



Website: www.lakecity.co.nz
Email: lakecity@xtra.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road,
Lynmore, Rotorua

GUFF SHEET

11 January 2014

The past week:

Very quiet on the local scene over the past week.

Results of the small number that attended the Tauranga Twilight track and field meeting on New Year's Day are herewith.

On the local scene:

SUNDAYS

Distance athletes –

Those that run - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am. Other groups leave at 7.30am. Find a group that is compatible with your fitness and the distance you wish to run, or if exercising regularly you may wish to stick with the people you have been running with.

Those that walk (the marathon walking clinic) – Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

MONDAYS

Yoga for Runners – These sessions are recommencing Monday 20 January at 7.30pm to 9.00pm at the Lake City Athletic Club Neil Hunt Park clubrooms. Do a 20-30 minute gentle run followed by 60 minute yoga practice. Come dressed in your usual running gear; bring a towel, blanket and a yoga mat (only if you have one). There will be no charge for the sessions however a koha would be appreciated (to be put towards the cost of purchasing yoga mats). Email Sarah Lei at miltonhouse@yahoo.co.uk or phone 349 3558 or 027 228 5496 if further information required.

TUESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street, Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496. There will not be a session on 14 January, and after that date they will switch to a Wednesday mornings starting 22 January.

Children's weekly athletics - (2 years to 11 years inclusive). The weekly evening activities have adjourned over the school holidays and will recommence Tuesday

28 January. Contact is Kerris – 07 348 0790 evenings, 07 348 0863 day, or 021 753 691

Distance athletes

Runners – some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms.

WEDNESDAYS

Teens and adults summer athletics –

The programme for Wednesday 15 January 6.15pm at the Stadium's No 2 Ground, Devon Street West, Rotorua is:

- 6.15pm** 1200, 1600 and 2000 metres walk (all grades)
60 metres
Javelin
Triple and long jumps
- 6.30pm** 100 metres
- 6.45pm** 2000 metres steeplechase (3 jumps)
- 7.00pm** 400 metres
- 7.10pm** 2000 metres run all grades

Contact person – Lindsay Foster – 348 6818 evenings



Come along and check the evening out.

Note: The No 2 ground will not be available Friday 10th, Saturday 11th, Sunday 12th and Monday 13th of January for training because of the Rugby 7's.

As the club championships commence Wednesday 29 January all those taking part are to be a current financial member of the Club prior to the commencement of the evenings programme.

Prior to the commencement of the above programme there are training sessions for teens and adults at the same venue these commencing at 5.15pm. These sessions cover track and field events, stretching, hill strides, speed reps, sprints, crouch starts, stride outs, plyometrics etc.

Reserve some energy and stay on and take part in some of the above events that commence at 6.15pm.

THURSDAYS

Distance athletes

Runners – Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road. Find a group that is compatible with your fitness and the distance you wish to run. If exercising regularly you may wish to stick with the people you have been running with.

Walkers

Am - Meet at 8.00am by Planet Bike opposite Fern Drive on the Waipa Bypass Road.

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms.

For all – The Thursday fortnightly Trout Fly series - see below for details: dates, registration etc.

Track and field – out of town

10 – 12 January – this weekend

Children – North Island Colgate Games at Whangarei. Good luck to the club members heading north.

This Saturday 11 January – open meeting for teens and adults with selected children's events at Tauranga Domain. 3.00pm start.

2014 Running Clinic Information evening:

For anyone interested in running with the Club's running clinic or know of any family or friends who are interested, we are holding an information evening at 8.00pm on Thursday 16 January 2014 at the Club's Neil Hunt Park clubrooms. The clinic is a 15 week program and the first run is on Sunday 19 January at 7.00am from the clubrooms and is training for the 10km, 1/2 marathon or full marathon on 3 May 2014.

Any queries please contact Jodie on 3453070 or 021 970 482 or lakecitymarathonclinic@gmail.com

Dates to note:

Become involved in either or both of the events as a participant or a volunteer. More on the volunteer aspect nearer the events.

Sunday March 9 – the Copthorne off road Half Marathon, 10km, 5km and Little Devils fun run here in Rotorua on the fabulous roads and tracks in Whakarewarewa Forest. More on the event from www.eventpromotions.co.nz

Saturday May 3 – The 50th Rotorua Marathon, half marathon, quarter marathon and 5.5km events - again in Rotorua. Visit www.rotoruumarathon.co.nz for entry details.

Trout Fly dates: (all Thursday evenings)

2014

January 16
January 30
February 13
February 27
March 13
March 27

Meet at the Neil Hunt Park clubrooms (off Tarawera Road) at 5.45pm to register (\$5.00 adults \$3.00 children who must be accompanied by an adult), and then

It's your choice of a 3km or 5km run, jog or walk on the Sulphur Flats area.

