



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

25 January 2014

The past week:

The Running Clinic for those training for the events on the 3 May – the full marathon around Lake Rotorua, the half marathon and the 10.5km – is underway. The Thursday clinic information evening saw a huge attendance at the Neil Hunt Park clubrooms: the first run on Sunday morning even more were in attendance!

As well as the running clinic section of the club, there are around 50 in the club's walking section that are preparing for one of the above challenges.

The Thursday fortnightly Trout Fly event also attracted good numbers while on Wednesday evening the track and field side of the club at the Stadium's No 2 ground had a slight increase in attendance.

The Trout Fly and track results are below.

On the local scene:

SUNDAYS

Distance athletes –

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

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

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 at 7.30pm to 9.00pm at the 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 will recommence Tuesday 4 February - see Wednesday below re ground availability. The Raggamuffin pack in has caused a delay in the start of the 2014 activities. 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 –

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.

The ground will not be available from 28 January until at least Tuesday 4 February – and then maybe not until after 5 February.

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 25 January – Open meeting at Mt Smart Stadium, Auckland - 6.00pm start

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

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

Trout Fly dates: (all Thursday evenings)

2014

January 30
February 13
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 021 770 266

Off road event – King and Queen of the mountain: (this Saturday)

The annual King and Queen Mountain race (up and down Mt Ngongotaha) is on this 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

15 January 2014

60 metres

Alec Johnson	B14	7.9
Jason Steyn-Ross	M20	8.6
Russell Clarke	M20	8.9
Adrian Lysaght	M35	9.0
Maia Carrington	G13	8.7
Christopher Werner	B12	9.1
Steven O'Callaghan	M20	10.4

100 metres

Alec Johnson	B14	12.3
Jason Steyn-Ross	M20	13.8
Adrian Lysaght	M35	14.2
Russell Clarke	M20	14.3
Steven O'Callaghan	M20	16.3

Christopher Werner

B12 15.1

400 metres

Steven O'Callaghan	M20	61.9
Jason Steyn-Ross	M20	64.8
Adrian Lysaght	M35	67.0
Russell Clarke	M20	70.0

Christopher Werner

B12 79.1

Maia Carrington

G13 152.9

2000 metres - walk

Mark Geddes	M50	1258.1
Luanna George	W45	1359.7
Rinus Adriaansz	M55	1600.1

2000 metres – run

Steven O'Callaghan	M20	628.3
Jason Steyn-Ross	M20	650.5
Adrian Lysaght	M35	655.6
Russell Clarke	M20	734.3
Karyn McCready (v)	W45	743.7
Rinus Adriaansz (w)	M55	1506.5

Long jump

Christopher Werner	B12	4.34
Maia Carrington	G13	3.62

Javelin (different weights thrown)

Karyn McCready (v)	W45	14.35
Rinus Adriaansz	M55	13.00

Trout Fly - 16 January 2014

5.00km:

1 Pierre-Laurent Viguier	15.48	Visitor
2 Steve O'Callaghan	15.54	
3 Jack Moody	16.31	
4 Oliver Shaw	17.14	
5 Adrian Lysaght	17.29	(BPY 0.06)
6 Bruce Edwards	17.36	
7 Chris Corney	17.49	(BPY 0.18)
8 Stephen Bjarnesen	18.51	
9 Sam Osborne	19.04	
10 Andrew Twiddy	19.05	(PB 0.03)

