



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

15 March 2014

The past week:

Again the weather has been kind to the events hosted by the Club. Both track and field sections of the club are holding their championship events, the teens and adults section nearing the completion of their programme.

The Copthorne Off Road Half marathon and associated events were held in brilliant weather conditions. Congratulations to all who took part and a big thank you to those who acted as volunteers on the weekend. Results are available from www.eventpromtions.co.nz then head to the Off Road Half Marathon site.

It was pleasing to see that club members were not amongst the multitude that was wearing Ipods. As we all know the club's rule is no wearing of Ipods and it's great to see that club members are respecting this.

Rotorua walking festival: - this weekend

The Walking Festival is on this weekend (15th/16th March) and they use our Neil Hunt Park clubrooms as well as the next door Netherland Club's building. It is suggested that those who use the clubrooms regularly on Sunday mornings meet/run/walk from somewhere else. If you are running/walking from the clubrooms, no one will be able to park in the main car park.

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 programme for 19 March is just one event - the club 10000 metres championship for those Grade 19 plus.

Please note the start times:

Walkers 5.30pm - sharp

Runners 6.00pm - sharp

It is most important that participants have someone to count their laps

This is the final event for this section of the Club this summer. The prize giving is being held Wednesday 26 March 6.00pm at the Neil Hunt Park clubrooms – off Tarawera Road

Contact person – Lindsay Foster – 348 6818 evenings



There are training sessions for teens and adults at the same venue, these commencing at 5.15pm.

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 March - Open meet at Porritt Stadium 3.00pm

28-30 March – Athletics NZ championships at Newtown Park, Wellington. Entry has closed.

Children –

This Saturday 15 March – Athletics Waikato BOP children's championships at Tauranga Domain. Good luck to club members taking part.

Trout Fly dates: (all Thursday evenings)

2014 March 27 (the final event of the series)

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 March 2014

Club championships

400 metres

Melkorka Leggett	G14	87.7
Mackenzie van Fulpen	G15	94.0
Kerris Browne	W40	1.47.8
Sharissa Hetherington	W40	3.57.9
Karyn McCreedy	W45	71.9
Luanna George	W45	91.2

Bjarni Leggett	B12	84.4
Byron Haigh	B13	75.3

Alec Johnson	B14	72.6
Steven O'Callaghan	M20	60.7
Jason Finnerty	M20	61.6
Russell Clarke	M20	73.5
Lindsay Foster	M55	79.6
Max Bragg	M65	1.41.0
Rinus Adriaansz (w)	M55	3.00.5

1500 metres

Byron Haigh	B13	6.31.8
Steven O'Callaghan	M20	5.07.4
Russell Clarke	M20	5.33.4
Jason Finnerty	M20	6.29.6
Lindsay Foster	M55	6.44.6
Rinus Adriaansz (w)	M55	11.26.6
Martin Harris	M60	7.03.2
Max Bragg	M65	6.58.2
Kerris Browne	W40	8.16.8
Karyn McCreedy	W45	5.37.3
Luanna George	W45	7.18.2

Hammer throw (different weights thrown)

Alec Johnson	B14	12.47
Steven O'Callaghan	M20	18.87
Jason Finnerty	M20	12.36
Russell Clarke	M20	9.55
Lindsay Foster	M55	17.12
Rinus Adriaansz	M55	8.87
Colin Smyth	M70	22.76
Melkorka Leggett	G14	13.51
Mackenzie van Fulpen	G15	8.32
Sharissa Hetherington	W40	19.06
Kerris Browne	W40	15.90
Leanne Leggett	W45	20.68
Luanna George	W45	12.85

Bayleys Mountain to surf Marathon – 2 March 2014

1.	Samuel Corbett	Auckland	2.39.58
4.	Chris Corney		2.49.11

The Rotorua Marathon:

*A brief history of the event and
For some a trip down memory
Lane. Below are highlights etc
From 2003, 2004, 2005*



No 39 2003

Date 3 May 2003

Male Winner Todd Stevens
Time 2.30.09
Club Wellington Scottish

Female winner Maree Turner
Time 2.55.40
Club Bays Cougars (Auckland)

Starters 671
Finishers 1630

Sponsor Fletcher Challenge Forests Ltd

Event Owners Athletics New Zealand

First local finisher: Male - Bruce Edwards - 21st - 2.53.03

: Female - Charlotte Porter- 99th - 3.15.19

Number under 2 hours 50 minutes - 17

Number under 3 hours - 44

Time of last finisher - 7.39.57

- Another drop in numbers was experienced for the 39th event. Looking at the “stats” they show that the years prior to in an anniversary event numbers tend to drop away
- One major change made to the event this year was the move from the customary 10.00am start to a time an hour earlier – 9.00am
- Times this year recorded in the customary manner direct into the computer operated by Len Watson. In other words no chip timing
- Maree Turner returned 10 years after her first “Fletcher” win to take the women’s title
- Todd Stevens a regular at Rotorua, took the men’s title in a time that was the slowest since the inaugural event in 1965, won by Dave Heine in 2:35:04
- Age groups were extended to 70 plus for woman and for men 75-79 and 80 plus categories
- 598 choose to walk the event, while 524 made it their first marathon
- Craig Barrett again was the first walker home in 3:26:45 for 199th place
- The use of water sponges at the drink stations was discontinued
- Again the New Zealand marathon championships were hosted by the event
- The Club team’s race scoring method changed to Athletics New Zealand team’s race rule. Scoring to be by the lowest aggregate of times recorded by scoring members, male teams 4 members and female teams 3 members. As in the past team members to be fully registered members of their Athletics NZ affiliated Club
- Each km now displayed on a roadside trestle. These indicating the distance travelled

