



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

18 January 2014

The past week:

As you will see from the results below a very small number attended the first 2014 teens and adults Wednesday athletics evening.

This past weekend a number from the children's section attended the North Island Colgate Games in Whangarei. Results are unknown meantime.

On the distance running and walking scene there have been good numbers leaving from the Neil Hunt Park clubrooms on Sunday mornings and Tuesday and Thursday evenings.

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 at varying times. Find a group that is compatible with your fitness and the distance you wish to run.

The running clinic – meet at the Neil Hunt Park clubrooms at 6.50am leaving at 7.00am. For further information call Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

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 in your usual running gear; bring a towel, blanket and a yoga mat (only if you have one). There is 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

Children's weekly athletics

- (2 years to 11 years inclusive). The weekly evening activities have adjourned over the school holidays and will

recommence Tuesday 4 February. The Raggamuffin pack in has caused this change. 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.

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

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 athletics –

The programme for Wednesday 22 January 6.15pm at the Stadium's No 2 Ground, Devon Street West, Rotorua is:

6.15pm 600 metres

Shot put

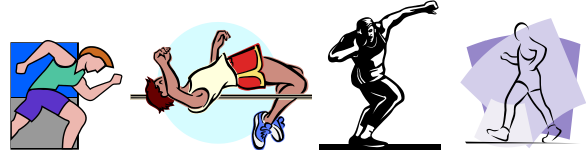
High jump

6.30pm 60 metres

6.45pm 200 metres

7.00pm 5000 metres run or walk for those grade 16 and above

Contact person – Lindsay Foster – 348 6818 evenings



Come along and check the evening out.

Please note that there is no athletics on the 29 January. The championship events scheduled for this night will be rescheduled into the forthcoming week's programmes. The unavailability of the ground is because of the Raggamuffin pack in.

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.

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

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

18-19 January - this weekend

Masters - (Athletes 35 plus) - Athletics Waikato BOP championships at Tauranga Domain.

Also at same venue the Northern regional combined events championships.

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.rotoruarun.co.nz for entry details.

Trout Fly dates: (all Thursday evenings)

2014	Meet at the Neil Hunt Park clubrooms
January 30	(off Tarawera Road) at 5.45pm to
February 13	register (\$5.00 adults \$3.00 children who
February 27	must be accompanied by an adult), and
March 13	then
March 27	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.

Walkers:

Those interested in taking part in the annual Walk The Length of Lake Taupo on Saturday 22 February 2014 as part of a team please place your name on the list at the clubrooms. There will be costs involved - \$45.00 pp. entry fee (this fee to be paid by each team member), contribution to transport, accommodation etc. Please check that you have no other commitments from Friday afternoon 21 February and over the weekend before putting your name on the list. Contact Pat on 027 334 1425 if more information required. Cut-off date for names on the list is Sunday 26 January.

RESULTS

Teens and Seniors Track and Field - weekly

results * Denotes an athlete under Grade 12 - up graded to Grade 12

8 January 2013

60 metres

Nathan Geddes (v)	M19	8.6
Russell Clarke	M20	9.1
Sue Crowley	W40	9.9
Karyn McCready	W45	10.7

100 metres

Tom Voysey	M17	12.6
Kurt Rice	M19	12.6

3000 metres

Sue Crowley	W40	10.52.0
Russell Clarke	M20	11.34.0
Karyn McCready	W45	11.38.0
Martin Harris	M60	15.04.0
Mark Geddes	M50	19.54.0 (w)

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1977, 1978, 1979



No 13 1977

Date	30 April 1977
Male Winner	Grahame Struthers
Time	2.22.44
Club	Massey
Female winner	Liduina Melchers
Time	3.20.07
Club	Masterton Harrier Club

Starters	564
Finishers	491
Sponsor	Fletcher Holdings Ltd - Auckland
Event Owners	Rotorua Athletic and Harrier Club

First local finisher - Neil Fleming - 24th -	2.40.00
Number under 2 hours 50 minutes -	52
Number under 3 hours -	101
Time of last finisher -	6.36.24

- The year of changes - the start/finish went from the Lakefront Yacht Club area to the Government Gardens near the Sportsdrome. The Sportsdrome housed registration, changing facilities and showers the prize presentation and after race function.
- Perhaps the most significant change was that of the course direction from anti clockwise to clockwise. After repeated requests from the Department of Transport, the organisers agreed to this change in the interest of safety. Two crossings of highways at Mourea and Fairy Springs were eliminated.

