

KERIKERI STRIDERS multisports club



Spot the Strider. Renata in the Auckland Marathon, world famous on Chinese tv!

Seasons greetings all,

Welcome to the start of summer. The season started well for the Striders runners with the Kerikeri Half Marathon, many thanks to our early-bird marshals from the cyclists and committee for a great job.

The new clubroom access system should be in place soon, thanks to all clubroom members for their patience.

The club would like to re-start after-school Junior Athletics as several members have expressed an interest in this. We need an enthusiastic, reliable volunteer to lead this—could it be you? Once a week, venue to be confirmed. Contact Michelle at info@striders.co.nz if you can help.

Kelly Fogden has started a very successful gravel ride cycling group. Due to commitments she is unable to lead/organize rides over the summer. Can any of the cyclists step up and take over for a few weeks? Contact Gary if you can help.

Inside:

Fred Ogle Cycling event report; Running news including the Kerikeri Half, The River Run and The Chase; Kayaking update from Sue and Andy; Pics from Gravel rides; Coming events.

All members and their families are invited to the annual Striders **Christmas Picnic** to be held on the grounds of Kingston House, Hone Heke Road from 2.00 – 5.00 on Sunday 18th December.



The club will be providing a delicious Xmas ham and soft drinks. Bring yourselves, a plate to share, your favourite tipples and a picnic blanket/chair if you have one. There will be a few traditional family games around for those of you who are ready to have a go.

We'll go ahead whatever the weather as the hall is booked for shelter/shade.

Looking forward to seeing you all there.



If you have missed our previous Newsletters you can catch up with them on our website. Also, join us on Facebook to keep up with all the latest news.

December 2022 Newsletter

Fred Ogle & Lynley MacDonald Cycle Event

The annual Fred Ogle & Lynley MacDonald Cycle Event took place on 6 November after an interrupted few years due to you know what. The weather behaved and some 120 riders competed over distances ranging from 12.5km to 110km. 6 Striders members took part, with Tiree Robinson finishing as first female for the 110km event and the rest trickling in some time later. A busy coffee and food van, plus the chance to win a few spot prizes, made for a good day.



Photo - left to right. Tom, Paul, Tiree, Mark, Derek. Not in photo, Linda

Running

The Chase



It was one of those events which was easier to do than explain, and here's how it went :) We all set off at the same time, with one runner holding the baton. After a warm up lap the chase was on, and the leader took the baton, with the rest of us in pursuit. If you managed to overtake the leader the idea was for you to take the baton. If you were lapped by the leader then you turned round and ran the other way. This continued until the last man standing (running.) Having someone to chase and being aware that you were being caught made even the least competitive of us get a move on. Several passers-by looked on with bemusement and asked us what we were doing, and WHY?!! There was a bit of a tussle for the batten until Andy S took it and as he was on a mission to gain a 10km PB there was no way anyone was going to catch him!

Thanks AI for a great morning—well organized even down to the weather and coffee at Feast afterwards.

The River Run



Last year was the inaugural Te Rere O te Awa, the River Run. This year the trophy was back, engraved with Cara and Rory's names and ready for a new winner. Some ran the full half marathon, others chose shorter distances. Grant ran the whole thing and then some more. It was good training for the Kerikeri Half and it's a very scenic flat trail—cows, swaying bridge, wild flowers, friendly dog walkers... The trophy was sent back for engraving—Cara was our overall winner — taking 3 mins off Rory's time from last year, 3mins off her own pb and Grant was our first male.

Kerikeri Half Marathon

A team of 21 Striders were entered in this year's Keri Half—most sporting Striders' shirts and looking good! Along with 10 Striders marshalling, including 2 on bikes, and lots of supporters cheering the runners in it was a pretty good day for the club. It was a typical day weather wise—sunny, windy, rainy—perfect for running. It was also a pretty good day for Shirley who came first in the competitive walking - was there ever a doubt? :)

Well done to: Chris, Cara, Grant, Sue, Jo, Matt, Frank, Tom, Becs, Andy F, Renata, Andy D, Gary, Katja, Gaylene and Garth. Whilst we were running locally, Marie was out in Queenstown for a half marathon there so well done to Marie too.

The Street Party was great too, trainers swapped for dancing shoes all round.

Striders in Action



Trying to get a team photo at the start of the half is mission impossible, what with bag drops and loo stops - here is some of the team!



Grant with a great finish, Kerikeri Half



Sue F and Jo H who ran together all the way in the Kerikeri Half



Shirley with her trophies for first place in the Kerikeri Half walking event with an impressive time of 2:16:25 (average pace 6:27)



Renata on the wet streets of Auckland in the Auckland Marathon



Rain just made it more fun on the Te Rere O te Awa

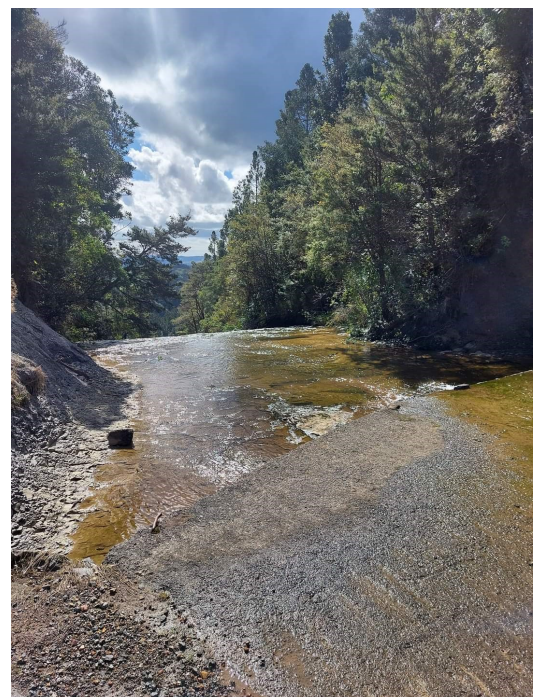


New Strider flags in use on Saturday mornings.

Gravel Rides



A few pics showing the type of terrain that the gravel riders enjoy.



Kayaking

Sue F's photos from a Kayak day out in Whangaroa Harbour back in October. Sue says that they had a lovely picnic on the beach and it was fun going through the caves.



Club Kit



We have a few items of Club Kit available, all at **SALE PRICE of \$35**. Email:

info@striders.co.nz if you would like one. (you may want to go up a size as they seem to come up small)

Womens

T shirt Red Size 10 and 12

Singlet Red Size 14

Mens

T shirt Red Medium

Other kit is available—see the Club Kit tab on the Striders website, or go to

<https://shop.ultimoclothing.co.nz/categories/kks>

Coming Events



Puketi Kauri Challenge Walk—28th January 2023, 12km or 21km—poster on their website. Btw—recognize anyone?!

Fantastic fundraising event, one of Striders' favourites.

<https://puketi.org.nz/events/>

26th Feb 23—Beach to Basin Whangarei <https://www.beachtobasin.co.nz/>

2nd April 23—Parihaka Trail Run <https://www.runparihaka.co.nz>

Striders Strava group: <https://www.strava.com/clubs/607894>