

Happy New Year everyone! Striders has been pretty busy since the October newsletter. The main event for the club was the **Kerikeri Half Marathon**, which Striders originally set up. This year we were fortunate to have one of the founders, **Bryan Phillips**, take part in the Striders team. Bryan has kindly agreed to contribute his account of his experiences in the next newsletter.

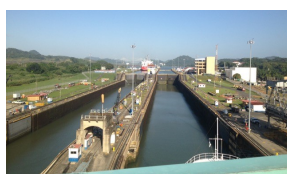
Featured in this edition (full stories inside)

Spotlight on the Kai Iwi Lakes Triathlon

The next big event on the Striders **Multisports** calendar is the **Kai Iwi Lakes Triathlon**. It's a beautiful location, with camping available, and an 'all levels' event with options to suit everyone. Bill tells us more about it.

Striders on Tour

Cruisey Half Marathon? Al Panckhurst ran a half whilst on board the Vision of the Seas



High pollution levels and strong winds couldn't stop Bill and Renee from completing the Napier Iron Maori



Bert, Ernie and Big Bird (aka Bruce, Claire and Mike) took part in the Motu Challenge, Opotiki



Striders Club Updates

- Junior Athletics up and running
- Sunday cycling group going strong, alongside Easy Striders
- Walkers enjoyed some Christmas cheer
- Rainbow Falls runners—new record set! New routes too
- Multisporters looking forward to their next big event

The 'Striders on Tour' reports (thanks Thomas and Margaret) received excellent feedback and an 'Upcoming Events' section was suggested, so if you have taken part in a sporting event or know of any that may be of interest, email us at info@striders.com Photos welcome.

Spotlight Event

Multisports' Bill Miles is looking ahead to **Feb 23rd 2019** for the **Fireco Kai Iwi Lakes Tri.**



‘This is an 'all levels' event that has an option to suit everyone. If you're not confident in the water then take the kayak option... or contact someone like Karen Markin and learn to swim. Also worth noting there is an ocean swim held every Sunday at 3.30pm that leaves from Alfresco's on Paihia Beach and you set your own distance. Very good for confidence and there's a distance to suit everyone.

I will put together some training sessions for anyone keen as it's always the transitions that get people... train for them however and they becomes a lot easier on the body and, more importantly, in the mind. ‘

Bill Miles

Striders on Tour

Al Panckhurst leads the Striders' Running group. On holiday on board the Royal Caribbean's 'Vision of the Seas' Al jokes that he ran the inaugural Panama Canal Half Marathon.



'This took 55 laps of the ship's track which was 386 m. The ship had just come out of the canal onto the Atlantic side. I didn't want to run whilst people on deck were watching the locks so when they all disappeared around 5pm I got my running shoes on.'

The sea became a bit choppy so it was up hill then down hill. There were cargo boats etc to watch and a different view every lap so lots to distract me. A few other runners & walkers were on the boat but no one joined me that evening.'

Al Panckhurst



Bill Miles is the Striders Multisports go to man. He and Renee had been in training for the Iron Maori at Pandora Pond, Napier, but things didn't turn out quite as they expected...



'Iron Maori... We attended this years event and it was as awesome as it always is... well apart from the swim being cancelled due to high pollution levels and that wind :)

After a quick 2km run (which replaced the swim) we flew out to the turn-around averaging about 38KPH, where we were quickly humbled and had to slog our way back to Napier town. From there the wind eased and the sun came out and it turned into a run of survival.

However, all finished, even if the finishing hoop was being deflated by time we made it home, and there were a few celebratory beverages enjoyed. A great family and newbies focused event that should be on any keen multi-sporters calendar. '

Bill Miles



According to their website, Opotiki's Motu Multisport Challenge is regarded as one of the North Island's premier multisport events. *Competitors, their supporters and spectators enjoy rugged terrain and some of the finest scenery of any multisport event in New Zealand, The race is run through native bush-clad gorges, valleys and hills and down the Waioeka River. The mountain bike stage has been voted the best mountain bike section of any race in New Zealand.*

Bruce, Claire and Mike are the ones to ask if this is true!