11	Andy Hickson	19.14
12	Dave Gray	19.39
13	Richard Ball	19.55
14	Colin Earwaker	20.03
15	Kerry Robinson	20.30 (PB 0.01)
16	Erin Leahy	20.31 (PB 0.09)
17	James Wilke	20.51 (PB 1.05)
18	Fred Shilton	20.52
19	Nick Leahy	21.01 (PB 0.18)
20	Graeme Moore	21.05 (PB 0.37)
21	Jonathan Hagger	21.11
22	Sarah Pitcher-Campbell	21.22
23	Logan Marten	21.25 (BPY 0.04)
24	Shayne Hossack	21.51
25	Chris Browne	21.51 (PB 0.06)
26	Charlotte Pearson	21.52 (BPY 0.18)
27	Russell Clarke	21.57
28	Graeme Pearson	22.03
29	Kurt Matthews	22.04 (PB 0.22)
30	Kerryn Baker	22.09 (PB 0.24)
31	Campbell Horn	22.23
32	Dave Fisher	22.43
33	Michael Tang	22.45 (PB 1.40)
34	Michael Harrison	22.46
35	Nick Jeffrey	22.57
36	Phil Gulbrandsen	23.09
37	John Harvey	23.14
38	Bruce Easton	23.19 (PB 0.29)
39	Jodie Hickson	23.21
40	Kurt Rice	23.41
41	Nicola Buckley-Fisken	23.41
42	Lucie Peuch	23.56 Visitor
43	Robin Reed	23.58
44	Kelly Mitchell	23.59
45	Scott Curran	24.06 (PB 0.08)
46	Amanda Heaphy	24.40 (PB 3.31)
47	Phil Gulbrandsen	24.44
48	Max Bragg	24.48 (BPY 0.33)
49	Stephen Rolls	25.07
50	Allan Jones	25.23
51	Faith McGregor	25.25
52	Michelle Robinson	25.49
53	Lindsay Foster	25.56
54	Kimberley Evison	25.57
55	Oliver Atkinson	25.59 (PB 3.26)
56	Carol Harwood	26.04
57	Peter Vyver	26.41
58	Sam Atkinson	26.47
59	Luanna George	27.05 (BPY 0.10)
60	Jamie Turner	27.07
61	Chris Bycroft	27.30
62	Marlena Martin	27.43
63	Kirsten Fredricksen	28.06
64	Rachel Catley	28.17 (PB 3.38)
65	Melanie Cameron	28.21
66	Attila Kiss	28.23
67	Amy Bray	28.58
68	Mike Bray	28.59
69	Rina Joy	29.28 (PB 0.13)
70	Sharon Burrell	29.28
71	Dan Roberts	29.33
72	Peter Bloore	29.37
73	Louise Rickard	29.51 (PB 0.08)
74	Kerris Browne	30.45
75	Allison King	30.58 (PB 0.09)
76	Viv Leslie	31.00
77	Barbara Baker	31.01
78	John Holmes	31.50
79	Sheryl Pearson	32.37
80	Rhonda Herring	32.39
81	Celia Willie	32.40
82	Chris Lord	33.13
83	Sophie Leopard	33.31 (PB 10.16)
84	Kirsty Peterson	34.03
85	Keith Walmsley	37.43
86	Marama Christie	38.16 (PB 0.37)
87	Vincent Pierse (w)	38.17
88	Rinus Adriaansz (w)	42.02
89	Barbara Geddes (w)	43.35

90	Mark Geddes (w)	43.35
2.88km:		
1	Gareth Upston	12.04
2	Cati Pearson	12.10
3	Deryck Shaw	13.53
4	Maree McKenzie	14.01 (PB 0.45)
5	Martin Harris	14.08 (PB 0.12)
6	Kathy Jackson	14.22
7	Jayden Mills	14.47
8	Connor Lysaght	15.21
9	Mere Attwater	15.55
10	Anne Dougherty	16.28
11	Nicola Bennett	16.38 (PB 1.51)
12	Kaleigh Aitchinson	16.53
13	Celene Aitchinson	16.55
14	Matt Fiske	17.23
15	Hayley Bason	17.53
16	Roger Allsopp	18.08 (PB 0.08)
17	Ciara Griffiths	18.12
18	Angela Koller-Schultz	18.18
19	Teena Mills	18.33 (PB 0.18)
20	Richie Ellis	18.42
21	Dave Rossiter	19.08
22	Shirley Brown	19.18
23	Jo Cheesman	19.26
24	Kasper Grunwell	19.32 (PB 1.40)
25	Angela Grunwell	19.33
26	Natasha Timms	20.12
27	Kelli Lalich	20.13
28	Samantha Samson	20.14 (PB 1.24)
29	Freyer Lord	20.43
30	Lou Lord	20.46
31	Maree Koopu	16.10 (late start)
32	Jackie Mitchell	23.00
33	Emma Kiss	23.01
34	Lana Martin	23.43 (PB 2.49)
35	Mandy Maulder	24.35
36	Samantha Henderson	24.49
37	Karen Allsopp	26.50
38	Royden Smith	27.16
39	Jenny Hagg	27.18
40	Caleb Smith	27.19
41	Sue Atkinson (w)	30.14

PB >> Personal Best

BPY >> Best Performance of the Year but not PB

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1980, 1981, 1982, 1983, 1984.



