



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)

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

## GUFF SHEET

22 March 2014

### The past week:

The local teens and adults track and field action has wrapped up for this season – other than the prize giving.

The Thursday fortnightly Trout Fly event again attracted good numbers. Looking at the results below a number of PBs was turned in.

Because of cyclone Lusi the Athletics Waikato BOP children's athletics championships have been postponed until this Sunday 23 March.

Cyclone Lusi also had an influence on what the running and walking clinic members did on Sunday. Some opting not to run or walk at all: others heading out and experiencing what it is like to run/walk in the rain and wind.

### 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](mailto: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](mailto: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.

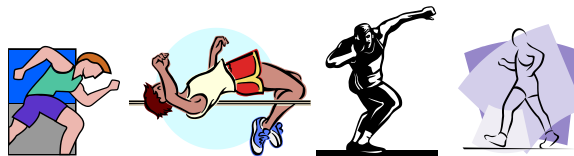
##### Pm **Teens and adults summer track and field**

The competition for this season is over

The final event for this section of the Club is the prize giving being held Wednesday 26 March 6.15pm at the Neil Hunt Park clubrooms – off Tarawera Road

For catering purposes please advise Lindsay on the number below if you are attending.  
If no answer please leave a clear message

Contact person – Lindsay Foster – 348 6818 evenings



#### 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

**28-30 March** – Athletics NZ championships at Newtown Park, Wellington

### Children –

**This Sunday 23 March** – The rescheduled Athletics Waikato BOP children's championships at Tauranga Domain. Good luck to club members taking part

## Trout Fly: (Thursday evening)

March 27 is the final event of this summer's series.

The tradition at this evening is to "dress up".

Who will have the best running costume?

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 - 13 March 2014

#### 100 metres Handicap

1.	Denise Caudwell	(w)	W55
2.	Sharissa Hetherington	(w)	W40
3.	Jessica Bach		G15
4.	Luanna George		W45
5.	Mere Attwater		W50
6.	Sarah Bain		G15
7.	Mackenzie van Fulpen		G15

1.	Bjarni Leggett		B12
2.	Byron Haigh		B13
3.	Tom Voysey		M17
4.	Julian Smith		M17
5.	Colin Davis		M45
6.	Kurt Rice		M19
7.	Rinus Adriaansz	(w)	M55

#### 800 metres

Colin Davis	M45	3.16.4
Luanna George	W45	3.32.3
Mere Atwater	W50	3.46.6
Denise Caudwell	(w) W55	5.28.7
Rinus Adriaansz	(w) M55	5.55.6

#### Discus (different weights thrown)

Brooklyn Tomo	B14	41.90
Alec Johnson	B14	39.98
Sharissa Hetherington	W40	15.82
Bjarni Leggett	B12	15.25
Byron Haigh	B13	13.60

#### Long jump

Luanna George	W45	2.67
Mere Attwater	W50	2.22
Denise Caudwell	W55	2.83
Sharissa Hetherington	W40	1.15
Byron Haigh	B13	3.78
Bjarni Leggett	B12	3.84
Colin Davis	M45	3.13

#### Shot put (different weights thrown)

Denise Caudwell	W55	6.04
Rinus Adriaansz	M55	5.58
Luanna George	W45	5.83
Colin Davis	M45	6.28
Jessica Bach	G15	4.40
Mackenzie van Fulpen	G15	4.57
Mere Attwater	W50	5.68
Mark Geddes	M50	5.65
Sarah Bain	G15	4.41
Kurt Rice	M19	8.74
Julian Smith	M17	8.95
Alec Johnson	B14	9.23

#### Javelin

Alec Johnson	B14	23.95
Brooklyn Tomo	B14	31.57

#### High jump

Sarah Bain	G15	1.20
Kurt Rice	M19	1.30
Julian Smith	M17	1.30
Mackenzie van Fulpen	G15	1.30
Jessica Bach	G15	1.20

