



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

22 February 2014

The past week:

Fine Tuesday and Wednesday evenings last week allowed the track and field activities to go ahead.

Both the walking and running clinics are now increasing time on their feet.

The fortnightly Thursday Trout Fly was held in windy conditions. Results are on the reverse.

Bike Festival week:

The Bike Festival concludes on Sunday 23 February. Care still needs to be taken when running and walking in the Forest.

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 26 February is:

6.15pm - Triple jump championship – all grades
Javelin championships – all grades

6.45pm - 100 metres – non championship
- 2km steeplechase championships – men and women 15, 16, 17 (**no younger grades**), women 35 plus and men 60 plus

7.05pm - 3km steeplechase championship – men 19, 20-34 and 35-59, plus women 20-34
- 2km run or walk – non championship

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 Weekend 22/23 February – AWBOP Senior championships, Tauranga Domain. No on the day entries.

Children –

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

Off Road half marathon (and associated events):

Sunday 9 March. Those entering note early entry closes 23 February. You can enter at www.eventpromotions.co.nz or uplift an entry form from the Neil Hunt Park clubrooms.

If not running or walking become involved as a volunteer. The volunteer information is now at the Neil Hunt Park clubrooms for you to indicate that you can assist. 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

12 February 2014

Championship events

800 metres - run

Christopher Werner	B12	3.03.4
Marty Morris	B12	3.21.4
Alec Johnson	B14	3.04.2
Julian Smith	M17	2.32.1
Andy Innes	M17	2.39.4
Tom Voysey	M17	3.20.0
Kurt Rice (v)	M19	2.29.4
Steven O'Callaghan	M20	2.13.6
Jason Finnerty	M20	2.36.1
Russell Clarke	M20	2.36.7

Chris Roguski (v)	M20	3.08.2
Lindsay Foster	M55	3.11.2
Martin Harris	M60	3.42.4
Max Bragg	M65	3.23.7
Sue Crowley	W40	2.30.8
Kerris Browne	W40	4.10.5
Karyn McCready	W45	2.47.8
Luanna George	W45	3.29.3

800 metres – walk

Rinus Adriaansz	M55	6.12.0
Sharissa Hetherington	W40	8.30.7
Denise Caudwell	W55	6.05.5

80 metre hurdles

Chris Werner	B12	15.0
Bjarni Leggett	B12	16.8
Marty Morris	B12	19.5
Alec Johnson	B14	14.6
Julian Smith	M17	13.8
Tom Voysey	M17	19.1
Maia Carrington	G13	19.0
Mackenzie van Fulpen	G15	15.6
Kerris Browne	W40	28.0

High jump

Christopher Werner	B12	1.25
Marty Morris	B12	1.15
Alec Johnson	B14	1.30
Julian Smith	M17	1.50
Andy Innes	M17	1.30
Kurt Rice (v)	M19	1.35
Steven O'Callaghan	M20	1.35
Jason Finnerty	M20	1.35
Russell Clarke	M20	1.15
Maia Carrington	G13	1.10
Mackenzie van Fulpen	G15	1.45
Kerris Browne	W40	1.10

Non championships

100 metres

Julian Smith	M17	12.4
Alec Johnson	B14	12.4
Kurt Rice	M19	12.7
Tom Voysey	M17	13.6
Jason Finnerty	M20	13.4

Andy Innes	M17	12.6
Chris Roguski (v)	M20	14.5
Sarah Bain	G15	15.1
Denise Caudwell	W55	29.4 (w)
Luanna George	W45	31.2 (w)

Tom Voysey	M17	12.5
Kurt Rice (v)	M19	12.6

3000 metres

Max Bragg	M65	15.12.3
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Trout Fly – 13 February 2014

5km:

