

KERIKERI HALF MARATHON, Saturday 23 November

All the best to those who are participating in this event. Remember to wear the club uniform and record your time in an email to calliope.birkenhead@gmail.com to be eligible for a trophy.

RESULTS 13 November 2019

Event /Place	Name	Time /distance		Event /Place	Name	Time /distance
3000m				100m		
1	Martin Fey	12:02		1	Natasha Gordon	15:09
2	Steve Fairley	12:20		2	Serena Gazzod	16:30
3	Natasha Gordon	13:18		3	Cinnamon Gazzad	19:73
4	Michael Jenkinson	14:15		4	Christine Western	24:37
5	Sandra Haynes	15:09		5	Cherie Carmichael	24:68
6	Serena Gazzad *	15:17		6	Chris Barker	28:34
7	Debbie Breedt *	15:19				
8	Sara Arnold	16:43		800m		
9	Christine Western	20:39		1	James Clendon	2:26
10	Alan Moore	21:02		2	Martin Fey	2:57
11	Murray Stevens	21:24		3	Christine Western	4:11
12	Garth Barfoot	23:07		4	Paula Mallon	4:23
13	Paula Mallon *	23:08		5 =	Cherie Carmichael	6:38
14	Werner Schmidt	23:38		5	Grant Simmonds	6:38
15	Cherie Carmichael	25:52				
16	Chris Barker	27:28		Javelin		
17	Bruce McLean	28:39		1	Sara Arnold	11.55
18 =	Grant Simmonds	28:58		2	Grant Simmonds	11.10
18 =	Bill Fell	28:58		3	Chris Barker	10.00
				4	Bill Fell	9.76
				5	Paula Mallon	9.12
Age Percentage for 3000m				6	Christine Western	8.70
1	Murray Stevens	77.22%		7	Serena Gazzad	8.18
2	James Clendon	75.81%		8	Werner Schmidt	8.16
3	Martin Fey	71.86%		9	Cherie Carmichael	7.00
4	Natasha Gordon	69.84%		10	Bruce McLean	4.40
5	Christine Western	67.14%				
6	Chris Barker	62.27%				
7	Alan Moore	61.74%				
8	Bill Fell	61.71%				
9	Bruce McLean	61.05%				
10	Cherie Carmichael	55.58%				

* Not eligible for trophy

The Mustard - an occasional column

I remember looking with dismay at the sea of single-use energy drink bottles at the Rotorua Marathon last year. Some of the events we love create a lot of waste. When I started doing Total Sport events early on in the new millennium, what I loved about them was their absolutely low-key, home grown approach. Sometimes they screwed up and sent us the wrong way into the wilderness, but we had a laugh after. They are still aware of the impact their events have on the environment, which is good. It's been interesting to see the evolution of an excellent organisation over the years.

Most organisers are increasingly aware of environmental impacts these days, because a big event can have a big impact on the local environment, and create a lot of waste. The trend in bigger and bolder finisher's medals concerns me. I'll bet few of them are produced in a sustainable way, or locally. Back in the day, Total Sport had none. We didn't care because charging happily through the bush was enough. Everyone has them these days - and what do we do with them after? I have a dusty hook behind my office bookcase, where they all hang unloved. A decent digital photo will remind us just as well of the event. It's time we raised these issues and reminded ourselves of why we run in the first place. Check out these eco-practices for sustainable events:

<http://www.afitplanet.com/resources/practices.php>

ROUND THE BAYS 2020

The Stroke Foundation is giving away 25 free tickets to stroke survivors to join the Ports of Auckland Round the Bays Fun Run on Sunday 8 March 2020, in support of stroke awareness with the Stroke Foundation. They are looking for 25 individuals who have experienced and survived a stroke to tell their story to be in for a chance of getting a free ticket, where they can either walk or run on the day. Simply email events@stroke.org.nz the stroke story by Monday 25 November.