



July 2023



Welcome all, its been a while. :) Good news, club membership is growing—we even had a record number of members at the AGM. Gary Watson, the Club President, gave his annual report (see page 2) and it was a good opportunity to catch up and share thoughts with the committee.

Tiree Robinson in the Junior women’s tour ‘3 Giorni Giudicarie Dolomite’ in Italy

Read more about **Tiree** and her international cycling progress on page 3

Sponsorship News

As mentioned in Gary’s AGM Report, and now posted on the KSMSC website, the club is actively addressing sponsorship. Over the past years the club has quietly backed several youngsters (including Tiree) to enable them to attend cricket, basketball and cycling events here and overseas. All details for applying for sponsorship are now on the website. Applications welcome

Cara has been successfully leading a hill running course on Thursday evenings. It has really helped with stamina and speed building. Her next course will be technical downhill running, and will begin in August. For more info see Cara on Saturday mornings at Striders Landing Road run. Cara does it for the love of running, there is no charge!

Cara receiving the 24 hour challenge trophy from Al



More to come on the next few pages:

Event/race reports and photos from the running group

Northland Waste Kerikeri Half Marathon

18th November is the date to aim for. Plenty of time to shake off those winter blues and get running. Training plans for beginners and improvers can be found on most running websites. <https://www.runnersworld.com> is a good place to start.

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.

President's Report

Welcome everyone and thank you for coming.

The major event of the past year was the installation of the new door security system. Special thanks to John Smith for loading all the door codes on to the system for our members. The transition went really smoothly and continues to do so with each new member added. Only problem is that a couple of members have activated the EMERGENCY EXIT which requires one of us to go to the gym to deactivate the alarm that is set off!

We have welcomed Sian Williams as our new secretary and really appreciate her taking on this major role. Special thanks to Di Smith for all the years she has fulfilled this role with aplomb.

The rest of my dedicated committee are Roger, Steven, Thomas, Michelle, who all contribute to the smooth running of the club.

Al Pankhurst continues to motivate the runners organizing special events throughout the year; Bill Miles does the same with Orienteering; Rebecca Clay takes the walking group on Wednesdays ; Andy and Sue organize kayaking get togethers and Kelly Fogden (Lee) had a special mountain bike group running most Mondays until she was diagnosed with a serious cancer condition. On behalf of all STRIDERS I wish Kelly a positive outcome.

We are having a major look at our procedures for sponsoring sporting people within the Kerikeri community. Our most recent recipient, Tiree Robinson, is currently in Europe getting invaluable experience road biking in many events. She was extremely successful in being selected for an elite group of young female kiwi riders and we watch her progress with great interest.

The club continues to benefit from the Kerikeri Half Marathon. There was talk about changing the route but Sport Northland has decided to stick with the Okaihau start.

Maree Colins has invigorated many of our road cyclists into joining her on a trip to Thailand in early 2024. We thank Christian and Nang in advance for facilitating this event.

Recently Derrick Nagel and his team did some overdue maintenance on the club rooms including a fresh coat of paint for both the shower cubicles. It looks so much better and thanks to Chris Price for the donation of the tiles and adhesive.

Tonight we are recognising Colin Horsfall for all the work he does to maintain our clubrooms and gym equipment with an Honorary Membership. It is a great pleasure to present this to Colin.

Finally, thank you to everyone who has supported the club throughout the year and to those of you who have joined us for our AGM. Please enjoy a snack and a beverage organised by Colleen and share any ideas you might have with us at the conclusion of our formal meeting.

Tiree Robinson



Tiree at the Three Country Border and Highest Point in the Netherlands.

Tiree's Europe Campaign

On her way to Europe Tiree stopped in Australia to compete at the Oceania Championships, this was her first international race (a Junior Continental Championship).

Next it was on to Europe with the Black Magic all female development team where they based themselves at Watersley in the Netherlands. Watersley is a sports facility just outside Sittard providing team accommodation and is a great base being so close to Belgium. From Watersley the team could do training rides crossing into Belgium and Germany before returning to the accommodation which is a novelty coming from NZ.