No 16

1980

Date 26 April 1980

Male Winner Gerald Dravitzki
 Time 2.21.42 Event record (clockwise)
 Club New Plymouth Harrier Club

Female winner Judith Hine
 Time 2.58.29
 Club New Plymouth Harrier Club

Starters 2204
 Finishers 1953
 Sponsor Fletcher Holdings Ltd - Auckland
 Event Owners Rotorua Athletic and Harrier Club

First local finisher: Male - Jack Foster 9th - 2.28.15
 : Female - Suzanne Cranstoun 1066th - 3.44.17
 Number under 2 hours 50 minutes - 99
 Number under 3 hours - 224
 Time of last finisher - 5.55.37

- A double for New Plymouth based entrants, After twice being third in previous "Fletchers" Dravitzki had the win he had always wanted, while Hine was more than seventeen minutes clear of her next challenger, and was the only second woman to break the three hour standard
- Traffic Sergeant Trevor Scholes remarked "that the Marathon gets easier every year". The Traffic Department supplied a lead car with flashing lights and warning sign, two motorcyclist, and half a dozen points men for the initial 2km
- The likes of the ATC Squadron, Legion of Frontiersmen, and pupils from three secondary schools and an intermediate school joined members of Service Clubs out on the course
- A team of St John cadets and nurses assisted in the medical area. Six first aid points linked by radio telephone manned by the Rotorua Amateur Radio Corp members were linked to the two ambulances and mini buses following the race
- Start time now 10.00am against the previous 11.00am
- Entry fee \$7.00. \$4000.00 worth of trophies and entrants tee shirt. Social in the Sportsdrome limited to 3000 at \$6.00 per person
- Three water tankers were used to transport several thousand gallons of water to the drink stations. Over 100 plastic buckets 7000 sponges and 10000 paper cups were some of the items used out on the course

**No 17
1981**

Date 2 May 1981

Male Winner Paul Ballinger
Time 2.17.28 Event record
Club New Plymouth Harriers

Female winner Christine Munro
Time 2.56.04
Club Owairaka

Starters 2736
Finishers 2548
Sponsor Fletcher Holdings Ltd - Auckland
Event Owners Rotorua Athletic and Harrier Club

First local finisher: Male - Stan Gawler 63rd - 2.41.18
: Female - Carolyn Pink 1445th - 3.42.57
Number under 2 hours 50 minutes - 144
Number under 3 hours - 334
Time of last finisher - 6.26.22

- A another set of "firsts" for the "Fletcher" – the largest marathon in New Zealand: a finisher tee shirt replacing the entrants shirt issued the previous year: the availability of a "finishers photograph" for purchase on Sunday morning: the first New Zealand Marathon championships for men and women linked with a major marathon: a centre fold of photos in the results book.
- As in the past entries were received in Rotorua, checked for accuracy, and then forwarded to Fletcher Holdings, Auckland, for processing
- 2736 started this year's event, more than the total of the first thirteen "Fletchers" – 2175
- "Legend goes with record" – Paul Ballinger's 2.17.28 took some twenty three seconds off the legendary Jack Fosters time set 10 years ago on the anti-clockwise course
- In being the first woman to home Christine Munro took 24 minutes off her 1978 winning time. Her time a record for the "new course"
- Another legend of the event, Colin Smyth the only person to have finished all seventeen "Fletchers" commented "the marathon doesn't start 'till the 32km mark"
- After the awarding of the New Zealand championships to the Rotorua event headlines read "Poor choice for national event". Fears that the course was too difficult for fast times were laid to rest when the race record was broken

