



**June 2024**

**Welcome all to our latest newsletter.** The club has had a very busy year. The running group, in particular, has gone from strength to strength, and you can read about their exploits on the following pages. The club held its AGM on 1<sup>st</sup> May where Gary Watson, the Club President, and Steven Howell, the Club Treasurer gave their annual reports. Read Gary's report in full on page 2.



**Clubroom Cleaner Required**

The club is seeking a person, preferably a member, with a couple of hours to spare each week for cleaning our gym and clubroom. This is a paid position. Please contact [info@striders.co.nz](mailto:info@striders.co.nz) if this sounds like you.

**Sponsorship News**

During the past year the club has, once again, sponsored a number of local athletes in widely differing areas of sporting endeavour. Further details can be found in the President's Report. The club is actively seeking sponsorship opportunities for the coming year and details of how to apply can be found on our website at:

[www.striders.co.nz/sponsorship/](http://www.striders.co.nz/sponsorship/)

We're lucky to have the super-talented Cara Pinny among our members – you can read about some of Cara's latest triumphs in the Running Report. Cara is kind enough to give her time and experience to lead several FREE strength & conditioning classes during the week.

The schedule is as follows:

Mon: Stone Store Reserve at 5.30 – 6.30pm  
Weds: Online via Zoom at 5.30 – 6.30pm  
Sat: Stone Stone Reserve at 7.30 – 8.00am before the Saturday run (this class focuses on warm-up drills and good form techniques to strengthen the right areas for more injury-free enjoyable running).

For more info contact Cara directly  
[cara@wesolutions.co.nz](mailto:cara@wesolutions.co.nz)



Interested in **kayaking**? See the article by Matt Sutcliffe on the last page...

**Northland Waste Kerikeri Half Marathon**

**Saturday 16<sup>th</sup> November**  
Dig out those running shoes and start training now.

NorthlandWaste  
100% NZ OWNED & OPERATED



**KERIKERI**  
HALF MARATHON

If you missed our previous Newsletters you can catch up with them at [www.striders.co.nz/news/newsletters](http://www.striders.co.nz/news/newsletters). Also, follow us on Facebook to keep up with all the latest news and join the Striders Strava Group <https://www.strava.com/clubs/607894>

# President's Report 2024

Welcome everyone and thank you for coming.

Kerikeri Striders continues to flourish thanks, in the main, to my wonderful committee. Steven Howell is not only our treasurer but he is also on the Kingston House committee. Sian Williams works tirelessly as our secretary, Thomas Zink is having a major look at revamping our constitution, Michelle Robinson has taken responsibility for the club rooms, John Smith handles all our online applications and sets codes for all new gym members, Roger Allison provides backup for the gym and is the guardian of the club trailer. Unfortunately Diana Smith has recently resigned after many years of dedicated work, we will miss her help immensely. We are always looking for new people to help run the club, so many thanks to Garth Richards for stepping forward!

We now have a subcommittee for sports people wanting help financially to achieve their goals. We have had pleasure in sponsoring Craig McKeogh to the World Deaf Bowls Championships and Erin and Isla Kee to the National Youth Sailing Clinic. In appreciation the girls came to our April meeting. They have great motivation and we wish them well in all their future endeavours.

Those of us, Maree, Jack, Tricia, Margie, Mal and myself, who spent three weeks in January as guests of Christian and Nang in Mae Phim, Thailand had an absolute ball. Fantastic cycling dodging the local dogs and overtaking the locals on their tuk-tuks, visiting all the sites and then being taken to all the hidden away restaurants in the evenings. Massages were cheap and frequent. We all consider ourselves very lucky to have had Christian and Nang as our hosts and guides. For more details check out the next Striders Newsletter.

Thanks to Steven we now have a firm contract for the lease of our clubrooms from the Kingston House Community Trust.

We have had two major purchases for the gym. A new treadmill and a new leg press. The covers have come off the rowing machines.

An individual major achievement of the year was Bevan Collins winning the Shaky Isles Challenge from Bluff to Spirits Bay riding on tracks, and metal sealed roads, unsupported. He did it in eleven days!

We have divested ourselves of the Junior Athletics programme and donated all our equipment to KKHS Sports Department who were very appreciative.

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.

Gary Watson  
1<sup>st</sup> May 2024

# Erin and Isla Kee



Erin and Isla in action

Erin and Isla Kee are Kerikeri sailors who got into dinghy sailing through the Kerikeri High School Sailing Team. Kerikeri Striders are proud to have sponsored Erin and Isla Kee to attend a national youth sailing clinic in early 2024.