1	Sam Osborne	16.08
2	Sjors Corporal	16.32
3	Bruce Edwards	17.41
4	Colin Earwaker	17.47 (BPY 0.10)
5	Duncan Smith	18.13
6	Sue Crowley	18.22 (PB 0.04) Rec wom & Vet wom
7	Jason Steyn-Ross	18.32
8	Andy Hickson	18.52 (PB 0.07)
9	Hamish Worboys	19.08
10	Sam Rossiter	19.33
11	Russell Clarke	19.39 (PB 0.03)
12	Rachel Cavanagh	19.43
13	Richard Ball	19.54
14	Kerry Robinson	19.57 (PB 0.33)
15	Shayne Hossack	19.58
16	Nic Leahy	20.16 (PB 0.45)
17	Greg Kidd	20.20 (PB 1.04)
18	Graeme Moore	20.37
19	Stephanie McHale	20.41
20	Chris Browne	20.42 (PB 0.38)
21	Charlotte Pearson	20.48 (PB 0.20)
22	Dave Fisher	21.19 (PB 1.24)
23	Michael Tang	21.39 (PB 1.06)
24	Michael Harrison	21.40
25	Chris Lord	21.43 (PB 0.33)
26	Justin Randell	21.46 (PB 0.16)
27	Campbell Horn	22.08 (BPY 0.01)
28	Melanie Thompson	22.09 (PB 0.56)
29	Phil McDonald	22.10 (PB 0.54)
30	Ricky Haverkamp	22.32 (PB 0.29)
31	Gaine Petersen	22.40
32	John Harvey	22.42
33	Nicola Fisken	22.42 (PB 0.23)
34	Phil Gulbransen	22.50
35	Kerryn Barker	22.53
36	Graeme Pearson	22.56
37	Stephen Rolls	23.36 (PB 0.01)
38	Daniel O'Connell	23.48 (PB 0.41)
39	Max Bragg	24.20
40	Ed Osborne	25.02 (PB 2.04)
41	Sam Atkinson	25.31 (PB 0.16)
42	Chris Bycroft	25.41 (BPY 1.43)
43	Amy Bray	25.45 (PB 1.04)
44	Jamie Turner	25.52 (PB 0.15)
45	Luanna George	26.03
46	Peter Vyver	26.17
47	Dan Roberts	27.26 (BPY 0.06)
48	Anthony Buckley	28.18
49	Faye Brown	28.18
50	Rachel Catley	28.19
51	Sharron Burrell	28.30 (PB 0.56)
52	Jemmel Ruland	28.30 (PB 1.37)
53	Viv Sutton	28.43
54	Louise Rickard	28.50 (PB 1.01)
55	Christine Butler	28.54
56	Allison Scott	28.54 (PB 1.31)
57	Rena Joy	29.03 (PB 0.25)
58	Angela Koller-Schultz	29.04 (PB 1.38)
59	Erin Dender	29.06 (PB 3.43)
60	Fiona Bines	29.06
61	Rachel McLenachen	29.07
62	Kerris Browne	29.13
63	Joanna Wilce	29.52 (PB 2.07)
64	Jo Cheesman	30.32 (PB 4.13)
65	Ping Chen	31.02 (PB 1.55)
66	Angela Grunwell	31.07 (PB 0.31)
67	Teena Mills	31.32 (PB 0.23)
68	Jeanette Dekker	31.43 (BPY 0.12)

69	Nicky Hawker	32.06 (PB 2.17)
70	Leanne Willis	32.22
71	Keith Walmsley	32.32 (PB 1.30)
72	Sonya Hunt	36.45
73	Cherry Te Kiri	36.45
74	Kay Thompson	36.46
75	Denise Caudwell (w)	37.43 (PB 1.10) rec. Women walk
76	Rinus Adriaansz (w)	37.48 (PB 4.14)
77	Annette Henderson	43.04

2.88km:

1	Kurt Rice	11.41
2	Cati Pearson	11.47 (PB 0.10)
3	Gareth Upston	12.37
4	Sarah Lei	12.57
5	Jayden Mills	13.57
6	Natalie Pinkney	14.08 (PB 1.26)
7	Sam Pinkney	14.08 (PB 1.26)
8	Martin Harris	14.21
9	Georja Kidd	14.28
10	Oliver Atkinson	14.45
11	Connor Franklin	15.35
12	Ali Brace	15.54
13	Stella Pinkney	15.55 (PB 1.44)
14	Jerome Walmsley	15.57 (PB 2.37)
15	Matt Fisken	16.00 (PB 0.28)
16	Christine Crowley	16.02 (PB 0.28)
17	Stella Win	16.02
18	Kaya Corporaal	16.14
19	Kaleigh Aitchinson	16.16
20	Alie Corporaal	16.24
21	Michael Rossiter	16.30
22	Celene Aitchinson	16.31
23	Eleanor Crowley	17.34
24	Dave Rossiter	17.40 (PB 0.14)
25	Joel Sutton	18.08
26	Michelle Morse	19.20
27	Natasha Timms	19.20
28	Kelli Lalich	19.20 (PB 0.19)
29	Debbie McClenaghan	19.20
30	Kim Stevenson	19.21 (PB 11.13)
31	Freya Lord	20.03
32	Emma Hickson	20.04 (PB 1.10)
33	Waverley Newson	20.24
34	Christian Walmsley	20.44
35	Logan Nicholson-Mabey	21.12
36	Caitlin Newson	21.13
37	Hannah Hickson	21.58 (PB 6.47)
38	Jodie Hickson	21.58 (PB 6.47)
39	Clara McIntyre	24.17
40	Jemma McDonald	24.22 (PB 5.32)
41	Sam Henderson	24.22 (PB 0.27)
42	Aria Browne	24.35
43	Javier Browne	24.35
44	Mandy Maulder	25.00
45	Jackie Mitchell	25.13
46	Joel Nicholson	31.32
47	Clodagh Nicolson	31.59
48	Marg Burling (w)	32.01
49	Kyle Burling (w)	32.01

