



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

8 March 2014

The past week:

This past week there has been another event in the fortnightly Trout Fly series. Results are below.

Track and field activities for both sections are continuing at the Stadium's No 2 ground – Children, Tuesdays from 5.10pm and Teens and adults Wednesdays from 6.15pm.

At the time of going to print no results are to hand from the New Plymouth marathon held on Saturday.

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

– (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 programme for 12 March is: (all events non championship)

6.15pm -100m metres – handicap

6.30pm - Long jump, high jump – all grades

6.45pm - Shot put, discus, javelin – all grades

7.05pm- 800 metres – all grades

There are prizes up for grabs this evening. To be in for a chance to win one you must compete in 3 events – that is a running event, a jump event and a throw event

Wednesday 19 March – 10000 metres championships for those Grade 19 plus - runners and walkers. Runners start time is 6.00pm sharp. Walkers start time 5.30pm.

It is most important that participants have someone to count their laps

Contact person – Lindsay Foster – 348 6818 evenings



There are training sessions for teens and adults at the same venue, these commencing at 5.15pm. **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 March - Open meet at Porritt Stadium
3.00pm start

Saturday 15 March -Open meet at Porritt Stadium 3.00pm
28-30 March – Athletics NZ championships, at Newtown Park Wellington. Anyone heading to Wellington please note early entry closes 16 March. Visit Athletics NZ website for the programme and entry details.

Children –

This Saturday 8 March – Ribbon Day at Paeroa

Saturday 15 March – Athletics Waikato BOP children's championships at Tauranga Domain

Off Road half marathon (and associated events):

This Sunday 9 March. Entries will be accepted up to half an hour prior to the start of your race on race day at the event registration. There are no Eftpos or credit card facilities available on Sunday so bring cash or a cheque. The events headquarters are at the Waipa Mountain Bike car park off State Highway 5 (the road to Taupo).

The event timetable for Sunday is:

7.30am to 10.30am Registration at the event venue
9.00am Lance Lawson Little Devils 1.5km Fun run/walk (3yrs to 6yrs)
9.10am Lance Lawson Little Devils 2.5km Fun/run/walk (7yrs to 10 yrs)
9.45am Start Tasti 5km Fun/run walk
10.00am Start Copthorne Hotel half marathon
10.15am Lance Lawson Little Devils prize giving
11.00am Start New Balance ¼ marathon Fun run/walk
1.30pm Prize giving

Trout Fly dates: (all Thursday evenings)

2014 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

Teens and Seniors Track and Field - weekly

results * Denotes an athlete under Grade 12 – up graded to Grade 12

26 February 2014

Club championships

2km steeplechase (modified)

Campbell Horn M60 9.52.8

Peter Vyver M70 11.08.8
Kerris Browne W40 11.15.8

3km steeplechase (modified)

Steven O'Callaghan M20 11.45.0
Jason Finnerty M20 13.30.0

Javelin

Alec Johnson B14 24.90
Sam Rossiter M20 26.48
Jason Finnerty M20 24.80
Steven O'Callaghan M20 16.80
Lindsay Foster M55 14.70
Rinus Adriaansz M55 13.53
Peter Vyver M70 10.50
Melkorka Leggett G14 28.90
Mackenzie van Fulpen G15 7.80
Tanja Leggett W17 17.20
Kerris Browne W40 12.21
Sharissa Hetherington W40 8.75
Leanne Leggett W45 19.16
Karyn McCready W45 16.90
Luanna George W45 11.80
Denise Caudwell W55 9.40

Triple jump

Christopher Werner B12 8.50
Bjami Leggett B12 6.82
Jason Finnerty M20 9.07
Steven O'Callaghan M20 7.98
Mackenzie van Fulpen G15 8.60
Jessica Bach G15 6.28
Kerris Browne W40 6.30
Luanna George W45 4.70

Non championship

100 metres

Tom Voysey M17 11.9
Alec Johnson B14 12.2
Jason Finnerty M20 12.5

3km steeplechase (modified)

Peter Vyver M70 17.49.0

Trout Fly - 27 February 2014

5km:

1 Sjors Corporal 16.29
2 Matt Parsonage 16.52
3 Bruce Edwards 17.11 (BPY 0.23)
4 Tony Broadhead 17.48
5 Andrew Twiddy 18.02 (PB 0.31)
6 Steve Bjarnesen 18.11 (PB 0.09)
7 Graeme Pearson 18.30
8 Andy Hickson 18.48 (PB 0.04)
9 Sue Crowley 19.05
10 Shayne Hossack 19.15 (PB 0.35)
11 Russell Clarke 19.29 (BPY 0.10)
12 James Wilce 20.22
13 Mark Hunt 20.31 (PB 1.53)
14 Richard Ball 20.54
15 Nick Leary 21.08
16 Gaine Petersen 21.09 (PB 1.31)
17 Melanie Thompson 21.44 (PB 0.25)
18 Chris Lord 21.53 (PB 0.23)
19 Antony Buckley 22.12 (PB 1.14)
20 Daniel O'Connell 22.14 (PB 1.24)

