



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

15 February 2014

The past week:

Both sections of track and field resumed last week – the children on a Tuesday evening the Teens and Adults on Wednesday evening.

The Running Clinic has grown with numbers around those in the club's clinic training for the 25th Rotorua Marathon – only a marathon in those days.

Last Thursday the walking fraternity of the Club ventured out to Lake Okataina and walked the Eastern Okataina walkway.

Bike Festival week:

The Bike Festival week is on between this Friday 14 and Sunday 23 February. There are a number of events based within Whaka Forest. Care will need to be taken during this period when running and walking in the Forest. **Tuesday 18 February there is an event that takes in Nursery Road and the old Mountain Bike Exit track, with the headquarters at the end of Long Mile Road.** Visit www.rotorubikefestival.com for the various event days, times, headquarters etc.

On the local scene:

SUNDAYS

Distance athletes

The running clinic –

- **Marathoners and half marathoners** meet at the Neil Hunt Park clubrooms at 6.50am leaving at 7.00am.
 - **10kers** – meet 7.25am at the Neil Hunt Park clubrooms leaving 7.30am unless advised otherwise.
- For further information on the Clinic call Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

Others 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 at varying times.

Those that walk (the marathon walking clinic) – Meet just prior to 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 at 7.30pm to 9.00pm at the Neil Hunt Park clubrooms. Email Sarah Lei at miltonhouse@yahoo.co.uk or phone 349 3558 or 027 228 5496 if further information required.

TUESDAYS

Children's weekly athletics

- (2 years to 11 years inclusive) - Start time is 5.10pm at the Stadiums No 2 Ground, Devon Street West. Contact is Kerris – 07 348 0790 evenings, 07 348 0863 day, or 021 753 691.

Distance athletes

Running clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

Other 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

Am

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.

Pm **Teens and adults summer track and field**

The club championships for those 12 years and above are underway. All those taking part are to be a current financial member of the Club prior to the commencement of the evenings programme.

The programme for 19 February is:

6.15pm – Walk championship events – 1200, 1600 and 2000 metres
60 metres - non championships
Long jump – championships – all grades
Shot put championships – all grades

6.30pm - 200 metres - championships – all grades

6.50pm - 1000 metres non championships for those under 16

7.00pm - 5000 metres - championship – for those grade 16 and above. **No younger grades.** Please supply your own lap recorder.

Contact person – Lindsay Foster – 348 6818 evenings



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 etc.

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

THURSDAYS

Distance athletes

Running clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

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

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

Seniors

This Saturday 15 February – Open meeting, Porritt Stadium, Hamilton. 3.00pm start

Weekend 22/23 February – AWBOP Senior championships, Tauranga Domain. See below for entry details

Children –

This Saturday 15 February – Te Aroha Ribbon Day - 10.00am start

Saturday 1 March - Ribbon day, Tauranga Domain - hosted by Bellevue and Greerton clubs.

Athletics Waikato BOP track and field championships for both children and seniors

Children: Athletics Waikato children's triple jump champs; entry forms are now available from the Lake City website – www.lakecity.co.nz This event is for athletes aged 13 and 14 and is on 1 March at the Greerton/Bellevue ribbon day at Tauranga Domain. **Entries close 15 February - \$5.00 per event**

The main children's championships are on 15 March at the Tauranga Domain. Entries (\$5.00 per event) are due into the Lake City club secretary by 19 February. Please drop these off with correct money, to the track or post to the club's PO Box 2136, Rotorua 3040 prior to the above dates.

Seniors:

Seniors wishing to enter the Seniors (14 years and up) track and field championships on the weekend of 22/23 February, must have their entry forms with Athletics Waikato BOP **by 15 February** P O Box 46 Hamilton 3240. Entry fee \$10.00 per event. Entry form for this event is found at the back of the Seniors Athletics Waikato BOP handbook or on the Waikato (Zeus) website.

Off Road half marathon (and associated events):

Become involved with the above event as a participant or a volunteer on Sunday 9 March. The volunteer information is now at the Neil Hunt Park clubrooms for you to indicate that you can assist. More on the event from www.eventpromotions.co.nz

Those entering note early entry closes 23 February. The events headquarters are at the Waipa Mountain Bike car park off State Highway 5 (the road to Taupo).

