



Website: www.lakecity.co.nz
Email: lakecity@xtra.co.nz

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

GUFF SHEET

4 January 2014

Welcome to 2014.

The past week (s):

The evenings pre-Christmas were taken up with various social functions as well as exercise: Santa came and visited the Children's final 2013 Tuesday athletics evening: The same evening he managed to come to the Neil Hunt Park clubrooms for the walkers function. If he can move around that quickly he must be fast on his feet!: Wednesday evening was the teens and adults BBQ and events to wind up the first section of track for this season: Thursday was the last of the 2013 fortnightly Trout Fly series, followed by a social function at the clubrooms.

Over the holiday period there has been the King and Queen of The Mount at Mt Maunganui. Results are on the reverse.

On the local scene:

SUNDAYS

Distance athletes –

Those 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 leave at 7.30am. Find a group that is compatible with your fitness and the distance you wish to run, or if exercising regularly you may wish to stick with the people you have been running with.

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 recommencing Monday 20 January at 7.30pm to 9.00pm at the Lake City Athletic Club Neil Hunt Park clubrooms. Do a 20-30 minute gentle run followed by 60 minute yoga practice. Come dressed in your usual running gear; bring a towel, blanket and a yoga mat (only if you have one). There will be 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

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. There will not be a session on 14 January, and after that date they will switch to a Wednesday morning

Children's weekly athletics - (2 years to 11 years inclusive). The weekly evening activities have adjourned over the school holidays and will recommence Tuesday 4 February. Contact is Kerris – 07 348 0790 evenings, 07 348 0863 day, or 021 753 691

Distance athletes

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.

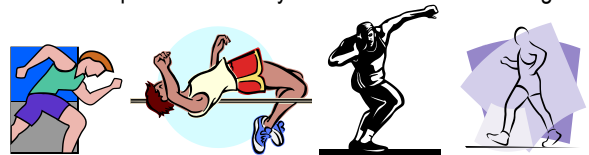
WEDNESDAYS

Teens and adults summer athletics –

The programme for Wednesday 8 January 6.15pm at the Stadium's No 2 Ground, Devon Street West, Rotorua is:

- 6.15pm 3000 metres run/walk for grade 16 and above
Long jump
- 6.40pm 60 metres
- 6.55pm 100 metres
- 7.05pm 800 metres
- 7.20pm 300 metres

Contact person – Lindsay Foster – 348 6818 evenings



Come along and check the evening out.

Note: the No 2 ground will not be available Friday 10th, Saturday 11th, Sunday 12th and Monday 13th for training because of the Rugby 7's.

Prior to the commencement of the above programme 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

Runners – Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road. Find a group that is compatible with your fitness and the distance you wish to run. If exercising regularly you may wish to stick with the people you have been running with.

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

10 – 12 January

Children – North Island Colgate Games at Whangarei. Good luck to the club members heading north.

Saturday 11 January – open meeting for teens and adults with selected children's events at Tauranga Domain. 3.00pm start.

2014 Running Clinic Information evening:

For anyone interested in running with the Club's running clinic or know of any family or friends who are interested, we are holding an information evening at 8.00pm on Thursday 16 January 2014 at the Club's Neil Hunt Park clubrooms.. The clinic is a 15 week program and the first run is on Sunday 19 January at 7.00am from the clubrooms and is training for the 10km, 1/2 marathon or full marathon on 3 May 2014.

Any queries please contact Jodie on 3453070 or 021 970 482 or lakecitymarathonclinic@gmail.com

Trout Fly dates: (all Thursday evenings)

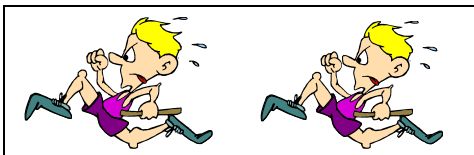
2014

January 16
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 Coney 021 770 266

Off road event – King and Queen of the mountain:

The annual King and Queen Mountain race (up and down Mt Ngongotaha) is on Saturday 25 January. This is held in conjunction with the A & P Show at Riverdale Park, 141 Western Road, Ngongotaha. Start time 1.00pm: cost: Gate fee of \$10.00 – children under 15 free: Distance approx. 5km: Event open to adults and children 15 years and over: Entry on the day.