Copthorne off Road Half marathon, 10km, 5km and Little Devils fun/run – Sunday 9 March. Headquarters Waipa Mountain Bike car park – course in Whaka Forest

Those entering note that early entry closes **23 February**. You can enter at www.eventpromotions.co.nz or uplift an entry form from the Neil Hunt Park clubrooms. Want to be a volunteer especially on Sunday. Then put your name on the list at the clubrooms

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1995, 1996, 1997



No 31

1995

Date 29 April 1995

Male Winner Mark Hutchinson
Time 2.23.19
Club North Shore Bays - Auckland

Female winner Nyla Carroll
Time 2.47.44
Club Owairaka - Auckland

Starters 2222
Finishers 2167

Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Peter Handcock 5th 2.26.44
: Female - Karyn McCready 327th 3.17.44
Number under 2 hours 50 minutes - 58
Number under 3 hours - 132
Time of last finisher - 7.34.59

- 31 seconds separated the first three across the line at the 31st "Fletcher". There has not been a finish as close since 1967, when 7 seconds separated the first three
- For both winners it was their second win at Rotorua
- Walkers welcome to compete, but they had to note the following - all to start at the official start time of 10.00am : No special merit prizes or awards will be given to walkers, although they were eligible for ordinary merit prizes provided they completed the course within the customary cut off time for awards - 5 hours: they were eligible for spot prizes
- Very strong chilly southerly wind made the run from Mourea: something of a struggle for the participants

No 32

1996

Date 4 May 1996

Male Winner Dale Warrander
Time 2.21.47
Club North Shore Bays - Auckland

Female winner Nyla Carroll
Time 2.40.48
Club New Plymouth Harriers
Starters 2078
Finishers 2007

Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Peter Handcock - 5th 2.26.03
: Female - Donna Fiske - 321th 3.22.58
Number under 2 hours 50 minutes - 59
Number under 3 hours - 1129
Time of last finisher - 8.17.35

- Carroll takes her third consecutive win
- Entries hold steady around the 2000 mark
- 50000th person to finishes the Fletcher Challenge Marathon.
- This year saw an update in the way the results and times were handled. The system modernised so that times

were directly inputted in the computer system by a push of a button at the finish line

- Bar codes were used on race numbers, these removed at the end of the finish chute and scanned in the results room
- Four first time marathoners were in the group of nine at 28km. Dale Warrander one of the four prevailed in the end. The records show the only other "first timer" male to win was Steve Denholm in 1979
- Membership of the Survivors Club now 99. The Club held its inaugural after race function with 25 in attendance

No 33

1997

Date 3 May 1997

Male Winner Phil Costley
Time 2.20.37
Club Hastings Athletic Club

Female winner Marion Millward
Time 2.52.43
Club Hamilton Harriers

Starters 2142
Finishers 2079

Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Colin Earwaker - 16th 2.41.01
: Female - Hilary Grinter - 344th 3.24.00
Number under 2 hours 50 minutes - 38
Number under 3 hours - 98
Time of last finisher - 8.11.20

- Brother and sister now winners of the prestigious Rotorua event. Phil Costley joined his four time Rotorua winner, sister, Jillian in the marathon's Hall of Fame
- Overseas entrants rose this year to a record 126
- The weather was brilliant. Said to be just the right temperature for running with a cooling wind
- Prize pool now \$80,000.00. Entry fee \$50.00, non club members an additional \$10.00, an overseas entrant NZ \$60.00, the pasta party \$20.00 and the Zonta Breakfast \$6.00
- The woman's title was wide open with Marion Millward taking the win from two time winner Bernie Portenski
- Over the years, Race Director, Dennis Kenny had witnesses some dramatic and moving moments associated with the event, but none more so than this year, when he looked up and saw Allen Maisey of Cambridge heading towards the finish line. What was so different from other finishers? Allen, with one leg, had completed the course on a set of old fashioned wooden crutches in a time of 6.30.08, having another forty odd finish behind him

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

Readers of the 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.rotoruumarathon.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 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.