



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

29 March 2014

The past week:

Track and field is very much in the wrap up stage for this summer. The final senior event was held last Wednesday. Results herewith.

The children's Athletics Waikato BOP championships were held on Sunday at Tauranga, with a good representation from the Club in attendance.

Those preparing either as a runner or walker for one the events on 3 May (Marathon weekend) have seen a considerable increase in the time they are spending on their feet.

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

Over the next week or so an email with the club's 2014/2015 membership form attached will be forwarded to those on the club's email membership list as at 31 March. Those not on the email list will be posted a membership form.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2014 to 31 March 2015. To do this please print off the form attached to the email and correctly fill in **neatly** all required details.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form (both sides) must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz. If paying by internet it is most important that you use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf. Also all members listed on the form **aged 16 years plus** must sign the declaration on the reverse.

Footnote: It is vital that all those who wish to be eligible for Athletics Waikato BOP championship titles on Marathon day (3 May) renew their membership promptly so it can be processed in time. It takes 3 to 4 weeks for this to happen.



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

This part of the club is nearing the end of its season. Tuesday 1 April is prize giving at the Neil Hunt Park clubrooms off Tarawera Road. 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.

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 Fem Drive on the Waipa Bypass Road.

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms.

Old running shoes:

You may have heard about the Council collecting old shoes for a display for the 50th Rotorua marathon. There will be a box in the Neil Hunt Park clubrooms to collect shoes for the display. Apparently they are going to be spray painted and then placed around the central business area of the City.

Distance events - out of town:

Saturday 12 April – Te Awamutu Golf course Fun run/walk. 9.30am at Te Awamutu Golf club. 3km or 6km run/walk \$15.00: 12km run \$15.00: late fee an extra \$5.00: visit www.sportsground.co.nz/teawamutuathletics for full details

RESULTS

Teens and Seniors Track and Field - weekly results - 19 March 2014 (Results are provisional as membership status needs to be established for some participants)

10000 metres championship

| | | |
|--------------------|-----|-------|
| Steven O'Callaghan | M20 | 33.26 |
| Kenny Brake | M20 | 39.16 |
| Shayne Hossack | M20 | 41.08 |
| Russell Clarke | M20 | 45.42 |
| Jason Finnerty | M20 | 47.40 |
| Idris Sosaia | M20 | 61.26 |

| | | |
|----------------|-----|-------|
| Adrian Lysaght | M35 | 36.15 |
| Andrew Twiddy | M35 | 38.34 |
| Teokotai Paku | M35 | 61.27 |

| | | |
|----------------|-----|-------|
| Tony Broadhead | M45 | 36.13 |
| Colin Davis | M45 | 50.52 |

| | | |
|----------------|-----|-------|
| Lindsay Foster | M55 | 49.52 |
| Phil Kerrison | M55 | 53.08 |
| John Holmes | M55 | 62.05 |

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|-----------|-----|-------|
| Max Bragg | M65 | 51.29 |
|-----------|-----|-------|

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|-------------|-----|-------|
| Peter Vyver | M70 | 58.21 |
|-------------|-----|-------|

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|-------------------|-----|-------|
| Tracey Hay | W20 | 47.22 |
| Anastasia Rickard | W20 | 64.15 |
| Emma van Twuiver | W20 | 64.15 |

| | | |
|---------------|-----|-------|
| Sue Crowley | W40 | 38.19 |
| Kerris Browne | W40 | 59.50 |

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|----------------|-----|-------|
| Karyn McCready | W45 | 41.34 |
| Luanna George | W45 | 54.43 |

| | | |
|----------------|-----|-------|
| Louise Rickard | W50 | 62.43 |
| Shirley Brown | W50 | 67.06 |

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|--------------|-----|-------|
| Ann Eastcott | W55 | 62.53 |
|--------------|-----|-------|

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|---------------|-----|-------|
| Isobel Taylor | W60 | 77.00 |
|---------------|-----|-------|

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|-----------------|-----|-----|-------|
| Rinus Adriaansz | (w) | M55 | 80.16 |
| Colin Smyth | (w) | M70 | 91.43 |
| Denise Caudwell | (w) | W55 | 76.39 |

The Rotorua Marathon:

A brief history of the event and For some a trip down memory Lane. Below are highlights etc From 2010, 2011, 2013, 2014 – the final 4 years!



No 46

2010

Date 1 May 2010

Male Winner Dale Warrander
Time 2.26.54
Club Pakuranga Athletic Club

Female winner Johanna Ottosson
Time 2.50.19
Club Tauranga Athletics

Starters 2092
Finishers 1902

Sponsor Lion Foundation New Zealand
Event Owners Athletics New Zealand

First local finisher: Male - Steven O'Callaghan - 3rd - 2.28.57
: Female – Johanna Ottosson – 11th - 2.50.19

Number under 2 hours 50 minutes - 10
Number under 3 hours - 25
Time of last finisher - 8.19.25

- The 46th event saw Dale Warrander 4th win equal the four wins held by the legendary Jack Foster
- Johanna Ottosson first resident female to win the home town event
- Once again there were the customary road works out on the course. This year at Fairy Springs Road (5km) and the Awahou Straight – the 15km mark.
- Age group record achieved in Master Men 80 plus by Stan Gawler – 5.03.24. This win was in addition to Stan's outstanding age group record in the event which now includes a total of 7 wins. These being: M40 1971 2.45.24 - 1973 2.40.31; M45 1976 2.42.44 - 1978 2.49.10; M50 1981 2.41.18; M70 2000 3.45.57; M80 2010 5.03.24

Note: Stan was a member of the Club for a number of years.