**No 18
1982**

Date 24 April 1982

Male Winner Peter Lee
Time 2.22.37
Club Wainuiomata

Female winner Sharon Ormsby
Time 3.00.03
Club Sunfres Pakuranga (Auckland)

Starters 2422
Finishers 2235
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - Don Jenkin 19th - 2.36.38
: Female - Claire Leathwick 442nd - 3.12.42
Number under 2 hours 50 minutes - 87
Number under 3 hours - 224
Time of last finisher - 7.10.01

- With the merging of Fletcher Holdings Ltd with Wright Stephenson's the company of Fletcher Challenge Ltd was born and from 1982 the "Fletcher Marathon" was to become the Fletcher Challenge Marathon, but was still commonly known as "The Fletcher"
- The start moved from the Gardens Queen's Drive to in front of the Tudor Towers (the Museum)
- Medical Forum held on Friday evening in Sportsdrome. This led by physiotherapist John Wheeler. Prize list now \$12,000 and entry fee \$12.00
- The medical team had quiet day as conditions were ideal
- Nearly 800 of the entrants were first time marathoners
- About \$20,000.00 of Wang computer equipment was transported from Auckland to produce the results
- The chance to participate in overseas marathons were on offer to the two winners with Peter Lee heading to Japan's Kawaguchi Marathon, and Sharon Ormsby to the Honolulu Marathon
- Another first – a full coloured results book was produced in conjunction with Southwestern Publishing Co. Ltd. Advertising was sold to cover costs

**No 19
1983**

Date 30 April 1983

Male Winner Chris Pilone
Time 2.20.59
Club Owairaka

Female winner Jacqui Gilbert
Time 2.47.27 Event record
Club Kiatoa (Palmerston North)

Starters 2777
Finishers 2643
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - Don Jenkin 12th - 2.28.24
: Female - Pam Keelty 680th - 3.18.22
Number under 2 hours 50 minutes - 126
Number under 3 hours - 289
Time of last finisher - 6.29.14

- First time marathoner Jacqui Gilbert, after leading all the way, broke the woman's race record

- Another first for the event. This, that the race was open to non-registered runners. i.e. you did not have to belong to an athletic club. These people had to pay an additional \$5.00 entry fee
- Supporting sponsors now being named on entry forms etc
- Pasta Party, tee shirt swap, and a running forum held on the Friday evening
- Kilometre marks indicated every 5km up to 30km and thereafter every 1km to the 41km mark
- Video showing start and finish and recovery area shown from 3.30pm in the Sportsdrome. Copies available for purchase on an order basis
- Prize list in excess of \$20,000.00. Prize list included trips to Honolulu, Japanese and Fijian marathons, \$1500.00 training award to the male and female winners. Spot prizes were couple of trips to the Sydney City to Surf and Christchurch marathons, a recliner rocker, a microwave oven, an mini stereo set plus a number of minor prizes
- Entry fee \$12.00
- Age groups extended to 65 plus for men and 60 plus for women
- A eight week Daily Post column, leading up to the big day was written by Sunset Sam – another event first

**No 20
1984**

Date 5 May 1984

Male Winner Trevor Wright
Time 2.19.48
Club Tauranga Ramblers

Female winner Ngaire Drake
Time 2.45.35 Event record
Club Wellington Harriers

Starters 2980
Finishers 2824
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - John Marten 26th - 2. 35.24
: Female - Gail Marten- 1276th - 3.39.19
Number under 2 hours 50 minutes - 110
Number under 3 hours - 270
Time of last finisher – 6.58.27

- First time 2 hours 20 minutes broken since 1981
- The unique double of husband and wife winners did not come off. Rosemary, wife of Trevor Wright had to settle for 2nd across the line
- As the field grows so does the number of 1st time marathoners – 1046 this year
- Medical Forum held at the Hyatt Kingsgate Hotel
- 7 brothers finished, plus the son of the eldest brother - the Teahan lads from the Waiarapa and Wellington regions
- 12 of the entrants were aged 65 plus
- Colin Smyth completed his twentieth consecutive “Fletcher” in 2.56.31. His after race comment was “When I get to know the course, I’ll really race it”

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.