses no longer fogging up, we were able to navigate again and we got through all our marks pretty quickly. Run, walk, ride, run, walk, ride etc. That was how our first seven hours went and then it was back to transition and into the Kayaks. Judging distances on the water was so much different to land and we took a good half hour to get our new bearings and start collecting Check Points. Our mate Dan at Bay Beach Hire had hooked us up with a Kayak and whilst we were initially jealous of the fancy carbon and fibreglass boats we quickly got over it when we started running over submerged trees and other rubbish in the river system.

We completed the kayak legs and got onto the last run leg but were advised that we only had 45 minutes to complete it as they were going to shut the course. It was taking the other teams close to four hours to do that leg so we collected what we could and headed back to the finish.

For the record we covered 65 kms in a time of 13.26hrs and I genuinely can't wait to do the next one. Having competed in a lot of 'big days' including Ironman, Three Pigs, Te Rima, BRECA, multi-day hikes and more, Adventure Racing is easily the most challenging and enjoyable.

*Bill*



## Northburn 100 miler: Take 2

First attempted 2016 , eventually pulled the pin at 100km/24hrs, knees absolutely killing me on the downhills. Day later at the prizegiving knees felt fine so decided the top 2 inches needed to toughen up.

Take 2, 2019, early start, first 5km around the vineyard done before daylight then heading up the boundary fence towards the top of the "hill" . Beautiful morning looking back over Lake Dunstan and Cromwell. Next a 4km traverse across country through "Spaniard country" (you don't want to tangle with these prickly customers) to the first aid station at the top of loop one. Nice warm weather conditions, quite a contrast to 3 years ago when we had mist and 120kph winds. Fourteen Km downhill went by quickly chatting to my new friend James, knees feeling great. A few hundred metres from home base we are sent back uphill on the 10km loop of deception, its really starting to warm up now, James is not handling it well and has to slow down. Make it to base feeling good 50km down only 111km to go.

Refuelled, start trekking uphill its getting seriously warm now, between the heat and 10,000m of elevation gains over a third of the field will eventually drop out. Push on to Leaning Rock then back to the aid station T.W. (top of the 2<sup>nd</sup> loop). Quick refuel stop then downhill towards home base. Just starting to get dark so headlights came out. Hook up with another runner, Grant from Wellington, run through the night with him,he eventually dragged me into base at about 3.15am. Change of T. shirt, major refuel then out again after 20minutes. Grant has already headed off with his pacer. Out into the dark, last loop, only 61km to go! Same area and tracks as loop 2 but in a different order. Got a bit wobbly between daylight and sunrise but once fully light, all good. Been moving 24hrs now, the leading runner finishing. Up to T.W. once again, quick stop, then head back downhill on the Loop of Despair. Several hours and 10km later back at T.W. then on to Leaning Rock for the second time, right IT band starting to tighten and slow me down. A nice piece of fruit cake from Leaning Rock marshalls, then a detour straight down a water race (we would call it a gully) followed by 3km zig zagging back up a farm road towards T.W. for the last time, leg is feeling a lot better after the uphill, and am certain I am going to finish now, 19km to go mainly downhill, getting a bit tired and sore now, feet are starting to "burn" . Make it to the finish after 38hrs and 161km. Strangely no feelings of euphoria, more just job done, finally! Northburn defeated.

Prizegiving next day and get my hands on that coveted buckle, feeling a little tired and sore but not too bad at all.

By RedRunner.





## Fancy doing an “Ironman”? – How about doing 5 in 7 days?

Ex-Southampton professional footballer, Francis Benali, swam 20km, cycled 900km and ran 5 marathons, burned almost 61,000 calories and ended up in hospital as part of his challenge. Yet, after completing five Ironmans in a week, the ever-modest Benali says his body is simply "quite achy".



The 50-year-old aimed to complete seven Ironmans in seven days - swimming 3.8km, cycling 180km and running a full marathon each day. As to be expected, it wasn't easy. He was ruled out of days five and six on medical grounds, such was the extent of his physical exhaustion. Refuelled and re-energised, he completed his 5<sup>th</sup> Ironman on day 7.

Benali had sounded quite excited by the amount of food he was permitted to consume during his challenge. But while taking in 10,000 calories a day sounds like quite an inviting prospect, it proved to be a challenge in itself for Benali.

"It became near impossible, it got to the stage where my body just did not want to consume it." Whether it was poolside, in the water, on the bike or run, or during a transition, it was a struggle. In the end, it almost ended his challenge. "It was a feeling of constantly being full, yet I was putting more food or drink in me, it was a horrible feeling that ultimately left me running on empty" he says. "Doing the length of the days I was doing, and getting about four hours' sleep each night, it meant I was physically unable to continue at the end of day four."

Benali suffer blurred vision on day four as the end of the marathon slowly drew to a close. They knew before, of course, but this was giving his team serious warning signs that all was not well." I couldn't see my device that showed how far I'd run or the time I was running," he says. "I was stumbling a lot, I wasn't going along quickly but I had difficulty picking my feet up to step up kerbs".

His doctors insisted he was taken to hospital for a check-up. Thankfully, he'd caused no lasting damage. "It was difficult to take at the time," he says." I wanted to continue, but I also realised that I was at a point that I couldn't. I was at a point of exhaustion.

"If you can't put the fuel in the engine, the vehicle isn't going to run and that's where I was physically."

He concluded this epic challenge by running in the Southampton Marathon on 5th May where he received massive support from well wishers and supporters who all helped cheer him on to achieve his goal.

John

**SPORT NORTHLAND QUOTE: *ASB Kerikeri Half Marathon considered by some to be the fastest half marathon in the country.***

I started running in 2001 and completed my first half marathon in 2004, in a time of 2:06:00.