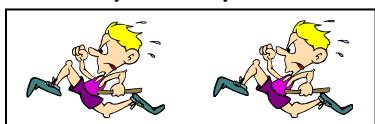
6.15 pm is event start time

Includes a free drink and BBQ sausages afterwards

Queries to Chris Coney 021 770 266

Off road event – King and Queen of the mountain:

The annual King and Queen Mountain race (up and down Mt Ngongotaha) is on Saturday 25 January. This is held in conjunction with the A & P Show Life Style Expo at Riverdale Park, 141 Western Road, Ngongotaha. Start time 1.00pm: cost: Gate fee of \$10.00 – children under 15 free entry: Distance approx. 5km: Event open to adults and children 15 years and over: Entry on the day.



RESULTS

Track and Field - Porritt Stadium – 14 December 2013

Alec Johnson

100 meters	5th	12.66	wind -0.1
200 metres	4th	27.14	wind -0.2
Shot put	2nd	9.85	5kg thrown
Javelin	1st	28.84	600kg thrown

Tauranga Twilight Track and Field – 1 January 2014

Athletics Waikato BOP 3000 meters championships

Masters women 40-44

Sue Crowley 1st 10.43.44

Men 17

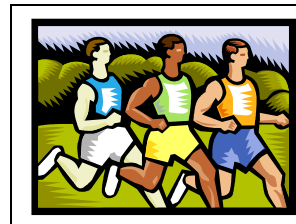
Michael Voss 1st 9.03.15

Men 20

Jason Steyn-Ross 6th 10.01.20

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1974, 1975, 1976



No 10

1974

Date 20 April 1974

Male Winner

Kevin Ryan

Time 2.20.45

Club Owairaka Athletic and Harrier Club

Female winner

Val Darroch

Time 3.39.44

Club Palmerston North Harriers

Starters 136

Finishers 110

Sponsor Fletcher Holdings Ltd - Auckland

Event Owners Rotorua Athletic and Harrier Club

First local finisher Andy Harris - 11th - 2.40.15

Number under 2 hours 50 minutes 19

Number under 3 hours 30

Time of last finisher 4.28.48

- This year saw the first women's race. Val Darroch, (Palmerston North) a 38 year old mother of 4 and a fulltime typist recorded a time of 3.39.44 to win by 7 minutes from Robyn Winter of Hamilton. The Sunday sports paper, the "8 O' Clock" ran the headlines "Housewife nuts about Marathon"
- Val Robinson, wife of twice winner John, had made two starts previously pulling out around the 12 mile mark
- Event run in sultry conditions
- 3 were taken to hospital suffering from exhaustion, dehydration and sore feet
- Reported that a Tokoroa runner fell twice over the last 50 metres, only to force himself to the finish line before falling across it.

No 11

1975

Date 26 April 1975

Male Winner

Jack Foster

Time 2.18.32
 Club Rotorua Athletic and Harrier Club
Female winner Liduina Melchers
 Time 3.36.29 Event record
 Club Masterton Harrier Club
 Starters 237
 Finishers 204
 Sponsor Fletcher Holdings Ltd - Auckland
 Event Owners Rotorua Athletic and Harrier Club

First local finisher Jack Foster –1st – 2.18.32
 Number under 2 hours 50 minutes 56
 Number under 3 hours 86
 Time of last finisher 4.28.05

- Fosters 4th win in the Rotorua event
- A record field this year.
- The day was very cold (10°), and wet
- 5 woman completed the course

**No 12
 1976**

Date 24 April 1976

Male Winner Bernie Vine
 Time 2.21.21
 Club Owairaka Athletic and Harrier Club
Female winner Bev Shingles
 Time 2.48.46 Event record
 Club Wanganui
 Starters 368
 Finishers 307
 Sponsor Fletcher Holdings Ltd - Auckland
 Event Owners Rotorua Athletic and Harrier Club

First local finisher Andy Harris – 5th – 2.26.39
 Number under 2 hours 50 minutes 49
 Number under 3 hours 90
 Time of last finisher 4.58.22

- The Daily Post headlines read “Big Marathon has grown from humble start”. Another headline was “ Huge field to contest the Marathon”
- Entry fee \$1.00
- Changing facilities at the Rotorua Yacht Club, at the Lakefront
- Buffet dinner and prize giving held at the Soundshell Auditorium
- A “first” for the event was the sale of a souvenir tee shirt for the princely sum of \$4.50
- Another “first” saw the Rotorua Round Table becoming the first Service Club to assist as race marshalls
- This year saw the introduction of the 60 plus age group
- 35 year old Bev Shingles’ time of 2.48.46 was the seventh fastest marathon ever run by a woman. Her time would have given her first place in the previous week’s Boston Marathon
- Due to the shear logistics of calculating the handicaps results now that entry numbers had grown to nearly 400, this year was the last year a handicap section was part of the prize list.

For your massage needs contact
 Toni of Touch Massage
 (1317 Eruera Street)
 07 349 6621 or 021 2971002

Take your Lake City membership card to
 obtain the discount on offer

For your physio needs contact
 The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
 or 07 347 8380

On Mondays they have a free sports injury
 drop in clinic between 4.00pm and 5.00pm at
 their Eruera Street clinic

Supplement you outdoor training by doing
 indoor work at
 Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the
 20% discount off full prices. Note the 20%
 discount does **not** apply to any discounted
 prices or specials that may be running

Check out www.go360.co.nz for prices,
 classes, opening times etc.