### Trout Fly -13 March 2014

#### 5km:

1	Michael Voss	16.59
2	Sjors Corporal	17.15
3	Adrian Lysaght	17.18
4	Chris Corney	17.21 (BPY 0.06)
5	Matt Parsonage	17.24
6	Bruce Edwards	17.29
7	Stephen Bjarnesen	18.17
8	Andy Hickson	18.33 (PB 0.15)
9	Duncan Smith	18.36
10	Sue Crowley	18.40
11	Dave Cronshaw	19.07 (BPY 0.47)
12	Sam Rossiter	19.29
13	Russell Clarke	19.31
14	James Wilce	19.36 (PB 0.42)
15	Fred Shilton	19.39
16	Shayne Hossack	19.53
17	Mark Hunt	19.56 (PB 0.35)
18	Greg Kidd	20.00 (PB 0.20)
19	Stephanie McHale	20.01 (PB 0.05)
20	Antony Buckley	20.47 (PB 1.25)
21	Gaine Peterson	20.51 (PB 0.18)
22	Erin Leahy	21.22
23	Chris Browne	21.36
24	Charlotte Pearson	21.39
25	Graeme Pearson	21.43
26	Chris Lord	21.43 (PB 0.10)
27	Bruce Smith	21.50
28	Campbell Horn	21.54 (PB 0.12)
29	Robbie Ramlose	21.56

30	Kimberley Everson	21.56 (PB 0.32)
31	Tracy Hay	22.07
32	Kerryn Barker	22.16
33	Scott Curran	22.26 (PB) 0.59)
34	Phil Gulbransen	22.32
35	Jodie Hickson	23.00
36	Kelly Mitchell	23.04 (PB 0.05)
37	Ray Hewlett	24.21
38	Cy Atkinson	24.44
39	Amy Bray	24.44 (PB 0.13)
40	Ed Osborne	24.49 (PB 0.13)
41	Stevie Fiske	24.50
42	Max Bragg	24.55
43	Sam Pinkney	25.03
44	Gerald Pinkney	25.06
45	Oliver Atkinson	25.12 (PB 0.47)
46	Natalie Pinkney	25.18
47	Sam Atkinson	25.19
48	Nikola Fiskén	25.30
49	Faye Browne	25.51 (PB 2.27)
50	Kaye King	26.14
51	Melanie Cameron	26.28 (PB 1.31)
52	Jamie Turner	27.08
53	Clarrie Hall	27.09 (PB 0.18)
54	Peter Vyver	27.18
55	Matt Fiskén	27.36
56	Angela Kohler-Schultz	28.17 (PB 0.47)
57	James Watson	28.19
58	Megan Scott	29.31
59	Judy Hewlett	30.14
60	Stella Win	30.19
61	Lily Gordon	30.19
62	Leanne Willis	30.29 (BPY 1.53)
63	Louise Rickard	30.31
64	Sherry Brewer	30.32
65	Marg Armstrong	30.32
66	Shirley Day	30.45
67	Viv Sutton	30.47
68	Keith Walmsley	32.14
69	Rachael Cavanaugh	32.54
70	Liam Murphy (+pram)	32.54
71	Amy Mitchell	33.19
72	Stacey Van Der Vegte	33.26
73	Eleanor Crowley	33.58
74	Denise Caudwell	36.44 (w)
75	Rinus Adriaansz	37.43 (PB 4.19) (w)
76	Maree Kinder	38.13 (w)
77	Jordan Van Der Vegte	38.31 (PB 3.31)
78	Nicky Van Der Vegte	39.32
79	Cindy Raureti	39.22 (PB 2.26)
80	Sonia Hunt (w)	39.55 (BPY 9.20) (w)
81	Cherry Te Kiri	39.55 (PB 9.20) (w)
82	Sam Henderson	41.17 (w)
83	Graeme Moore	41.17 (w)
84	Annette Henderson	58.06 (w)
85	Alie Corporaal	58.06 (w)