21	Kerryn Barker	22.20	
22	Stevie Fiske	22.35	
23	Ricky Haverkamp	22.43	
24	Sarah Lei	22.44	(BPY 0.54)
25	John Harvey	22.54	
26	Jo Cheesman	22.56	
27	Phil Gulbransen	23.23	
28	Campbell Horn	23.46	
29	Kimberley Evison	23.50	
30	Max Bragg	24.12	(PB 0.08)
31	Paul Carpenter	24.34	
32	Amy Bray	24.57	(PB 0.48)
33	Sam Atkinson	25.05	(PB 0.26)
34	Ed Osborne	25.17	
35	Debra Gamman	25.47	(PB 1.03)
36	Nikola Buckley-Fisken	26.01	
37	Kaye King	26.03	(PB 0.29)
38	Allison Scott	26.19	(PB 4.06)
39	Niwa Nuri	26.28	
40	Kathryn Murphy	27.07	(PB 2.01)
41	Marlena Martin	27.09	(PB 0.07)
42	Rachael Catley	27.11	(PB 1.08)
43	Peter Vyver	27.12	
44	Clarrie Hall	27.23	(PB 0.04)
45	Vicky Wheeler	28.07	
46	Kate Waren	28.11	
47	Kerris Browne	28.39	(PB 0.20)
48	Rina Joy	28.42	(PB 0.21)
49	Viv Sutton	28.55	
50	Ramarite Kowhai	29.02	
51	Amie Mitchell	29.23	(PB 3.06)
52	Nicky Hayes	30.35	
53	Kelly van Der Vegte	30.45	
54	Aroha Thompson	31.03	
55	Keith Walmsley	31.06	(PB 1.26)
56	Teena Mills	31.43	
57	Stacey van Der Vegte	31.53	(PB 0.48)
58	Nicky van Der Vegte	31.56	(PB 0.38)
59	Rachel Cavanagh	32.11	
60	Liam Murphy + pram	32.12	
61	Tai Taitoko	32.12	
62	Marama Christie	35.55	(PB 2.58)
63	Denise Caudwell (w)	36.00	(PB 1.43) Rec.Women Walk
64	Maree Kinder (w)	38.07	(PB 1.04)
65	Helen Foster (w)	40.30	(PB 0.03)
66	Jordan van Der Vegte	42.02	
67	Janine van Der Vegte	42.02	
68	Annette Henderson	43.08	

2.88km:

1	Sam Rossiter	9.57	(BPY 0.31)
2	Kurt Rice	11.41	(PB =)
3	Gareth Upston	12.43	
4	Kelly Mitchell	12.51	
5	Sam Pinkney	13.50	(PB 0.18)
6	Natalie Pinkney	13.55	(PB 0.13)
7	Martin Harris	14.00	(PB 0.08)
8	Marty Morris	14.26	
9	Faye Brown	14.29	(PB 2.03)
10	Michael Rossiter	14.42	(BPY 0.41)
11	Jayden Mills	14.45	
12	Kaleigh Aitchinson	14.56	(PB 1.18)
13	Matt Fiske	15.22	(PB 0.38)
14	Celene Aitchinson	15.25	(PB 0.32)
15	Stella Pinkney	15.46	(PB 0.09)
16	Stella Win	15.46	(PB 0.16)
17	Christine Crowley	16.14	
18	Zack Kelly	16.28	
19	Freya Lord	16.53	(PB 0.18)
20	Emma Hickson	16.58	(PB 3.06)

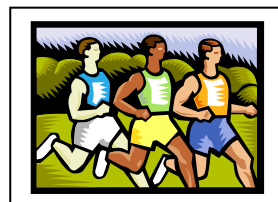
21	Debbie McCleneghan	17.59	(PB 0.21)
22	Dave Rossiter	18.00	
23	Lou Lord	18.12	(BPY 2.34)
24	Kelli Lalich	18.13	(PB 1.27)
25	Natasha Timms	18.14	(PB 1.20)
26	Kim Stevenson	18.14	(PB 1.07)
27	Eleanor Crowley	18.28	
28	Sam Cheesman	18.31	
29	Samantha Samson	18.49	(PB 1.25)
30	Adam Morris	19.24	
31	Kasper Grunwell	19.45	
32	Angela Grunwell	19.45	
33	Caitlin Newson	20.01	(PB 1.12)
34	Waverley Newson	20.01	
35	Melanie Win	20.24	
36	Rinus Adriaansz (w)	21.23	
37	Jacquie Mitchell	21.25	(PB 0.31)
38	Harry Cheesman	22.55	
39	Linda Montgomery (w)	24.07	(PB 0.07)
40	Mandy Maulder	24.07	
41	Shaniqua Po	24.08	
42	Len Akuhata (w)	25.34	
43	Jade Mitchell (w)	27.18	
44	Trish Akuhata (w)	28.03	
45	Whare Akuhata (w)	28.06	
46	Oliver Atkinson (w)	31.02	
47	Christian Walmsley (w)	31.03	
48	Jerome Walmsley (w)	31.03	