The girls teamed up together in the RS Feva class eventually winning the Women's nationals in 2023 whilst placing 2nd overall in a fleet of 47 boats. This enabled them to represent NZ at the 2023 World's in Italy where they placed 4th.

Last September they moved into the exciting 29er class. This 2 handed trapeze boat is very demanding to sail and it took many days under the tutelage of local sailmaker Dave Ferris before they could complete a session without a capsize. By January their performances at the Oceanbridge Championships in Torbay were good enough for them to be invited to take part in the Yachting New Zealand AON Youth Clinic Program. They now travel to Auckland each month to be coached by YNZ coaches alongside some of the top young sailors in the country. The coaches have a lot of experience of competing at the top level in NZ and overseas. At the Youth Trials in March Erin and Isla were in contention until the fourth and final day, winning 2 races and eventually finishing in 3rd.

They are now in training for the NZ National Championships, here in the Bay of Islands, over King's Birthday weekend.



# Kerikeri Striders in Thailand January 2024

For the last three weeks of January this year Jack Board (from the UK), Tricia H, Maree C, Margie and Mal Silich (Nelson) and I were hosted at Mae Phim's outstanding Grand Blue resort by club members Christian and Nang (Panida).

The major task for those of us travelling from New Zealand was to dismantle our bikes and pack them in a bike bag. Luckily Tim Hunter arranged for the three of us travelling from Kerikeri to have a session at his shop on how to do this.

Maree and I travelled together and were met at Bangkok airport by a driver dispatched by Nang. Arriving at Mae Phim's Grand Blue Resort we saw Jack, dressed in floral Thai leggings making a phone call! We were allocated excellent rooms on the ground level a hop skip and a jump from the 50m pool and the bar and restaurant. My legs and feet had swollen a bit from all the air travelled. Nang immediately made me a booking with the resident masseuse. Massage places abound in Thailand and we all took advantage of their services which were very inexpensive and beneficial to our active bodies!

Christian and Nang set a gruelling cycling schedule which had us on our bikes at 6am most mornings. The roads were hard and fast with very few hills. Other local cyclists joined us at times which was good for Jack as we held him back a bit but he could really stretch his legs by going extra distances with Wim. We did over a thousand kilometers during our stay and only experienced one "Farmer's Road" where we had to dodge pot holes!

Rides were always broken with a food/drink stop, some in the middle of nowhere, but they were always very good. I never got the hand of ordering a kahlua! Snotty eggs! Best with toast, white pepper and soy sauce. Cold drinks were a preference, mine was mocha, green tea. Any left over ice went in the drink bottle.

Gin bar



Outside coffee shop

## Kerikeri Striders in Thailand Continued...

We were spoilt by Christian, Nang, Casper and Arissa. They took us out in the evenings to local hard-to-find restaurants, hosted us for a couple of days at their home, the Hacienda, which has recently been converted into a resort too. Speciality of the house is a gin bar! Maree heard the news that Bevan had completed the Shakey Isles ride from Bluff to Spirits Bay in eleven days and in first place. She shouted everyone a gin while I stayed on ginger beer as I was taking antibiotics after getting six stitches in my hand after a close encounter with a live oyster while swimming at an offshore island!

Nang took us to the local market on a number of occasions where we bought local produce for our evening meal that was often cooked by Tricha and Jack. They were very professional aided of course by Nang.

Riding in Thailand is fantastic. There are many small dogs that live on the verges of the roads but they tend to be non-threatening and move out of the way as you approach. Traffic was not a problem either. Many of the roads we were travelling were side roads of concrete construction. Hard and smooth.

There were so many highlights I could go on and on but one real gem was a fruit juice bar we visited a number of times towards the end of our ride. Refreshing and full of fresh fruit.

Thanks to Christian Nang, Caper, Arisa and the staff at the Grand Blue and Hacienda for an unforgettable experience. Nga Mihi.

The Hacienda



With Bella the Water Buffalo

# Running Report 2024

– selected highlights from the last few months –

Striders **Ultra Madness** took place on 24<sup>th</sup> Feb this year. Huge thanks to Bill Miles for organising an exceptional and inspirational day! 21 runners and walkers successfully completed distances from 22km, through 32km, 42km, 52km and finally 60km. The last section of the run took participants through the Puketi Forest to the finish at the Forest Pools Picnic Area.



“Congratulations to everyone who participated in the 'Ultra Madness', it was an epic day and the vibe was just perfect. Big up's to those that knocked over their biggest distances ever at the run, and in particular to **Cara** and **Lyndon**, our winners for the Ultra. And a massive thank you again to our amazing volunteers for running the day for us” -- Bill Miles.