#### 2.88km:

1	Logan Marten	11.08 (PB 0.11)
2	Kurt Rice	11.15 (PB 0.26)
3	Melanie Thompson	11.34
4	Gareth Upston	12.37
5	Sarah Lei	12.42 (BPY 0.15)
6	Kaleigh Aitchinson	13.38 (PB 1.18)
7	Martin Harris	14.02
8	Luanna George	14.21
9	Jyrome Walsley	14.46 (PB 1.09)
10	Mere Attwater	15.08 (PB 0.26)
11	Abby Bateman	15.36
12	Aaron Bateman	15.36

13	Freya Lord	15.48 (PB 1.05)
14	Debbie McLenaghan	16.51 (PB 1.08)
15	Michael Rossiter	17.00
16	Michelle Morse	17.19 (PB 2.01)
17	Natasha Timms	17.20 (PB 0.54)
18	Kelli Lalich	17.21 (PB 0.52)
19	Kim Stevenson	17.22 (BPY 0.52)
20	Sam Cheesman	17.58 (PB 0.33)
21	Samantha Bateman	18.02
22	Christian Walmsley	18.37 (PB 2.07)
23	Joel Sutton	18.50
24	Nicola Atkinson (+pram)	19.46
25	Braden Atkinson	20.16
26	Harry Cheesman	20.17 (PB 2.38)
27	Dave Rossiter	20.36
28	Logan Nicholson	21.16
29	Jacquie Mitchell	23.44
30	Nikki Bateman	23.56 missed turn around
31	Codey Rawiri	23.56 missed turn around
32	Mandy Maulder	24.38
33	Teena Mills	25.12
34	Doris Bragg	29.29 (w)
35	Kathy Jackson	29.56 (w)
36	Joel Nicholson	30.46 (w)
37	Clodagh Nicholson	30.46 (PB 1.13) (w)
38	Jade Mitchell	31.13 (w)
39	Annabel Fordyce	31.13 (w)
40	Atareta Walmsley + pram	31.39 (PB 1.19) (w)
41	Moe Walmsley	32.51 (PB 0.31) (w)

### **The Rotorua Marathon:** *A brief history of the event and For some a trip down memory Lane. Below are highlights etc From 2006, 2007, 2008, 2009*



#### **No 42**

#### **2006**

Date 29 April 2006

Male Winner Scott Winton

Time 2.25.34

Club Magness F& P Pakuranga

Female winner Melanie Burke

Time 2.53.35

Club Auckland

Starters 1853

Finishers 1794

Sponsor Lion Foundation New Zealand

Event Owners Athletics New Zealand

First local finisher: Male - Chris Corney - 7th - 2.43.56

: Female - Deanna Hape - 210th - 3.29.12

Number under 2 hours 50 minutes - 13

Number under 3 hours - 35

Time of last finisher - 7.48.11

- Still at the Village Green operating from a "tent city"
- Results now available online from the events website. No results book published
- Marathon numbers up slightly on previous year
- The traditional finish line cuppa dispensed with
- In winning Burke was 11 minutes faster than her first marathon on the course 12 months earlier when she was second
- 56 year old Bernie Portenski chalked up her 100th marathon and her 24th Rotorua event. Her time breaking the 55-59 age group

record. Asked what was it like finishing her 100th marathon in Rotorua? "Fantastic and nostalgic. I had very similar feelings to my first marathon, as it was here that I ran my first marathon". Bernie now has four age group record : 40-44 (2.45.19): 45-49 (2.43.38) : 50-54 (2.56.01) and 55-59 (3.03.42)

- With Drs Judi Donnell and John Feisst, who between them for years had managed the finish line medical facilities no longer wishing to be in charge, Rotorua St John were contracted to handle this area

**No 43  
2007**

Date 28 April 2007

*Male Winner* Craig Kirkwood  
Time 2.23.44  
Club Mt Maunganui

*Female winner* Rina Hill  
Time 2.50.07  
Club Australia

Starters 1770  
Finishers 1589

Sponsor Lion Foundation New Zealand  
Event Owners Athletics New Zealand  
First local finisher: Male - Chris Corney - 6th - 2.39.40  
: Female - Lynne Peirse - 161st - 3.28.29