Trout Fly dates: (all Thursday evenings)

2014 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 Corney – 021 770 366

RESULTS

Teens and Seniors Track and Field -

weekly results * Denotes an athlete under Grade 12 – up graded to Grade 12

5 February 2014

Championship results

100 metres

Christopher Werner	B12	14.9
Bjarni Leggett	B12	15.5
Alec Johnson	B14	12.6
Julian Smith	M17	12.0
Tom Voysey	M17	12.2
Andy Innes	M17	12.4
Jason Finnerty	M20	12.8
Steven O'Callaghan	M20	14.0
Russell Clarke	M20	14.5
Adrian Lysaght	M35	14.2
Wayne Cameron	M50	15.8
Lindsay Foster	M55	15.2
Peter Vyver	M70	24.6

Maia Carrington	G13	14.5
Melkorka Leggett	G14	15.3
Sarah Bain	G15	14.8
Mackenzie van Fulpen	G15	16.0
Sharissa Hetherington	W40	44.8
Karyn McCready	W45	16.3
Luanna George	W45	18.1

3000 metres - run

Andy Innes	M17	14.37.4
Steven O'Callaghan	M20	9.10.6
Jason Steyn-Ross	M20	10.30.2
Russell Clarke	M20	11.32.7
Jason Finnerty	M20	12.59.6
Adrian Lysaght	M35	9.56.1
Wayne Cameron	M50	13.38.2
Lindsay Foster	M55	14.31.5
Martin Harris	M60	14.52.0
Max Bragg	M65	13.57.6
Peter Vyver	M70	15.56.1

Sue Crowley	W40	10.37.9
Karyn McCready	W45	11.36.4
Luanna George	W45	15.11.2

3000 metres - walk

Rinus Adriaansz	M55	24.05.4
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Discus

Christopher Werner	B12	17.10
Bjarni Leggett	B12	12.60
Alec Johnson	B14	37.18
Andy Innes	M17	11.87
Steven O'Callaghan	M20	19.40
Russell Clarke	M20	12.75
Jason Finnerty	M20	21.51
Adrian Lysaght	M35	16.36
Lindsay Foster	M55	20.29
Rinus Adriaansz	M55	11.13

Peter Vyver	M70	12.39
Maia Carrington	G13	18.24
Melkorka Leggett	G14	21.27
Mackenzie van Fulpen	G15	11.16
Sarah Bain	G15	10.42
Sharissa Hetherington	W40	15.21
Karyn McCready	W45	14.10
Luanna George	W45	12.12

Non championship

200 metres

Julian Smith	M17	24.5
Tom Voysey	M17	25.9
Alec Johnson	B14	26.3
Jason Finnerty	M20	27.2
Wayne Cameron	M50	33.2

3000 metres

Christopher Werner	B12	14.13
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Porritt Classic - Hamilton - 8 February 2014

100 metres – women

Race 4 - wind 3.3

1.	Mariah Rinui	Hamilton	11.76
4.	Molly Florence		12.26

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1991, 1992, 1993, 1994



No 27

1991

Date 4 May 1991

Male Winner Graham Macky
Time 2.21.34
Club Avon - Christchurch

Female winner Wendy Stewart
Time 2.49.28
Club Masterton Harriers

Starters 2539
Finishers 2451
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Duncan Smith 64th 2.43.24
: Female - Kathy Howard 439th 3.14.04

Number under 2 hours 50 minutes - 106
Number under 3 hours - 225
Time of last finisher - 8.06.47

- Headlines read "another soggy 26 miles to go". The heavy rain at the event start soon cleared and provided good running conditions
- The computer system in use since 1979 (no doubt with programme up grades) was completely over hauled with a new software and network system
- Pre event training tee shirts available for purchase by mail order
- Sports Expo at the Sportsdrome
- Numbers slightly up on 1990

- First woman across the line, Wendy Stewart, elected to run in the Veteran (Masters) category and not the open category, therefore forfeiting the first place open prize money of \$5,000.00. She took home \$1000.00. Marion MacDonald who finished 2nd to Wendy was credited with the open section win in 2.49.51. These were the race rules in these days
- Lake City ladies had their 2nd win in the club team's event. Team members being - Kathy Howard 3.14.04: Marg Edwards 3.22.23: Lynne Ogilvie 3.22.24 The clubs first woman's team win was in 1987 - Selina Beaven 2.58.25: Marg Cunningham 3.04.17: Teresa Jones 3.12.11

No 28

1992

Date 2 May 1992

Male Winner Mark Hutchinson
Time 2.20.13
Club North Shore Bays

Female winner Jillian Costley
Time 2.39.59
Club Napier Harriers

Starters 2085
Finishers 2014
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Peter Handcock 4th 2.21.56
: Female - Margaret Edwards 485th 3.18.48