In 2006, I entered Dunedin, my 5<sup>th</sup> half marathon as a training run. Being a slower runner, I was well accustomed to being passed, and fortunately was never fazed by it. I was a reasonably strong hill runner, and enjoyed the up hills, but couldn't hold my own on the downhills. In the second half of the race, I started to pass runners on the up hills, thinking they would pass me on the downhills, as was usually the case, but runner after runner was passed, and no-one was passing me. I thought that strange, and just kept running at a steady pace. Eventually I crossed the finish line, comfortably fatigued, and checked out the time – 1:48:48 - new PB for me, from the 2:00:53, and I was ecstatic.

Over the next ten years, my times fluctuated between 1:52 and 2:27. I moved to Kerikeri 2016 and couldn't resist entering the Half – it was after all, right on my doorstep. I desperately wanted to beat my last half marathon time of 2:16:34 and set about training for it. I managed 2:05:04, which I was really happy with. The next year, I really wanted to break 2 hours, and achieved the time of 1:59:46. The following year (2018) I had been training regularly in the Kerikeri



area and knew the roads well. However, being a nice slow steady runner, I was not one to take risks – I mean, what happened if I got injured, or felt sore after the race, or even sick??? Anyway, I decided on the day to risk it. Only one of two things could happen – one was all the coaches and text books would be right, and I would blow out and DNF, or crawl across the finish line, BUT I would learn from it. The other was I might just hold on and achieve a great time. Right throughout the race I hummed mantra after mantra, encouraging myself, passing anyone I could catch, and reassuring myself that It didn't matter how I felt tomorrow. Well, the risk paid off! I broke my PB of twelve years, by running 1.46.03, one minute 55 seconds faster than 2006, and I was absolutely over the moon. The fact I had trouble walking for a week, was a reminder of my pride in pushing myself. My 23<sup>rd</sup> half marathon was my fastest – NEVER GIVE UP!!!

So ... is Kerikeri the fastest half marathon in New Zealand? You bet your life it is!

Renata

# Kerikeri Mountain Bike Club Enduro Event



The Winter Enduro was a great success, We had 125 riders competing on the day with riders coming from Auckland Whangarei and Dargaville with approx. 180 riders and supporters at the prize giving at the end. There was even a rider from New Plymouth and one on holiday from Canada and Australia. Everyone with big smiles and some great stories to tell. The weather played ball on the day with some great sunshine. However, the rain the day before had softened up the tracks and there was not a clean bike or rider to be seen, but that is winter riding at its best.

Kerikeri was well represented on the podium in most age groups. With our juniors dominating their age groups, we also took out the fastest overall riders on the day for men and women. This shows we are a real force in the Upper North Island in Mtb riding as we are carrying these results to most races in the Upper North Island.

The feedback we are getting is this was one of the best organised, well run and friendly MTB events people had been to and they will be back.

Thanks to Striders for giving us the support at the start. Without you we would have struggled to make this such a great event.

*Richard Pilling*

*Kerikeri MTB Club*









## Striders tackle the Three Pigs, Glenbervie Forest



The Three Pigs, organised by Whangarei Athletics Club, is a three race event over two days which - if you have the energy/stamina to complete - covers the marathon distance of 26 miles or 42 km.

Bill and Grant ran the whole event, the rest of us opted for the Saturday morning run of 10km or 16km followed by an afternoon 5km.

True to the 3 pigs story, I was huffing and puffing my way round the whole route. Uphill for over 1km to start with, followed by more hills. I seem to remember trying to motivate a running pal with these words 'Embrace the hills, they are your friends' well, that came back to bite me. Having taken part last year, and won a spot prize for running the furthest distance (I managed to get lost...) this year I was determined to follow the big pink arrows in the road. Fortunately I was running with a Health and Safety expert—though drinking water from a puddle wasn't very Health and Safety, was it Ted?! - and we made it to the end without a hitch. (And, just to make me feel better, another Strider, who shall not be named to save his embarrassment, ran the wrong way this year!)

The afternoon's 5Km was much more relaxed, though pretty tough in its own right. Up muddy tracks, over gnarly tree roots, I was on my hands and knees at one point (4 wheel drive as Ted called it) to get up a slippery hill—great fun.

It's a really good event for everyone, walkers, joggers and speed merchants. The club supplies urns of soup, tables groan with cakes and biscuits and there's hot and cold drinks galore. There's oodles of spot prizes too—Striders gained a whole stash of them—and we each received a sports bag and drink bottle as well.

# Upcoming Events

The cycling calendar can be found on Striders website and Facebook

Al sends out a weekly email with the running calendar. If you'd like to be added let him know on [pancks@xtra.co.nz](mailto:pancks@xtra.co.nz)

## Multisport

- **Striders Pre-Season training day** 6th October, triathlon try out! Long and short courses so suitable for all levels. Come along and support your club, entry form on Kerikeri Striders Multisport website
- **MOTU Challenge, Opotiki**, Saturday 12th October is recognised as the North Island's premier multisport event. Previous winners include Elina Ussher and Sam Clark. <https://www.motuchallenge.co.nz/>

## Cycling

- **K2 2nd November**— held in the Coromandel this event is dubbed as arguably the toughest one day cycle challenge in the southern hemisphere.  
<https://k2cycle.co.nz>
- **BDO Lake Taupo Cycle Challenge**— Saturday 30th November <https://cyclechallenge.com/>

## Running

- 8th September North Shore half marathon (and other distances) <http://northshoremарathon.co.nz>
- 15th September Waihi trail trilogy— various distances mainly on Hauraki rail trail <https://www.trailtrilogy.com>
- 26th October BOI Runners K2 Kawakawa to Opua
- 16th November Queenstown Marathon/half/10k <https://queenstown->