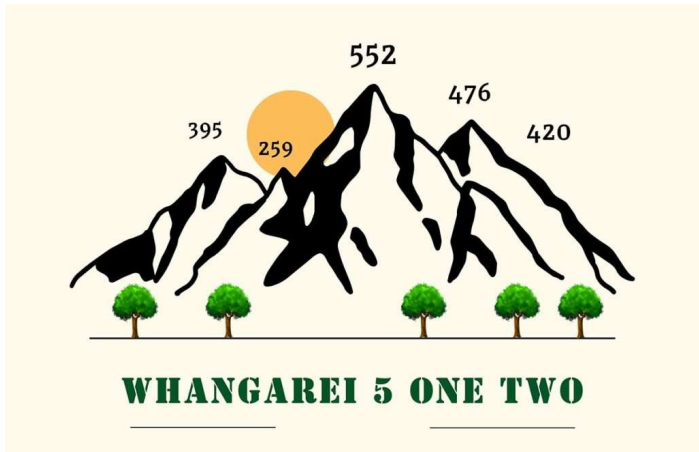
All smiles from Cat & Amy



Queen Cara



Whatever it takes...



A number of Striders recently took part in the gruelling **Whangarei 5 One Two** Challenge. The task was to summit all 5 of Whangarei's maunga within a 12-hour period between January 1<sup>st</sup> and 30<sup>th</sup> April 2024. The mountains are Parihaka, Mt Lion, Horohaka, Breamhead and Mt Manaia. The drive time between each peak is included in the 12 hours, so runners must plan their day carefully. The total distance is approximately 28km with more than 2500 ft of vertical elevation.

Bill Miles and Andy Sorensen both had a crack at it in February, and both topped the leaderboard for a time...



### Legends One and All !



In March, Grant, Andy (2<sup>nd</sup> attempt), Garth and Cara had a big day out resulting in Cara going top of the women's table.

But as too much is never enough for these endurance athletes they had another go in April.

Final results had Cara as 2<sup>nd</sup> woman overall. Amazing work, team.



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Stay tuned for reports from the **Hotprintz Bay of Islands Run/Walk Festival** and **King's Backyard Ultra** in the next newsletter...



On 16<sup>th</sup> March an enthusiastic contingent of Striders took on the **Northpower Wild Kiwi** event at Whangarei Heads. This run is widely touted as the toughest half marathon in NZ, there are more than 1200 steps on the ascent of Mt Lion alone (believe me, I counted every last one of them!) but the scenery is spectacular. The team achieved some fantastic results with many runners placing top 3 in their age groups. Cara had an outstanding day finishing 1<sup>st</sup> female home and 1<sup>st</sup> in her age group in a breathtaking time of 2:56:04, almost 15 minutes clear of the rest of a very competitive field, WOW! All Hail the Queen!

The Easter Weekend saw Striders head north to 90-Mile Beach to help out with the **Great Northern Gallop**, a unique event which sees competitors running 25km per day with a miniature pony. Striders volunteered in a number of capacities, including marshalling and general support crew. Rebecca even provided post-run massage therapy (human not equine I understand!).



The running group had an interesting and fun away-run in March running the **Taronui Bay Track** before morning tea at Andy and Nadia Sorensen's blueberry farm. We were treated to a tour of the farm followed by a free pick-your-own session. Big thanks to the Sorensen family for an educational and thoroughly enjoyable morning, not to mention all the blueberries!



Olaf and Sue learning advanced pruning techniques



Pip filled her beets trug.



# Tour de France Ride – Thomas Zink



I will be heading off to Europe in June to have another crack at the Tour de France ride. As in 2018 and 2022 I am going with an English charity that uses this ride as its main fundraiser for its work with youth at risk in the UK ([rideleloop.org](http://rideleloop.org))

This year we start in Florence, Italy, go through 4 countries - Italy, San Marino, Monaco and France, cover a distance of 3,492km with an elevation gain of 52,230m in 21 stages, and finish in Nice due to the Olympics taking centre stage in Paris. We ride one week before the pros, beginning on 22 June.

In past years we rode a stage of cobbles in northern France. These really are an experience - not always in a fun way. This year we have 32km of gravel on stage 9 which should be straight forward.

Being comfortable on the bike is key to finishing such an event. I have a new bike for this year, a Trek Domane Gen 4, and will be using 32mm tyres as I have in the past. The shoes, pedals, and saddle that worked for me previously were no longer comfortable so have been changed and a good bike fit has alleviated a recurring knee problem. So hopefully the hardware is now dialled in.

