



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

8 February 2014

The past week:

Because of the Raggamuffin build up track and field was not held this past week.

The Thursday Trout Fly event was held in warmish weather – some would say it was hot! Results are below.

Ipods:

The Club strongly recommends against the wearing of iPods when running or walking. If you are in the habit of doing so, now maybe be the time to start weaning yourself off them. The club's walking and running clinics rule is no iPods. Group run/walks are where you chat and enjoy the company of others.

It is also preferred that they are not worn in events organized by the Club i.e. The Trout Fly and like events. A number of non club events also have a rule that no iPods are to be worn whilst taking part in the event. The Marathon, the off Half Marathon events are some of them!

Make yourself safe by being aware of what is happening around you.

Bike Festival week:

The Bike Festival week is on between Friday 14 and Sunday 23 February. There are a number of events based within Whaka Forest. Care will need to be taken during this period when running and walking in the Forest. **Tuesday 18 February** there is an event that takes in Nursery Road and the old Mountain Bike Exit track, with the headquarters at the end of Long Mile Road. Visit www.rotorubikefestival.com for the various event days, times, headquarters etc.

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

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.

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. A 20-30 minute gentle run is followed by 60 minute yoga practice. Wear 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 are underway again at the Stadium's No 2 ground. Start time is 5.15pm. Mums, dads, caregivers, if you could assist in some way with the running of this evening it would be greatly appreciated. Even holding the end of a tape helps or marshaling up the children for their event would be appreciated. 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 12 February is:

6.15pm - High jump championship - all grades

6.35pm - 100 metres non championship

6.45pm - 800 metres championship for all grades

7.00pm - 3000 metres non championship

7.05pm – hurdles championship – all grades

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 8 February – Porritt Classic Hamilton

Saturday 15 February – Open meeting, Porritt Stadium, Hamilton. 3.00pm start

Children –

This Saturday 8 February - Ribbon Day, Glenshea Park, Putaruru -10.00am start.

Saturday 15 February – Te Aroha Ribbon Day - 10.00am start

Athletics Waikato BOP track and field championships for both children and seniors

Children: Athletics Waikato children's triple jump champs; entry forms are now available from the Lake City website – www.lakecity.co.nz This event is for athletes aged 13 and 14 and is on 1 March at the Greerton/Bellevue ribbon day at Tauranga Domain. Entries close 15 February - \$5.00 per event

The main children's championships are on 15 March at the Tauranga Domain. Entries (\$5.00 per event) are due into the Lake City club secretary by 19 February. Please drop these off with correct money, to the track or post to the club's PO Box 2136, Rotorua 3040 prior to the above dates.

Seniors:

Seniors wishing to enter the Seniors (14 years and up) track and field championships on the weekend of 22/23 February, must have their entry forms sent into Athletics Waikato BOP by 15 February P O Box 46 Hamilton 3240. Entry fee \$10.00 per event. Entry form for this event is found at the back of the Seniors Athletics Waikato BOP handbook or on the Waikato (Zeus) website.

Dates to note:

Become involved in either or both of the events as a participant or a volunteer. The volunteer information is now at the Neil Hunt Park clubrooms, for you to indicate that you can assist with the 9 March event – the off road half marathon and associated 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 **Note early entry closes 23 February.**

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

Trout Fly dates: (all Thursday evenings)

2014 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 – 021 770 366

RESULTS

Trout Fly - 30 January 2014

5.00 km:

1	Sjors Corporaal	16.27
2	Matt Parsonage	16.51
3	Adrian Lysaght	17.09 (PB 0.14)
4	Chris Corney	17.27 (BPY 0.22)
5	Bruce Edwards	17.34 (BPY 0.02)
6	Colin Earwaker	17.57 (BPY 0.16)
7	Jason Steyn-Ross	18.18
8	Steve Bjamesen	18.20 (PB 0.29)
9	Graeme Pearson	18.29 (PB 0.39)
10	Andrew Twiddy	18.33 (PB 0.32)
11	Sue Crowley	19.01
12	Andy Hickson	19.18
13	Dave Gray	19.30 (PB 0.09)
14	Dave Cronshaw	19.56
15	Richard Ball	20.07
16	James Wilke	20.18 (PB 0.32)
17	Sam Rossiter	20.31
18	Shayne Hossack	20.43
19	Nic Leahy	20.45
20	Kerry Robinson	20.51
21	Mike Bray	20.57 (PB 8.02)
22	Russell Clarke	21.07
23	Charlotte Pearson	21.08 (PB 0.13)
24	Stephanie McHale	21.10
25	Lawrie Scott	21.16
26	Logan Marten	21.17 (BPY 0.07)
27	Chris Browne	21.20 (PB 0.31)
28	Nick Jeffrey	21.38 (PB 1.04)
29	Michael Harrison	21.51
30	Jan Paterson	21.58
31	Anna Graylang	22.13
32	Gillian Shapley	22.20
33	Stevie Fiske	22.42
34	Michael Tang	22.48
35	Ashley Brunel	22.54
36	John Harvey	22.56
37	Ricky Haverkamp	23.01 (PB 0.54)
38	Attila Kiss	23.03 (PB 5.20)
39	Phil McDonald	23.04
40	Tracey Hay	23.04
41	Melanie Thomson	23.05