RESULTS

Teens and Seniors Track and Field - weekly results * Denotes an athlete under Grade 12 – up graded to Grade 12

18 December 2013

1500 metres

Steven O'Callaghan	SM	4.36.7
Adrian Lysaght	M35	4.50.5
Robert Griffith	B14	4.54.7
Sue Crowley	W40	5.09.0
Mark Hunt	M20	5.18.6
Connor Lysaght	B12*	6.38.6
Javier Browne	B12*	6.56.1
Marty Morris	B12	6.56.6
Chelsea Cutler	W20	7.11.4
Maia Carrington	G13	8.00.6
Sarah Bain	G15	8.02.4
Mackenzie van Fulpen	G15	8.23.3
Kerris Browne	W40	8.41.1
Mark Geddes	M50	10.08.9 (w)
Denise Caudwell	W55	10.59.4 (w)
Jeanene Lysaght	W35	11.15.7 (w)

100 metres

Maia Carrington	G13	14.5
Chelsea Cutler	W20	14.6
Mackenzie van Fulpen	G15	15.6
Aria Browne	G13	16.4
Shayne Donaldson	G13	19.8 (w)
Robert Griffith	B14	13.4
Rayna Whakaari	B12	14.2
Javier Browne	B12*	16.9
Marty Morris	B12	16.9

Julian Smith	M17	12.0
Andy Innes	M17	12.2
Mark Hunt	M20	12.5
Alec Johnson	B14	12.6
Tom Voysey	M17	12.9
Kurt Rice	M19	13.4

Adrian Lysaght	M35	14.5
Mere Attwater	W50	17.3
Kerris Browne	W40	18.3
Denise Caudwell	W55	26.9 (w)
Mark Geddes	M50	27.7 (w)

Discus (different weights thrown)

Denise Caudwell	W55	13.45
Adrian Lysaght	M35	15.05
Steven O'Callaghan	M20	17.77
Tineke O'Callaghan	W20	15.29
Jeanene Lysaght	W35	11.40
Mary Attwater	W50	12.88
Robert Griffith	B14	19.23
Alec Johnson	B14	38.53
Mackenzie van Fulpen	G14	13.88
Sarah Bain	G15	9.47

Maia Carrington	G13	17.88
Skye Cox	G12*	10.60
Kerris Browne	W40	16.75
Javier Browne	B12*	16.52
Marty Morris	B12	11.32

Trout Fly - 16 December 2013

2.88km:

1	Javier Browne	11.46 (PB 0.09)
2	Tony Broadhead	11.47
3	Robin Reed	12.43
4	Marty Morris	13.15 (PB 2.18)
5	Oliver Atkinson	13.37 (PB =)
6	Georja Kidd	14.03
7	Martin Harris	14.20 (PB 0.43)
8	Connor Lysaght	14.42
9	Michelle Harris	15.02
10	Michael Rossiter	15.32
11	Mere Attwater	15.39
12	Jemmel Ruland	15.58 (PB 1.00)
13	Kaleigh Aitchinson	16.14
14	Celene Aitchinson	16.14 (BPY 0.24)
15	Heather Lang	16.58 (PB 0.10)
16	Eleanor Crowley	17.14
17	Jaxson Matthews	17.29
18	Sheryl Pearson	17.45
19	Angela Koller-Schulz	17.47
20	John Holmes	18.07 (BPY 1.09)
21	Dave Rossiter	18.10 (PB 0.57)
22	Roger Allsopp	18.15 (PB 0.27)
23	Christine Crowley	18.22
24	David Crowley	18.22
25	Steve Sutton	18.23 (PB 0.02)
26	Jeanette Dekker	18.28
27	Nicola Bennett	18.29
28	Joel Sutton	18.56
29	Teena Mills	19.06
30	Rachel Cockerell	19.35
31	Natasha Timms	19.39 (PB 0.34)
32	Kelly Lalich	19.40 (PB 0.32)
33	Brett Fordyce	19.52
34	Christine Reed	20.46 (w)
35	Casper Grunwell	21.12 (PB 3.10)
36	Emma Hickson	21.14
37	Aaron Barker	21.15
38	Justine Rendell	21.15
39	Clair Rendell	21.15
40	Ashley Rendell	21.15 (PB 6.59)
41	Angela Grunwell	21.18
42	Leif Parry	21.20
43	John Barker	21.20
44	Hannah Barker	21.20
45	Kerryn Barker	21.21
46	Jacquie Mitchell	21.56 (PB 1.03)
47	Ayden Maxwell	22.04
48	Denise Caudwell	22.43 (w)
49	Briar Tickelpenny	23.41
50	Linda Montgomery	24.14 (w)
51	Tui Martin	26.10
52	Lana Martin	26.32
53	Coleen McNamara	27.29
54	Lorna Mills	27.30
55	Sian Bremner	27.38 (+ pram shorter course)
56	Jodie Hickson	28.45
57	Hannah Hickson	28.45
58	Blake Parry	28.51
59	Willow Parry	28.52
60	Julz Parry	28.52
61	Riana Douglas	28.57

