

## Wellington Runners and Walkers, 2024 pack reports

### Gordy's pack

Approaching the end of another year, this has been a year of two half's. We had a good build up for the usual annual attack on the Rotorua Marathon, this year being the 60th running of the event. We had a dedicated group training each week including the fortnightly extended runs (each was a challenge in itself).

We had varying degrees of success, all completing the distance. Notably Peter Frawley's effort of dipping under 4 hours (3:58) in the M60 grade. The rest of us dragging our carcasses to the finish line. I managed to run 14 minutes quicker than last year, only due to not succumbing to walking so sooner along the course.

Personally I had to rally to the challenge of also pressing on to run the Palmy Half 8 days later, and ran surprisingly well considering I was still not recovered and pushed the pulse rate into the red zone from the first km. Oh well, what doesn't kill you makes you stronger.

Some of us also tackled other events such as the Xterra Series and the Tarawera Off Road Ultra Marathon. Both the 50km and 100 Mile (160km) options. All credit to Susan and ex WMC member Rachel Manning (over 30 hours), Annie, PJ and Karen for a valiant and memorable effort. Susan has continued to complete in a 70km event recently, no rest for the wicked.

Since then the pack has been somewhat splintered due to various injuries and other life issues getting in the way of training. Notably Annie and PJ tying the knot in the last month. All the best for the future together guys.

Still, a hard core has continued throughout the year welcoming new members from time to time (Sam, among others) and Emily joining the pack fairly frequently. Mikey being as consistent as ever, balancing gym sessions into the mix.

Checking my dairy I note at the time of writing I have done 29 runs over 2 hours so far this year, I have missed several times throughout the year, as well as just recently being away for a month, and there is still the potential for another 8 or 9 before the end of the year. Consistency is the main aim of looking at it in this way, and the health benefits that come as a result.

We have enjoyed the various extras provided by the club, such as Movie Night, Bus trips and social evenings. I wish everyone a happy and healthy New Year and another ditto year next year. Keep it coming, cheers, Gordon Clarke

### New group

Thanks to Nani for setting up and leading a run/walk group for those new to running, the group is a welcome addition and has helped several members in setting new goals and extending their fitness.

### Bill's group

Thanks to Bill for his many years of leading this long-standing group. The group is loosely structured and has its own way to meet the needs and interests of its members throughout the year.

## **Slower group running report**

We've been lucky this year weather wise and have managed to stay dry with the majority of our Sunday runs. Our group is a broad mix, with some newbies, those who are recovering from injuries, those who are participating in running events, the 5km, 10km, to the half and full marathons.

We've done our usual runs with the Miramar Peninsula, the South Coast and the Bays featuring in a large proportion of our runs, we have also managed to run quite a few hills this year. Thank you to my group for keeping me going, I know if it was just me I wouldn't have done half the distance or the hills.

To mix things up a bit, I'd quite like to pinch the strategy the walking group implemented while Jane was recovering from her op and share the responsibility around the group for preparing a run each Sunday morning - food for thought for next year.

I hope you all have a great break over the festive period and I look forward to seeing you all next year.

Ngā mihi, Tasi

## **Walking Group Report**

The walkers continue to maintain good numbers with our Sunday walk ,often having over a dozen members. We enjoy a welcome cup of coffee at the Park Kitchen in Miramar each week after completing our walk.

This year we welcomed a number of new members who continue to be regular Sunday walkers.

During the year we have covered many kilometres within the local area around Akau Tangi, walks usually take 2-2.5 hours and are approx nine kilometres long. The distance is slowly diminishing as we all age!

The bus trips have been very well patronised by the walkers. Many thanks to Mark Growcott for your work providing and planning routes at all the interesting destinations this year.

Thank you to everyone who volunteered to lead a walk during my absence recovering from a hip replacement. It was great to see such a smooth transition.

We look forward to reinstating a faster walking pack next year to accommodate the needs of a number of our members, while some walkers will continue to choose a shorter walk.

Jane O'Connell