Number under 2 hours 50 minutes - 74
Number under 3 hours - 199
Time of last finisher - 7.27.28

- Costley's win saw her join Jack Foster as a four time "Fletcher" winner
- First "Lady" finishes. Lady Kuia Morrison finished her first marathon in 5.56.32
- Diabetes New Zealand was chosen as the event's charity
- Diabetic Sandy Barwick ran some 2000kms in the twenty-eight days before completing the "Fletcher". Afterwards she continued her run throughout New Zealand to finish in Auckland on Monday
- Sunday morning Zonta Post Marathon breakfast held in marquee at the cost of \$5.00 per person
- Again it was rain at the start: this becoming a feature of the event
- Hutchinson the second fireman to win event. Previous winner Steve Denholm in 1979
- Costley questioned after the event – Did the weather worry you? "No it was great. Could not have asked for a better day. I did get a little bit cold around the back of the Lake." When did you feel the race was yours? Oh, at about 42k's"

No 29

1993

Date 1 May 1993

Male Winner David Rush
Time 2.21.30
Club North Otago

Female winner Maree Turner
Time 2.39.48
Club Owairaka (Auckland)

Starters 2095
Finishers 2020
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Campbell Horn 58th 2.48.16

: Female - Donna Fiske 460th 3.25.01
 Number under 2 hours 50 minutes - 66
 Number under 3 hours - 131
 Time of last finisher - 6.47.23

- Top three finishers all from the South Island – David Rush, Grant McEwen and Graham Macky
- Maree Turner became only the second woman to break the two hours forty barrier and was only twenty eight seconds outside Jillian Costley's record
- This year the Survivors Club was formed. Naturally Colin Smyth tops the list with 29 finishes – that is all the “Fletchers”. Verna Kirk tops the women’s list with fourteen finishes, but then there were no women in the first nine events. Coincidentally twenty nine were admitted to the “Club” in the twenty ninth year of the “Fletcher”
- Entry fee now \$40.00, non-club members \$12.00 extra, non New Zealand residents \$NZ\$50.00, the Pasta Party \$20.00
- Two course changes made this year. Following the upgrade of the city's central business area, the field turned right from the Government Gardens archway into Hinemaru Street and progressed along Whakauae and Rangiuru Streets before rejoining the former course at Arawa Street. On returning to the city, runners on reaching the Amohau Street extension (opposite Pak 'n Save), turned right in Hinemaru Street heading to the archway and the finish in the Gardens. This took away a run own Fenton Street which was becoming very busy
- This year saw the 40,000th finisher at Rotorua

**No 30
1994**

Date 30 April 1994

Male Winner Paul Smith
 Time 2.19.12
 Club Olympic (Christchurch)

Female winner Nyla Carroll
 Time 2.37.37 Event record
 Club Owairaka (Auckland)

Starters 5259
 Finishers 5159
 Sponsor Fletcher Challenge Ltd - Auckland
 Event Owners Lake City Athletic Club

First local finisher: Male - Wayne McCarthy 14th 2.32.54
 : Female - Sharissa Kier 749th 3.20.47
 Number under 2 hours 50 minutes - 112
 Number under 3 hours - 257
 Time of last finisher - 9.01.23

- The 30th on the 30th. Who in 1965 would have thought that the Fletcher Challenge Marathon would be on the athletic scene thirty years on!
- Like the 21st and 25th events a medal was struck to commemorate the occasion
- Although numbers were down slightly on the 25th anniversary numbers, it was the second largest field in the races history, and also the second largest marathon held in New Zealand
- This year saw another course change. To avoid the “squeeze” at the Archway, the start was moved to the rear of the Sportsdrome, with the field exiting the Gardens via Hinemoa Street to Fenton Street and then back onto the traditional course around the Lake via Arawa Street
- With promotion of the “Fletcher” overseas in recent years the number of overseas entrants grew to a record 122, from 12 countries

- The weather, for a change, was near perfect albeit a little hot at times. This brought the public out to give fantastic crowd support out on the course and at the finish. Although the finish area was over-run by spectators and supporters, the results got out on time.
- Four times women's winner Jillian Costley had to settle for second place behind Nyla Carroll. Carroll broke Costley's race record with a time of 2.37.37
- Asics came on board as a supporting sponsor
- The Marathon committee over the recent years had stayed stable, and this contributed to the events success
- A office was setup for registration secretary, Kay Collett, who this year punched in all the entries, unlike the previous years when they were processed at Fletcher Challenge's head office and returned to Rotorua to be checked
- Entrants could support one of six charities

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.