62	Harrison Lei	30.34 (PB 0.08)
63	Kim Stevenson	30.35
64	Aria Browne	30.38
65	Annabel Fordyce	30.38
66	Maria Douglas	35.51
67	Renee Douglas	35.54
68	Vianney Douglas	39.11 (w)
69	Zalene Douglas	39.11 (w)

5.00 km:

1	Sam Osborne	17.16
2	Matt Parsonage	17.20
3	Adrian Lysaght	17.35 (BPY =)
4	Chris Corney	17.51
5	Jason Steyn-Ross	18.09
6	John Gray	18.14
7	Steve Bjarnesen	18.49 (PB 0.02)
8	Sue Crowley	18.54
9	Richard Ball	19.04
10	Andrew Twiddy	19.08 (PB 0.02)
11	Graeme Pearson	19.20
12	Dave Gray	19.43
13	Shayne Hossack	19.50 (PB 0.04)
14	Sam Rossiter	20.02
15	Stephanie McHale	20.06 (PB 0.28)
16	Jeff Moore	20.29
17	Kerry Robinson	20.31 (PB 0.23)
18	Erin Leahy	20.40 (PB 0.21)
19	Karyn McCready	20.48
20	Nick Leahy	21.11 (PB 4.19)
21	Greg Kidd	21.24 (PB 0.17)
22	Logan Marten	21.52
23	Clare Barratt-Wood	21.54
24	Michael Harrison	21.55 (BPY 0.15)
25	Nic Jeffrey	22.14
26	Chris Lord	22.24
27	Chris Browne	22.28
28	John Harvey	22.32
29	Phil Gulbransen	22.32
30	Gareth Upston	22.41 (PB 0.22)
31	Pippa Hyde	22.42 (PB 0.22)
32	Kris Adriaansz	22.53
33	Campbell Horn	22.59
34	John Marten	23.21
35	Mike Leopard	23.40
36	Kurt Matthew	23.49
37	Kelly Mitchell	23.54
38	Steve Bradley	24.37
39	Scott Gray	24.51
40	James Hood	25.09 (PB 0.30)
41	Faith McGregor	25.30
42	Len Watson	25.43 (PB 0.16)
43	Lindsay Foster	26.05
44	Sam Atkinson	26.13
45	Vicky Wheeler	26.16 (PB 0.08)
46	Peter Vyver	26.29
47	Kathy Jackson	26.29
48	Amy Bray	26.49
49	Luanna George	27.15
50	Marlena Martin	27.16
51	Kerris Browne	29.14
52	Anne Eastcott	29.43
53	Wayne Wanakare	29.58
54	Allison McKellar	31.06
55	Cindy Carpenter	31.14
56	Louise Rickard	31.15
57	Nicky Hayes	31.21
58	Charis Wong	31.29
59	Rachel Catley	31.55
60	Shirley Brown	33.46 (PB 1.13)

61	Peter Christensen	35.22
62	Mark Geddes	36.24 (w)
63	Jolinda Bidois	36.48
64	Marama Christie	38.53
65	Robin Lemos	43.14
66	Sophie Leopard	3.15