Number under 2 hours 50 minutes- 13  
Number under 3 hours - 40  
Time of last finisher - 8.03.03

- Back to the Government Gardens to the new addition to the old Sportsdrome - (the Energy Events Centre.
- First overseas female winner – Rina Hill of Brisbane
- \$25,000 on offer if the men's record broken (2.16.05 which has stood since 1988) and the women's (2.37.37 set in 1994). The proviso was that neither winner did not have a personal best time lower than the course records at the time of starting the race
- No marquees outside – registration, medical centre, cold drinks, bananas, tee shirts, gear bag collection, massage, awards, viewing of the finish on a big screen, Club "tents" all within the same building the Energy Events Centre
- Catering rights at the Energy Events Centre did not allowed the Zonta ladies to continue hosting their Sunday morning breakfast
- Recalibration of the course saw the both the start and finish line on Queens Drive, and the return of the run through the Archway
- Additional portaloos placed around the course
- Finisher certificates obtained by downloading from website
- Stick on race numbers introduced. Shame they were not about in 1989 when 24000 safety pins were used
- And off course it rained!

**No 44  
2008**

Date 3 May 2008

*Male Winner* Joe Piggin  
Time 2.27.43  
Club Pakuranga Athletic Club

*Female winner* Hanny Allston  
Time 2.43.41  
Club Auckland City Athletic

Starters 1677  
Finishers 1647

Sponsor Lion Foundation New Zealand

Event Owners Athletics New Zealand

First local finisher: Male- Colin Earwaker - 9th - 2.38.13  
: Female - Sarah Biss – 190th - 3.28.57

Number under 2 hours 50 minutes 23  
Number under 3 hours - 46  
Time of last finisher - 7.54.25

- Not experienced for a number of years was the chilly headwind over the final 17km
- Allston's time was the fastest women's time since 2004
- Marathon numbers down albeit slightly as has been the tradition before an anniversary year
- Marathon entry fee now \$90.00 (\$10.00 less for a registered Club athlete), \$100.00 for a late fee, and \$135.00 for a very late fee up to 9.00pm on Friday evening. A far cry from the 50 cents in the early days! The Friday evening pasta party \$22.50 per person, the Sunday breakfast \$13.00 per person. Both hosted at the Energy Events Centre
- New Zealand Marathon championships held within the event

**No 45  
2009**

Date 2 May 2009

*Male Winner* Scott Winton  
Time 2.27.14  
Club Pakuranga Athletic Club

*Female winner* Lara Phillips  
Time 2.55.49  
Club Auckland City Athletic

Starters 2422  
Finishers 2403

Sponsor Lion Foundation New Zealand  
Event Owners Athletics New Zealand

First local finisher: Male - Steven O'Callaghan - 2nd - 2.27.20  
: Female - Siobhan Griffiths - 172nd - 3.22.57

Number under 2 hours 50 minutes - 14  
Number under 3 hours - 43  
Time of last finisher - 8.10.11

- The 45<sup>th</sup> commemorative medal was recast and updated with the beautiful artwork of the runners in front of the Museum
- Seminars held on Friday for "first timers" running.
- The most dramatic finish by a local in the events history, was when Steven O'Callaghan, stumbled 8 metres from the finish line to be overtaken by Scott Winton. O'Callaghan came second by just 6 seconds
- Pace group leaders introduced
- "Adopt a Runner" introduced. Sport Bay of Plenty worked with local schools for children to adopt a marathon entrant. Communication was via email the children learning about what it takes to participate in a marathon
- Age groups records achieved: Master women: 70-74 Marion Sherburn – 4.20.39: 75 years plus Classina van der Veecken - 5.02.59: Masters men: 75-79 Sid Pavett – 3.43.59

**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.rotoruumarathon.co.nz](http://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](mailto: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](http://www.go360.co.nz) for prices,  
classes, opening times etc.