Tiree found the racing difficult with the flat terrain and a much larger peloton being something she was not used to. With a larger peloton the speed the cyclists are travelling at increases and it becomes very important to be able to hold position within the pack of riders. This helped prepare Tiree well for some of her later races.

Tiree's time with Black Magic ended with the UCI French Nations Cup, a hilly course better suited to her riding style. This was a great experience and a great finale to her time with Black Magic.

Tiree and two of her teammates met the NZ National Junior Champion in Italy for the Down Under Cycling Academy based just outside Verona. They are the first recruits of the academy which is an initiative set up by Elite Italian Cyclist Valentina Scandolara who was inspired to assist up and coming Australian and NZ women cyclists after winning the Tour Down Under, her first professional win.

Valentina organised a Director Sportive (DS) who took the quartet to their first elite race in the Czech Republic and another in Belgrade, Serbia. The Czech race was a battle for survival to try and make the cut off time each day (15% of winners time) this was a race against seasoned professional riders and was a huge learning curve. Belgrade had a smaller field making the racing a little easier. With growing confidence, Tiree and her teammates made the odd attack and had fun exploring different tactics.

The remainder of the racing was in Italy with a mixture of junior and elite races. The pace was a lot higher than what Tiree experienced in NZ with one race averaging over 42kph for the 120km course.

All the learning and amazing experiences and teachings from Geiorgios the teams DS came to fruition for Tiree in her last race “3 Giorni Giudicarie Dolomite” in Trento. She applied tactics, sprinting and attacking to place second in the points race followed by 9th in criterium style scratch race which gave her an overall of 4th place in the Omnium (a combination of this section of the tour). Tiree then went on to place well in the Time Trial and finally first place on the final road race stage to win the overall General Classification winner’s jersey (the ultimate winners placing for the 3days of racing).

Tiree is now in the UK before heading back to NZ.

If you want to have a look at what Tiree has posted online then head over to her Insta page

https://instagram.com/tiree_cycling?igshid=OGIzYTJhMTRmYQ==

Or her Facebook page

<https://www.facebook.com/tiree.robinson.1>



Orienteering at Grant's farm, 17th June

Huge thanks to Bill and Renee for organising another great orienteering event and to Grant for use of his farm. Early morning fog added a degree of difficulty, tho it lifted pretty soon and revealed the incredible backdrop of Taratara. Penny had suggested teams dress up and, no surprises, this was greeted with enthusiasm (see photos.) Bill devised two routes, one hilly and one even hillier, but both negotiating streams, cows, cow pats, electrified fences* and lots of mud. It was a great morning, thanks to John too who did a magnificent job scoring the teams.



Happy Feet, with t shirts designed and hand painted by Richard



* Sophie's masterstroke of supplying the frog team with green washing up gloves came in handy (no pun intended) for holding up electric fences for the team to scramble under.



The Pomeranians—Grant ran with one of his dogs, she loved it though Grant did end up carrying her



Tutu too many feet—winners of best team name



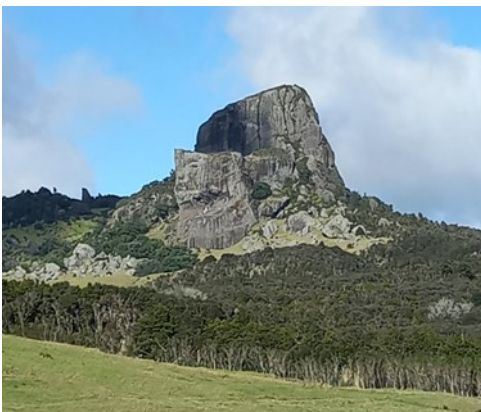
The Hash Hounds



Foggy start to the day with Al, Derek and Andy discussing tactics



One of Bill's decoy signs



Scenic backdrop of Taratarā revealed once the fog lifted



John busy sorting out the maps and registrations



The 'After' photo

Round up of earlier 2023 running events

The Bay of Islands Half Marathon 21st May. A new route this year took us through the Waitangi Mountain Bike Park with its ups and downs. It was a beautiful day and several Striders took part, then enjoyed the prize giving on Paihia green afterwards. Renata, Cara, Jordan, Grant, Pip and me—we even spotted Kevin.

The Born To Run - Great Northern Gallop 22nd April through to Anzac day.