PB >> Personal Best

BPY >> Best Performance of the Year but not PB

King and Queen Mt Maunganui – 26 December

2013 (Athletics Waikato BOP mountain running championships

for ANZ registered athletes

Open race

1.	James Richardson (Wgtn)	19.26
2.	Sjors Corporal	19.43
42.	Sue Crowley	24.49
51.	Stephanie McHale	26.43
62.	Chris Browne	27.40
88.	Charlotte Pearson	28.38
149.	Kathryn Murphy	36.30
153.	Kerris Browne	39.18
163.	Sheryl Pearson	42.39

Junior race

1.	Samuel Tanner (Papamoa)	9.41
19.	Javier Browne	13.13
39.	Aria Browne	20.07

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1971, 1972, 1973



No 7 1971

Date 24 April 1971

Winner	Mike Ryan
Time	2.26.40
Club	Tokoroa Track Club
Starters	156
Finishers	98
Sponsor	Fletcher Timber Co. Ltd - Ngongotaha
Event Owners	Rotorua Athletic and Harrier Club

First local finisher - Tom McQueen - 16th -	2.44.08
Number under 2 hours 50 minutes	26
Number under 3 hours	36
Time of last finisher	4.50.11

- First time the Waikato marathon championships held in conjunction with the Rotorua event
- Waikato Athletic Centre officials and the New Zealand Amateur Athletic Association received a 5-year sponsorship offer from the Fletcher Timber Co. Ltd to combine the New Zealand marathon championships with the Fletcher Marathon. In the wisdom of those at the NZAAA 1971 AGM the whole idea was thrown out because the date of the Fletcher Marathon was fixed for April – not March when the NZAAA marathon championships had to be held
- Prize giving held at Hamurana Springs commencing 6.00pm
- Race numbers to be worn on front singlet and all race numbers to be returned at conclusion of event
- Runners to obey The Transport Department, the 5 motor cyclist patrolling the event and Rotorua Club officials

No 8

1972

Date 22 April 1972

Winner	Jack Foster	
Time	2.17.51	Event Record
Club	Rotorua Athletic and Harrier Club	
Starters	131	
Finishers	86	
Sponsor	Fletcher Holdings Ltd - Auckland	
Event Owners	Rotorua Athletic and Harrier Club	

First local finisher - Jack Foster - 1st	2.17.51
Number under 2 hours 50 minutes	23
Number under 30 hours	30
Time of last finisher	4.59.13

- Foster wins his second "Fletcher" by 13 minutes in a record time of 2.17.51. No one else broke 2 hours 30 minutes
- The first time 2 hours 20 minutes broken

No 9

1973

Date 28 April 1973

Winner	Jack Foster
Time	2.18.09
Club	Rotorua Athletic and Harrier Club
Starters	116
Finishers	88
Sponsor	Fletcher Holdings Ltd - Auckland
Event Owners	Rotorua Athletic and Harrier Club

First local finisher - Jack Foster - 1st-	2.18.09
Number under 2 hours 50 minutes	16
Number under 3 hours	30
Time of last finisher	5.07.30

- The Rotorua Athletic and Harrier club won the team's race: Jack Foster (1st), Stan Gawler (8th), Phil Andrews (16th), and Colin Smyth (32nd). The 4th team member home was very important in these days, as the winning team was the Club with the first 4th runner home
- Course distance now measured metrically - 42.195km against 26 mile 385 yards. Times were called at the 5km mark and were recorded at the metric distances of 10, 20, 30km and the finish
- Water and sponges were available at 11, 20, 24, 30, 35, 39 kilometre "feed stations", as they were known in 1973
- Prize giving at Hamurana Springs, with supporters paying \$1.20 admission
- Oldest entrant, 64 year old Jim Jamison of Tuakau, finished 77th in 4.00.54
- Fosters comments after the event "I much prefer cross-country. The races are short, whereas marathon running gets to be a real slog"
- Race headquarters at the Rotorua Yacht Club, the Lakefront

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 13 – the Cophthome 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.rotoruarunners.co.nz for entry details.

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.