



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

1 February 2014

The past week:

This past Wednesday saw an increase in the numbers at track and field at the Stadiums No 2 ground. Results are on the reverse.

The various sections of the running clinic are settling down, with packs/groups being formed and new friendships being made.

Three athletes from Lake City were part of the Athletics Waikato BOP Interprovincial team at the North Island 14 to under 18 team's competition at Mt Smart, Auckland on 25 January. Well done Alec Johnson B14, Melkorka Leggett-Hilmarsdottir G14 and Courtney Wiggins G15. Alec threw the discus 40.37m for a PB: Melkorka is back on form throwing the javelin 30.61m: and Courtney earned team points in the sprints. The Athletics Waikato BOP team was 5th overall. Congratulations and well done.

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

For further information 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 groups 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. A 20-30 minute gentle run is followed by 60 minute yoga practice. Wear 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 are recommencing this Tuesday 4 February.

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 athletics

The club championships for those 12 years and above will commence Wednesday 5 February and all those taking part are to be a current financial member of the Club prior to the commencement of the evenings programme.

The amended championship programme for 5 February is:

6.15pm - 100 metres championship - all grades
Discus - all grades

6.30pm - 200 metres non championship

6.45pm - 1500 metres non championship for those grades under 16

7.00pm - 3000 metres championship for all grades 16 and above. 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, 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

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 1 February – Open meeting at Tauranga Domain. 3.00pm start.

Saturday 8 February – Porritt Classic Hamilton. Goggle Athletics Waikato Bay of Plenty and click onto Porritt Classic for the programme, entry details etc. **Note entries close this Friday 31 January.**

Friday 31 January.

Children - 8 February - Ribbon Day, Glenshea Park, Putaruru - 10.00am start.

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 **Note early entry closes 23 February.**

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

Trout Fly dates: (all Thursday evenings)

2014	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
February 13	
February 27	
March 13	
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 Corry 021 770 266

RESULTS

Teens and Seniors Track and Field - weekly results

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

22 January 2014

600 metres

Kurt Rice	M19	1.43.0
Robert Griffin (v)	B14	1.44.4
Andrew Innes	M17	1.49.8
Karyn McCready (v)	W45	1.56.9
Christopher Werner	B12	2.09.5
Mark Geddes	M50	2.33.0

Peter Vyver M70 3.02.3

60 metres

Mark Geddes	M50	9.4
Karyn McCready (v)	W45	10.2
Luanna George	W45	10.8
Peter Vyver	M70	13.8

Andrew Innes	M17	7.7
Kurt Rice	M19	8.3
Robert Griffin (v)	B14	8.4
Sarah Bain	W17	9.1

Christopher Werner	B12	8.7
Adrian Lysaght	M35	9.0
Russell Clarke	M20	9.2

200 metres

Andrew Innes	M17	26.0
Robert Griffith (v)	B14	30.2
Christopher Werner	B12	30.5
Sarah Bain	W17	32.0

Adrian Lysaght	M35	29.7
Russell Clarke	M20	32.5
Karyn McCready (v)	W45	33.2
Mark Geddes	M50	35.0

5000 metres handicap (in finish order)

Richard Harris (v)	M20	20.07.3
Luanna George	W45	26.39.1
Martin Harris	M60	25.54.9
Christopher Werner	B12	28.35.7
Adrian Lysaght	M35	18.00.9
Mark Geddes	M50	33.49.2 (w)
Peter Vyver	M70	26.53.3
Sue Crowley	W40	19.04.7
Rinus Adriaansz	M55	40.18.5 (w)
Steven O'Callaghan	M20	17.05.8
Russell Clarke	M20	20.41.8

Shot put (different weights thrown)

Luanna George	W45	5.01
Russell Clarke	M20	6.14
Adrian Lysaght	M35	5.67

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1985, 1986, 1987.



No 21 1985

Date 20 April 1985

Male Winner Don Greig
Time 2.22.16
Club New Brighton

Female winner Heather Matthews
Time 2.48.00
Club Kerikeri Striders

Starters 3507
Finishers 3401
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - John Marten 35th 2. 38.02
: Female - Selina Beaven 405th 3.04.28
Number under 2 hours 50 minutes - 135
Number under 3 hours - 310
Time of last finisher - 7.18.44

- The "Fletcher" turns 21. This has only come about due to the various teams of hard working club members, volunteers, generous sponsors and enthusiastic runners
- Now the biggest and most popular marathon in the country
- A pewter plated commemorative medal awarded to all finishers
- It was the wettest event in its 21 year history
- Rain drenched and wind-blown runners were mostly in good humour at the finish. One commented "it rained steady for the first half, then a downpour in the second bit, and quite heavily towards the end". Despite waterlogged shoes and soggy clothing the percentage of finishers was higher than usual with only 4% calling it quits
- Possibly the most amazing performance of this year was that of Southland's Derek Turnbull who was 48th overall, finished in 2.40.38 running 3 minutes 48 seconds for each kilometre. Derek was only 58 years old! Was it a world best?
- Road closure put in place on Hamurana Road, between the intersection of Tauranga Direct Road and the intersection of State Highway 33 - Mourea

No 22 1986

Date 3 May 1986

Male Winner Derek Froude
Time 2.17.39
Club Wellington Harriers

Female winner Jillian Costley
Time 2.46.58
Club Napier Athletic

Starters 2930
Finishers 2743
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - Tony Grant 25th 2. 36.24
: Female - Selina Beaven 389th 3.10.22
Number under 2 hours 50 minutes - 97
Number under 3 hours - 237
Time of last finisher - 7.19.34

- As has become the tradition participant numbers after a medal year drop considerably with only 2930 starting.
- A Running Forum themed "running and the ageing process" was held, this perhaps appropriate as more than half the field were men over forty years and women over 35
- Derek Froude turned in the second fastest time for the event - 2.17.39. 11 seconds outside of Paul Ballinger's 1981 record
- Two local hotels held post-race functions - The Sheraton (Beerefest) and the Hyatt Kingsgate (Mardi Gras)
- The prize list now \$30,000.00 and the entry fee \$20.00 with non-club members paying an additional \$7.00. The Pasta Party was \$4.00 per person.
- Training awards for the winners now up to \$4000.00 each, with second placers getting \$2000.00, 3rd \$750.00 and 4th \$500.00.

No 23 1987

Date 2 May 1987

Male Winner John Campbell
Time 2.18.43
Club Invercargill

Female winner Bernie Portenski
Time 2.49.57
Club Scottish Harriers

Starters 2555
Finishers 2428
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - Derek Beaven 26th 2. 41.52
: Female - Selina Beaven 173th 2.58.25
Number under 2 hours 50 minutes - 82
Number under 3 hours - 197
Time of last finisher - 6.47.50

- The prize pool increased to \$35,000.00, Entry fee \$25.00 and non club member an additional \$8.00
- At her seventh attempt at the "Fletcher" Bernie Portenski finally won
- Winner's trophy disappears. Found to have been couriered from Wellington, but the truck carrying it was involved in accident on the Desert Road. Trophy believed to be buried beside the Desert Road
- Campbell's' time the 4th fastest male time for the course
- Top three places taken by South Islanders
- Strong and cold winds prevailed on the day, especially over the last 17km along the eastern side Lake Rotorua
- All the results recording, production of time results, alphabetic lists of finishers and awards lists completed by 5.00pm. The last finisher was clocked in at 6.47.50

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.