'We (Bruce Mackintosh , my partner Claire Forrest and friend Mike Williams) took part in the Motu challenge in Opotiki back in October. The photo below is of Team Bert, Ernie & Big Bird.

The event consisted of a 65k mountain bike ride which started in temperatures of 3 degrees and a 30 knot southerly headwind. This was followed by a 17K run in 5 degrees, then a 52 km road bike with a light dusting of snow on Traffords Hill. Then came a 27 km kayak, an 8 km flat straight road bike and finally 3 km run to finish!

It was a long day out (10 hours 17mins) in brutal conditions but thoroughly enjoyable. The beers certainly went down well afterwards!!!'

Bruce Mackintosh



Group Updates (check us out on Facebook for latest info)

Junior Athletics

Junior Athletics has been going strong at KKHS, thanks to Wanda. The children have been taking part in relays, hurdles, high and long jump, discus and shot putt. Wanda would like to thank Leah, Olivia, Brian and Robbie for their valued help.

Cycling

Peter and Susie, two regulars of the Striders Cycling group, kindly hosted a Striders Christmas get together in their huge barn. A lively and chatty afternoon was had by all, only quiet when the spit roast lamb was served up and washed down with Macadamia liqueur donated by the golfers! Thanks for your hospitality Peter and Sue.

The Sunday rides continue—details of each week's interesting and varied routes are posted on Facebook and on the Striders website. Easy Riders meet up with the longer distance group at Santeez for coffee, cake and chat each week.

Walkers

The Wednesday walks have continued with a good group of regular attendees. We had a lovely end of year walk on 19th Dec 2018 finishing at the Pear Tree for a bit of Christmas cheer. We had our first walk for 2019 on 09 January with a lovely walk up the Wairoa Stream punctuated by a swim for the more daring.



We meet every Wednesday 5.15pm at the Kingston House car park and enjoy an hour or so walking keeping as much as we can to the local bush tracks. *Rebecca Clay*

Running

A new course record has been set for 2018 at the Rainbow Falls Saturday morning run. Paul ran the route in 39'11". Will that time be beaten in 2019? Should make for some interesting viewing (especially for those of us who are still on our outward run when the faster runners pass by homeward bound!).

Al introduced a 'Destination' run as an occasional alternative to Rainbow Falls. The first one was from Waitangi along the Haruru Falls track and back via the road for coffee at the Whare Waka Café. Brilliant, a challenging run which we all really enjoyed. Upcoming routes may include the Paihia to Opua coastal track and Lane Cove. Keep an eye out for Al's weekly emails. If you'd like to be added drop him an email at info@striders.co.nz

Upcoming Events

Several Striders have entered the following events, there's still time if you feel like a challenge:

23rd February 2019 February **Kai Iwi Lakes Triathlon** <http://www.runwalkseries.co.nz/Kai-Iwi-Lakes-Triathlon/Event-Information-10>. Bill & Renee are going; good people to talk to if you are unsure what is involved.

16th March 2019 - **Te Houtaewa Challenge** (90 Mile Beach) <https://www.tehoutaewa.co.nz> Something quite unique and special.

16th March 2019—**Colour Run Paihia**. An event new to Paihia, not a race but a chance to walk or run with family and friends, get a bit messy and have a laugh whilst being doused with colour and water! [Www.facebook.com/ColourBanzaPaihia/](http://www.facebook.com/ColourBanzaPaihia/)

21st—24th March **BDO Tour of Northland 2019** Cycling Event. This is a 4 day event, it follows Northlands fully sealed Twin Coast Discovery Highway which starts at Whangarei and takes in Russell, Paihia, Opononi, Dargaville and returns to Whangarei. <https://www.dynamoevents.co.nz>

13th April 2019—**The Wild Kiwi**, Whangarei Heads, a tough but good event with a range of distances (21, 15, 8km) Great atmosphere and scenery but lots of stairs on the longer distance (not on the 8km) <https://www.thewildkiwi.co.nz>