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 2001, 2002*



No 37

2001

Date 28 April 2001

Male Winner Jonathan Wyatt
Time 2.20.50
Club Valleys United - Wellington

Female winner Marion Millward
Time 2.49.14
Club Hamilton City Hawks

Starters 2458
Finishers 2419

Sponsor Bartercard New Zealand Ltd
Event Owners Athletics New Zealand

First local finisher: Male - Bruce Edwards - 59th - 2.55.47
: Female - Penny Hurlstone - 212th - 3.17.56
Number under 2 hours 50 minutes - 37
Number under 3 hours - 85
Time of last finisher - 7.37.29

- The final event of the Trilogy series. Asics a staunch supporter of the Rotorua Marathon since 1994 put up a Suzuki Jimmy 4 x 4 to this won by Christopher Goobey of Pukekohe. Joe MacDonald of Porangahau took the \$5000 travel prize

- Another first time marathoner, Jonathan Wyatt won, while Marion Millward chalked up her second win in a time faster than her 1997 time
- International race walker, Craig Barrett, achieved the amazing time of 3.09.55
- 65 plus age group introduced for woman
- Prize list totaled over \$100,000 retail. Entry fee \$80.00 for all, late entry fee \$120.00, pasta party \$21.00 and Zonta breakfast \$8.00
- Membership of the Survivors Club increased to 204. This was the first year that all new inductees were required to complete 15 Rotorua Marathons. This change from the former 10 qualifying finishes for female inductees

**No 38
2002**

Date 27 April 2002

Male Winner Katsumi Tsuchiya
Time 2.25.59
Club Japan

Female winner Eveline Coombe
Time 3.00.18
Club Auckland

Starters 1761
Finishers 1702

Sponsor Fletcher Challenge Forests Ltd
Event Owners Athletics New Zealand

First local finisher: Male - Bruce Edwards - 33rd - 2.59.01
: Female - Johanna Ottosson - 104th - 3.20.17
Number under 2 hours 50 minutes - 14
Number under 3 hours - 35
Time of last finisher - 7.51.02

- Organisation this year got off to a late start with the uncertainty of Bartercard New Zealand Ltd renewing their sponsorship, and the rumors that Fletcher Challenge Forests Ltd was considering coming on board. It was late January 2002 that the entry form was printed with the name Fletcher Challenge Forests on it, returning the "Fletcher" name to the event
- Athletics New Zealand appointed Angus Napier as the Event Manager, while the Lake City Athletic Club personal continued to do the hands on work in Rotorua
- Total entries were down on the previous year, the lowest since 1978 when 1160 entered.
- Pre event preparations on the Friday were done in cold torrential rain, but race day dawned fine and warm, and humidity played a big part in slower times than usual being posted
- A first for the event saw the use of "chip timing. With long standing volunteer, John Bunn, no longer available to assist with the production of results and computer systems, "Champion Chip" was contracted to produce times by the way of an electronic sensor worn by each entrant. Luckily a backup system was in place, as the "chip timing" did not go as smoothly as anticipated
- Katsumi Tsuchiya of Japan became the first overseas winner of the event

- Women's winner, Eveline Coombe of Auckland felt the effects of the humidity when she was just outside 3 hours (3:00:18)
- The New Zealand Marathon championships returned to the event, with Mark Bright and Bernie Portenski the winners. Tsuchiya being from overseas and Eveline Coombe a non-club member could not take the titles

Pacers for the Rotorua Marathon:

The organizer of the Rotorua marathon pacers - Simon Clendon in Auckland, is still looking for back-up pacers for the 3:15, 3:45, 4:00, 4:15, and 5:00 groups.

It's not something that's suitable for anyone running their first or second Rotorua marathon, and anyone doing it needs to be fit enough to run up to 30 minutes faster on the day, but is prepared to "give up" their chance of running as fast as they're capable of to assist others to achieve their goal.

If you are interested, please contact Simon at simon.clendon@gmail.com

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 – 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.