- Request made to keep cars following the race to be kept to an absolute minimum
- Supporters tickets to attend the after race function now \$3.00 each
- 17 from the Honolulu Marathon Clinic took part, with another 15 traveling as supporters
- The first year the results published in booklet form
- "Marathon Mania Strikes Rotorua" were the headlines when it was known that the field was nearly double the previous year

**No 14
1978**

Date 22 April 1978

Male Winner Mel Radcliffe
Time 2.22.11
Club New Brighton
Female winner Christine Munro Event record (new course)
Time 3.20.11
Club Owairaka

Starters 1105
Finishers 934
Sponsor Fletcher Holdings Ltd - Auckland
Event Owners Rotorua Athletic and Harrier Club

First local finisher: male – Ian Walker – 23rd – 2.39.15
: female – Julie Leach 756th – 4.11.51

Number under 2 hours 50 minutes - 70
Number under 3 hours - 131
Time of last finisher – 5.28.38

- Yet again the number of entries almost doubled!
- The results booklet this year had more details than the 1977 version i.e. names, clubs, placings, times and age categories
- This year is more likely to be remembered for the drama at the finish. The race was won, not without some dramatics, by Mel Radcliffe of New Brighton, Christchurch, who staggered and collapsed on the finish line. He lost consciousness for some time and later said he could not recall running the last 3km of the race.
- Mel's time of 2.22.11 constituted a record for the "new course"
- Some 30 women contested the event with prizes being awarded to 35 plus finishers.
- 1978 saw all the "aid stations" being "manned" by members of various local Service Clubs i.e. Lions, Rotary, Jaycees, Quota etc. Members of the Rotorua Motor Cycle Club and the Rotorua Round Table, as in previous years, assisted with "traffic duties"
- An advert placed in the local Daily Post reads: "IMPORTANT! FLETCHER MARATHON: Race entrants should pick up their numbers and information packs between 3.00pm and 7.00pm on Friday April 21. With the huge field we won't be able to cope with everyone on Saturday morning. Spread the word. Tell every entrant you know to come on Friday".
- "We used to organise the marathon on the morning of the race, now it takes months of preparation"

**No 15
1979**

Date 21 April 1979

Male Winner Steve Denholm
Time 2.23.30
Club Scottish Harriers
Female winner Bev Shingles Event record
(new course)
Time 2.50.04
Club Wanganui

Starters 1865
Finishers 1649
Sponsor Fletcher Holdings Ltd - Auckland
Event Owners Rotorua Athletic and Harrier Club

First local finisher: male – Bruce Meder – 27th – 2.39.45
: female – Jan Lawson – 1193rd – 3.57.41

Number under 2 hours 50 minutes - 92
Number under 3 hours - 190
Time of last finisher – 6.17.58

- Record numbers, yet again! Almost doubling last year's 1000 plus
- 1978 proved that manual timing, recording and the processing of the results was at its limit and this saw the Fletcher Marathon enter the age of technology with electronic timing and computerized results
- This was achieved, not without some apprehension, by "Fletchers" electronic data processing team, headed by David King. Had they known the risks involved they may have had second thoughts. What would have happened if they'd made a mistake? There was no question of asking the runners to "do it again please". Needless to say the Fletcher team, with assistance and input from the Rotorua Athletic and Harrier Club members (this area headed by Len Watson) made a complete success of the "task". Did David know there was a manual back up system in place?
- The local Daily Post had always given the race excellent coverage with lead up stories, articles, pictures, and results. This year saw another first for the "Fletcher" in that they agreed to produce a race supplement, containing a full list of entrants, editorial and other items pertaining to the event. The purpose of the supplement was two-fold - one to involve the local public, two a takeaway for the runners
- Another "first" for this year was the setting up of a retail outlet to sell running gear. Rob Sutton of Wellington manned this.
- First time marathoner, fireman and part time window cleaner, Steve Denholm, put his win down to "all that hopping up and down ladders"
- With the number of woman entering (in excess of 100), the age group prizes were extended from 35 plus to 35-39, 40-44, 45-49 and 50 plus

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.