42	Judy Donnell	23.06 (PB 0.26)
43	Guy Kingi	23.07
44	Sarah Lei	23.15
45	Scott Curran	23.25 (PB 0.41)
46	Antony Bucay	23.26
47	Nikola Buckley-Fisken	23.34 (BPY 0.07)
48	Daniel O'Connell	24.35 (PB 0.36)
49	Jason Finnerty	24.10 (PB 1.03)
50	Lindsay Foster	24.17 (BPY 0.11)
51	Nicole O'Donnell	24.54
52	Craig Pollard	24.55 (PB 0.02)
53	Stephen Rolls	25.21
54	Shaun O'Donnell	25.33
55	Luanna George	25.44 (BPY 1.21)
56	Peter Vyver	26.38
57	Debra Gamman	26.50
58	Kim Stevenson	27.05
59	Edd Osborne	27.06
60	Courtney ??	27.17
61	Chris Bycroft	27.24 (BPY 0.06)
62	Clarie Hall	27.27
63	Amy Bray	27.29
64	Dan Roberts	27.32 (BPY =)
65	Vicky Wheeler	27.34
66	Melanie Cameron	27.52 (PB 0.29)
67	Sarah Nuttall	27.59
68	Allie Corporaal	28.39
69	Olivia Burman	28.42
70	Jemmel Ruland	30.07 (PB 0.07)
71	Andrea Pollard	30.15
72	Nicky Hayes	30.19
73	Allison Scott	30.25
74	Viv Leslie	30.31 (BPY 0.29)
75	Angela Grunwell	31.38 (PB 1.17)
76	Angela Koller-Schultz	31.59
77	Joanna Wilke	31.59
78	Kerris Browne	32.09
79	Rhonda Herring	32.31 (PB 0.08)
80	Erin Dendel	32.49
81	Samantha Bell	32.51
82	Ping Chen	32.57
83	Philip McAllister	33.13
84	Keith Walmsley	33.52 (PB 1.03)
85	Nicky Hawker	34.23
86	Jo Cheesman	34.45
87	Lynne Kiernan	34.47 (PB 0.44)
88	Parris Wara	34.53
89	Jan Synman	34.57
90	Jacob Synman	35.00
91	Ngairé Harker	35.14
92	Karen Morton	36.54
93	Anastasia Rickard	36.55
94	Annette Henderson	47.54 (w)
95	Sonia Hunt	49.15 (w)
96	Cherry Te Kiri	49.15 (w)

2.88km:

1	Duncan Smith	9.55
2	Kaya Corporaal	11.59
3	Cati Pearson	12.03 (BPY 0.07)
4	Campbell Horn	12.20
5	Robin Reed	12.58
6	Martin Harris	14.15
7	Marlena Martin	14.40 (PB 2.27)
8	Sam Pikkeney	15.34
9	Natalie Pikkeney	15.34
10	Michael Rossiter	15.45
11	Connor Lysaght	15.46
12	Matt Fisken	16.32 (PB 0.41)
13	Faye Brown	16.32

14	Chris Lord	17.10
15	Freyer Lord	17.11 (PB 3.32)
16	Kaleigh Atchinson	17.30
17	Celene Atchinson	17.30
18	Zara Osborne	17.37
19	Eleanor Crowley	17.38
20	Viv Sutton	17.39
21	Stella Pikkeney	17.39
22	Anna Cairns	17.41
23	Dave Rossiter	17.54 (PB 0.16)
24	Teena Mills	18.18 (PB 0.15)
25	Jerome Walsley	18.34
26	Pihata Te Kowhai	18.45
27	Christine Crowley	19.46
28	Ramari Te Kowhai	19.00
29	Ben Vyver	19.29
30	Jacob Hallinan	19.33
31	Christine Reed	19.46
32	Sandra Engert	19.51
33	Kelli Lallich	19.52
34	Natasha Timms	19.53
35	Rachelle Cavanagh	20.03
36	Javier Browne	22.01
37	Aria Browne	22.01
38	Adam Morris	22.07
39	Marcel Kiss	23.02
40	Jackie Mitchell	23.09
41	Emma Kiss	24.03
42	Ingrid Shyman	24.53
43	Mandy Maulder	25.13
44	Lilla Kiss	28.15
45	Oliver Atkinson	28.59 (w)
46	Sam Atkinson	28.59 (w)
47	Samantha Henderson	29.54 (w)
48	Jemma McDonald	29.54 (w)
49	Brent Donaghue	29.55 (w)