Al received the following email after the event, from Debbie, one of the organisers,

Dear Al

Can you please pass on our most heartfelt thanks to all the Striders that helped us over the weekend, when we say we couldn't have done it without you we truly mean it! Rebecca for helping us complete the first ever running of the complete 100km with one of our little guys, Sonny.



Lyndon, Garth, Shirley, Cara and yourself for helping with the route marking and generally just being amazing supporters. Also to Shirley for helping out with the vet checks. Richard and Matt for making sure everyone made it home and collecting all our ribbons and signage.

Penny for her help in the kitchen.

It really was extremely successful and we are very grateful to you all.

Debbie

The Chase 3rd edition went well.

This is the 'before' shot (although I think newbie Jordan isn't in it). Jordan caught everyone except Cara in about 10km (I lost count), after some brave efforts to fend him off. Cara, in the interests of caffeine and scones for the group, eventually allowed herself to be caught and we all headed off to Feast. Notice in the photo that Cara is holding her recently awarded trophy for winning Bill's Ultra Marathon a couple of weeks ago. Al.

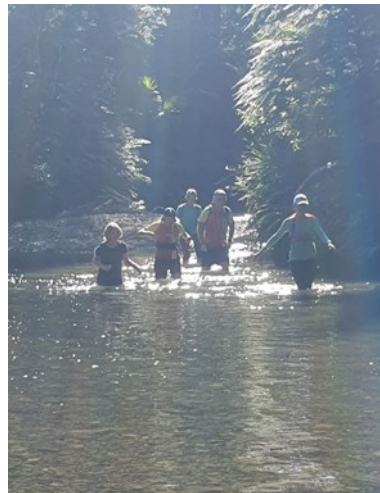


The Chase – April

Puketi Forest Challenge March—Bill ran as well as organising this event. 3 distances were on offer, 21km, 35km and 60+km. All distances involved wading along the river, hip height in places. It was really good fun, clambering over/under/through mud, roots and tree trunks. Land Search and Rescue were stationed along the way, and two of them followed from a distance as tail-end Charlies. Al reckons this first pic is asking ‘Who is excited?’ and the second one, ‘Who needs the loo’



Bill coming into the 21km flags, only 14km more to go. Bill was joined by Katja and Gary who also completed 35km, with Cara and Grant running over 60km



Cara and Grant were the overall winners, completing over 60km. Thanks to all the volunteer marshalls involved – LSAR, Steven Howell, Lyndon, John and Penny and Richard.



Wild Kiwi - March



The Wild Kiwi takes place over at Whangarei Heads, and is a tough, hilly, windy run. Striders were represented by Jess, Grant, Chris, Garth, Matt (not in the photo), Gary and Katja.

An Awayday run in March—Paihia to Opuia, a dip afterwards and coffees at Al Frescos—great morning.



The Aramex Russell Coastal Loop Feb. 9km through a stunning course across private estates – hills, hills and more hills! Also mangrove boardwalk and a section of the new cycle trail. Lots of freebies – biscuits, lollies all along the route. Best of all, Olaf picked up second place!

Club Kit



We have three 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 12

Singlet Red Size 14

Mens

T shirt Red Medium

Other kit is available—to order go to:

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

Coming Events



- 5-Aug-23; Kaitaia Run/walk <https://raceroster.com/events/2023/67801/summit-forests-kaitaia-trail-run>
- 25-Aug-23; The Beast <https://www.thebeast.co.nz/>
- 17-Sep-23; Whangarei Run/Walk <https://www.whangareihalf.co.nz/>
- 23-Sep-23; Blue Lake 24 Hour Challenge <https://www.bluelake24hr.com/>
- 4-Nov-23; Tentative date for Te Rere O Te Awa, The River Run 21km/14km/8km
- 12-Oct-23; BOI Walk Weekend <https://boiwalkingweekend.co.nz/>
- 14-Oct-23; 3 Lakes Trail Run Kai Iwi <https://3lakes.nz/>
- 18-Nov-23; Kerikeri Half Marathon <https://www.kerikerihalfmarathon.co.nz/>

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



Reserved for
Kerikeri Half
Marathon med-
al :)