As far as the human element goes, well that's another matter. A few years older (I am 61 now, not far off my gold card), a few kg heavier, and a lot less fit than in past years I am focusing on survival this time around. I have always been good at long days in the saddle so a 200km ride does not phase me (we have quite a few days over 200km on the tour, including each of the first 3 stages), but I have never liked hills. The Utakura and SH1 hill at Okaihau have been a regular part of my weekends. Training was going Ok till mid April when two planned weekends away with friends and an unwelcome bout of Covid meant I lost three weeks of riding. Hopefully the next 6 weeks before flying out to Italy will be a clean run.



I am looking forward to the adventure. The organising team make riding the tour a great experience, sharing the road with like-minded people from a number of countries can be a lot of fun, and being immersed in a variety of dramatic landscapes is always invigorating.

# Striders on Tour

## Where in the World are the Striders?



**Matt Sutcliffe** flew the flag for Striders when he recently summited Mt Toubkal 4,167m, the highest peak in Morocco, and one of the highest in North Africa.



**Renata Blanchfield** still had enough energy to share a joke with partner and support crew, Neil, when she finished the Sydney Marathon last September.



**Richard and Penny Lawty** enjoyed some fabulous weather in April for walking on the Port Hills in Christchurch.

**Lyndon Dahlberg and Grant Allerby** thought they could save money on hut fees by running the 53.5km Milford Track in one day! That's certainly one way to economise, chaps. See more of their spectacular photos on our Facebook page.



In March **Di Smith** positively *WHOOSHED* down the Waikato on the 5 Bridges River Swim in Hamilton...

... and in the South Island **Bill Dawes** stepped out around Lake Te Anau for the Lake2Lake parkrun on a chilly April morning.



**BUT WAIT, THERE'S MORE**, in Australia's Simpson Desert (yes, you read that correctly) **Garth Richards and Matt Sutcliffe** were running a 50km and 25km Ultra. Heavy rain the night before flooded the gibber plains, changing the course dramatically and making for tough running conditions. Awesome achievement, lads! We are all so proud of you. Check out our Facebook page for a full report and more pics.



Huge congratulations to **Renata** who was in Brisbane in early June to run her 30<sup>th</sup> marathon! She finished 1<sup>st</sup> in her age group in a super-impressive time of 4 hours 12 minutes. The Blanchfield Crew were out in force to support her and we were willing her on from here in Kerikeri. Renata, you are an inspiration!

If you've been a Strider on Tour then please post your pictures on our Facebook page or send them to [info@striders.co.nz](mailto:info@striders.co.nz) to share with our sporting community.

# Club Kit



We have three items of Club Kit available, all at **SALE PRICE of \$35**. Email: [info@striders.co.nz](mailto: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>

# Striders Kayaking Group

As you probably know Andy and Sue have headed off for a really cool year abroad travelling including cycling from Banff in Alberta to the US Mexico border - respect! Andy asked me if I would like to step up and organise striders kayak trips in his absence, which I am happy to do. I have been slowly paddling my SOT 4.7m long kayak erratically around BOI and Northland for 10 years entirely self taught. Some of my favourite areas include Mahinepua/ Flat Island, Paihia to Russell and back, Matauri Bay to the islands and sometimes clockwise around Motukawanui Island, Wharau rd or Opito Bay in various directions including towards Mataka Station, Te Puna Inlet, Baylys Beach, Black Rocks etc. The Bay of Islands Kayakers recently did an awesome trip to Urupukapuka island which I sadly couldn't attend. They also do some cool trips like full moon paddles so maybe we can join them on an ad hoc basis.

I will make suggestions about kayaking trips subject to weather, and I look forward to meeting you on those trips. I will attempt to give some advance notice. If anyone else is heading out on the water then please let me know and I will circulate all the details. I like to pull up at beaches and get a stove out - have a brew etc. - just generally enjoy the experience. Feel free to get in touch, Regards Matt (021432720 and WhatsApp e-mail charismatt@gmail.com) If you see Baldrick Bugalugs appear on the Striders Facebook site - it's me (I joined Facebook as a joke and the name has stuck 😊)

Matt Sutcliffe

## COMING EVENTS

- 3-Aug-24 Kaitaia 11km & 21km Forest Run
- 24-Aug-24 BOI Beast
- 15-Sep-24 Whangarei 8.5km and Half Marathon
- 28-Sep-24 Blue Lake 24 Hour Challenge
- 28-Sep-24 Striders 24 hour challenge
- 10-Oct-24 BOI Walking Weekend
- 16-Nov-24 Kerikeri Half Marathon