No 40

2004

Date 1 May 2004

Male Winner Dale Warrander

Time 2.23.40

Club Bays Cougars (Auckland)

Female winner Tracey Clissold

Time 2.43.15

Club Gisborne

Starters 3024

Finishers 2994

Sponsor Tenon Limited

Event Owners Athletics New Zealand

First local finisher: Male - Chris Comey - 24th - 2.45.11

: Female - Johanna Ottosson - 122nd - 3.07.28

Number under 2 hours 50 minutes - 37

Number under 3 hours - 71

Time of last finisher - 7.57.04

- The 40th anniversary event – moving into the modern era
- Many changes were made for this event –
- Being told that the Sportsdrome used since 1977 as the events headquarters was being up graded and would not be available for a couple of years, the race headquarters/start/finish moved the Lakefront’s Village Green
- Athletics New Zealand contracted Victory Promotions to manager the technical aspects of the event, with assistance from Lake City Athletic personnel
- The Royal Lakeside Novotel Hotel became the registration area, and a “tent city” was formed on the Village Green to handle the finish etc
- The World Masters 2004 Marathon championships were incorporated with the event, likewise the New Zealand Masters and Athletics New Zealand Marathon championships. The long tradition of the Athletics Waikato BOP marathon championships with the event continued
- The inaugural 5km and 10km fun runs attracted over 1107, running and walking on a looped course in the Government Gardens and the Lakefront
- Chip timing was reintroduced to the marathon
- The awards were presented under a giant marquee erected over “The Streat” - the portion of Tutanekai Street between Pukaki and Whakaue Streets.
- Entry could be made on line
- A walk/run section was introduced. 662 walkers entered and another 406 taking up the walk /run option
- The customary anniversary medal was issued to all marathon finishers
- Portaloos placed at intervals around the course
- With realignment of the road at Hamurana’s Wilsons Bay, the course had to be remeasured. To get the correct distance the marathon started in Tutanekai Street heading to Whakaue and Hinemaru Streets, back onto the original course via Arawa Street. The finish was along Hinemaru Street, to Whakaue Street with a run across the Village Green
- At the marathons conclusion 27 new inductees swelled the Survivors Club membership to 266
- A “best drink station” was introduced, this won by Western Heights High Scholl who manned the station at the top of the Hamurana Hills
- The damp early morning conditions changed to pouring rain in the afternoon. This saw areas of the Village Green turn to a quagmire

No 41

2005

Date 7 May 2005

Male Winner Dale Warrander

Time 2.22.38

Club Bays Cougars (Auckland)

Female winner Mikki Williden

Time 3.00.52

Club Auckland

Starters 1710
Finishers 1675

Sponsor Lion Foundation New Zealand
Event Owners Athletics New Zealand

First local finisher: Male - Bruce Edwards - 12th - 2.47.35
: Female - Lynne Peirse - 168th - 3.26.21
Number under 2 hours 50 minutes - 17
Number under 3 hours - 40
Time of last finisher - 8.33.49

- Once again changes to the event – a new principal sponsor in the Lion Foundation: a new event manager, Angela Salmon, appointed by Athletics New Zealand
- Dale Warrander takes out his third Rotorua Marathon defending his 2004 win
- Late entries now taken up to 9.00pm the night before
- The marathon start was again in Tutanekai Street, but this year headed north onto Lake Road. To compensate the distance lost at the start finishers turned off Hinemaru Street in the Government Gardens, pass the Museum, through the Archway, back onto Hinemaru Street and to the Village Green finish line
- The 5km and 10km fun runs started in the same direction as the marathon, to head along the Lakefront Drive, the tracks of Sulphur Point, behind the Sportsdrome, in front of the Museum and through Archway to the Village Green. One or two laps being completed
- Pasta Party on Friday evening at the Royal Lakeside Novotel Hotel
- Registration and Asics Sports Expo in marquee on the "Green"
- Prize giving in the Government Gardens Sportsdrome
- Batchelors who had produced the finishers photographs since 1981 were replaced by Marathon Photos
- A couple of "lasts" this year – the last printed race results book, and race supplement, which listed entrants and other information. Both introduced in 1979

Pacers for the Rotorua Marathon:

The organizer of the Rotorua marathon pacers - Simon Clendon in Auckland, is still looking for back-up pacers for the 3:15, 3:45, 4:00, 4:15, and 5:00 groups.

It's not something that's suitable for anyone running their first or second Rotorua marathon, and anyone doing it needs to be fit enough to run up to 30 minutes faster on the day, but is prepared to "give up" their chance of running as fast as they're capable of to assist others to achieve their goal.

If you are interested, please contact Simon at simon.clendon@gmail.com

Around the Lake.....The Story of the Rotorua Marathon

Readers of the recent Weekender publication will have noted that there is a book being written on the history of the Rotorua Marathon. Author, Simon Earle, has detailed the events history, interviewed winners etc, to make what will be a great read. The book will be available on marathon weekend or can be ordered through www.rotorumarathon.co.nz – click on merchandise

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 your 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.