No 47

2011

Date 30 April 2011

Male Winner Dale Warrander
Time 2.23.01
Club Pakuranga Athletic Club

Female winner Johanna Ottosson
Time 2.48.28
Club Tauranga Athletics

Starters 1692
Finishers 1575

Sponsor Lion Foundation New Zealand
Event Owners Athletics New Zealand

First local finisher: Male - Adrian Lysaght - 9th - 2.46.49
 : Female - Johanna Ottosson - 12th - 2.48.28
 Number under 2 hours 50 minutes - 14
 Number under 3 hours - 36
 Time of last finisher - 9.12.11

- Generic tee-Shirt issued to all entrants – no finishers shirt
- Dale Warrander's 5th win eclipsed legendary Jack Foster's 4 wins
- Johanna Ottosson became the second woman to win consecutive events following on from Nyla Carroll's 3 wins (1994, 1995, and 1996)
- Earlier start was introduced for walkers – 8.30am – with marathon runners starting at 10.00am
- The event doubled as the Athletics New Zealand marathon championships
- Event owners Athletics New Zealand appointed Rotorua based Event Promotions Ltd event managers
- Actual finish line and associated finish facilities were located in the Energy Events Centre
- Recent road works necessitated the course around Lake Rotorua to be re-measured and certified
- A new addition for 2011 was the Rotorua Energy Charitable Trust ½ marathon which started at Marama Point (Mourea) and followed the marathon course back to the Government Gardens finish line

No 48

2012

Date 28 April 2012

Male Winner Phil Costley
 Time 2.28.26
 Club Athletics Nelson

Female winner Liza Hunter-Galvan
 Time 2.46.23
 Location Texas, USA

Starters 1466
 Finishers 1449

Sponsor Lion Foundation New Zealand
 Event Owners Athletics New Zealand
 Event managers Event Promotions Ltd

First local finisher: Male - Adrian Lysaght - 7th – 2.43.23
 : Female - Sue Crowley - 71st - 3.20.03
 Number under 2 hours 50 minutes - 15
 Number under 3 hours - 24
 Time of last finisher - 8.06.25

- Phil Costley's 3rd win gives the Costley family 7 Rotorua Marathon titles. Phil 1997, 2000, 2012 Sister Jillian - 1986, 1988, 1990, 1992
- Resident in Texas, U SA, Liza Hunter Galvan returned home to win the event in the fastest woman's time since 2008
- The finish line reverted back to the Government Garden's Queens Drive, outside the Energy Events Centre
- Now in its 20th year the prestigious Rotorua Marathon Survivors Club formed in 1993 for those who finish 15 Rotorua Marathons, has a membership of 444

- The 2nd Rotorua Energy Charitable Trust ½ marathon again started at Marama Point (Mourea) and followed the marathon course back to the Government Gardens finish line. Men's winner, Kenyan Kip Kemei, based in Wellington, recorded a slick time of 1.06.31. Women's winner Rebecca Forlong (Auckland) was the 1st woman across the line in 1.25.01. Starters 1654 – Finishers 1571

No 49

2013

Date 4 May 2013

Male Winner Sam Wreford
 Time 2.22.23
 Club Timaru

Female winner Erin Furness
 Time 2.57.25
 Location: Hamilton
 Starters 1407
 Finishers 1376

Sponsor Lion Foundation New Zealand
 Event Owners Athletics New Zealand
 Event managers Event Promotions Ltd

First local finisher: Male - Steven O'Callaghan - 2nd - 2.34.12
 : Female - Sue Crowley - 35th - 3.08.35
 Number under 2 hours 50 minutes - 10
 Number under 3 hours - 24
 Time of last finisher - 8.22.42

- All marathon and half marathon entrants were again issued with a generic tee shirt
- With the upgrading of Lake Road (2km to 3.5km marks) and the removal of the overhead bridge, the course was rerouted into Railway Road and Monokia Street to exit onto Fairy Springs Road thus eliminating the Koutu intersection
- The children's pre event Mini Marathon attracted 860 from the Bay of Plenty region
- Sam Wreford became the 9th South Islander to win the Marathon.

South Island winners are:

| | |
|----------------------|---------|
| 1978 – Mel Radcliffe | 2.22.11 |
| 1985 – Don Greig | 2.22.16 |
| 1987 – John Campbell | 2.18.43 |
| 1990 – Tom Birnie | 2.22.25 |
| 1991 – Graham Macky | 2.21.34 |
| 1993 – David Rush | 2.21.30 |
| 1994 – Paul Smith | 2.19.12 |
| 2000 – Phil Costley | 2.23.08 |
| 2012 – Phil Costley | 2.28.26 |
| 2013 – Sam Wreford | 2.22.23 |

- The 3rd Rotorua Energy Charitable Trust Half Marathon started from the marathon's Government Gardens start line this year and took in the last 11km of the marathon course returning along the same course to the finish line in the Gardens. Male winner: Tony Payne (Auckland) 1.11.33 Woman winner: Rebecca Forlong (Auckland) 1.24.23 retained her 2012 title Starters: 1352 Finishers: 1347

***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.rotoruarunners.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.