PB >> Personal Best

BPY >> Best Performance of the Year but not PB

Athletics Waikato BOP track and field - Tauranga Domain - 1 February 2014

Molly Florence – Junior women

100 metres 2nd 13.05

Alec Johnson – Boy 14

100 metres 3rd 12.96

Discus 2nd 35.10 1.25kg

Javelin 1st 22.36 600g

The Rotorua Marathon:

A brief history of the event and for some a trip down memory lane. Below are highlights etc from 1988, 1989, 1989



No 24

1988

Date 30 April 1988

Male Winner Paul Ballinger Event record

Time 2.16.05

Club New Plymouth Harriers

Female winner Jillian Costley Event record

Time 2.39.20

Club Napier Harriers

Starters 2201

Finishers 2104

Sponsor Fletcher Challenge Ltd - Auckland

Event Owners Rotorua Athletic Club

First local finisher: Male - Peter Handcock - 4th 2. 24.42
: Female - Selina Beaven - 68th 2.46.04
Number under 2 hours 50 minutes - 102
Number under 3 hours - 218
Time of last finisher - 6.31.50

- Both race records fall. Ballinger taking 1 minute 23 seconds off his 1981 record. Costley taking a whopping 6 minutes 15 seconds off Ngaire Drake's 1984 time
- New Zealand Marathon championships held in association with event
- The record breakers each won a 1 oz. solid gold "kiwi" coin valued at approximately \$900.00 and a trip to the Kawaguchi Marathon in Japan
- The road in the Hamurana Hills realigned. Weather played a major part in the contractor's progress and two weeks out the course in the hill section was impassable. Co-operation by the Council and the contractor saw a smooth metal surface available on race day. Committee member, Russell Burton, virtually, at the last moment, re-measured the whole course to certify the distance
- Entrant numbers were down, but the next year was to be the 25th Fletcher Challenge Marathon
- Prize pool now \$50000.00, entry fee \$28.00, non club members additional \$10.00 extra, and pasta party \$5.50 per person
- Men's age group prizes extended to recognize the 70 plus age group

**No 25
1989**

Date 29 April 1989

Male Winner Paul Ballinger
Time 2.18.21
Club New Plymouth Harriers

Female winner Bernie Portenski
Time 2.46.02
Club Scottish Wellington

Starters 5967
Finishers 5859
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - Peter Handcock - 3rd 2. 19.55
: Female - Karyn McCready - 571st 3.04.17
Number under 2 hours 50 minutes - 189
Number under 3 hours - 435
Time of last finisher - 8.38.05

- Headlines "Marathon shock – 6400 runners entered"
- How did the organisers and the volunteers cope? No sweat! The Marathon Committee had been in place for a number of years and was well versed in their roles. Great support was received from the Service Clubs, other volunteer groups and individual volunteers. A point to note that all the committee held down full time jobs!
- Conditions were near perfect with little wind and light rain
- High class 25th anniversary medal for finishers was minted
- 98% of those started finished
- Sports Expo held in the Sportsdrome with wholesalers/ retailers/ sponsors displaying their product. As in previous years souvenir clothing was on sale
- New Zealand Post Philatelic Centre issued a special pictorial date stamped envelope to commemorate the 25th Anniversary event
- New Zealand marathon championship held with event
- \$60,000 prize pool. Entry fee \$33.00, non-club member additional \$10.00, and pasta party \$6.60 per person. \$5000.00 to male and female winners

- Event said to have brought some twenty thousand people to Rotorua, who reputedly spent 2.5 million dollars
- A woman helping her wet soaked hobbling happy husband away from the finish line was heard to say "I'd like to run a marathon one day"

**No 26
1990**

Date 28 April 1990

Male Winner Tom Birnie
Time 2.22.25
Club New Brighton

Female winner Jillian Costley
Time 2.40.52
Club Napier Harriers

Starters 2390
Finishers 2284
Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Rotorua Athletic Club

First local finisher: Male - Peter Taft - 30th 2. 43.07
: Female - Sue Waru - 521st 3.21.01
Number under 2 hours 50 minutes - 69
Number under 3 hours - 184
Time of last finisher - 8.06.47

- Back to normal with less taking part
- At his fifth try (four times in the first three) Tom Birnie triumphed over last year's winner Paul Ballinger
- Costley picked up her third "Fletcher" title winning by almost fourteen minutes to be 23rd overall
- Entry fee \$35.00, non club members an additional \$11.00 and the pasta party \$17.00
- 60 year old Betty Cornwell clocked quick 3.20.51 for the Rotorua course. Possibly a world best time for her age
- Wellington 's Bernie Portenski completes her 10th "Fletcher" four months pregnant

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 your 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.