



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

1 March 2014

The past week:

Fine weather allowed the two track and field sessions to go ahead last week. The Teens and Adults are working their way through their championship programme. Results are below.

Saturday 3 walking teams walked the length of Lake Taupo - from Turangi to Taupo town. See below for their report/results.

Over the weekend the adults Athletics Waikato BOP track and field championships were held at Tauranga Domain. Results are also below. Looks like some PB's were turned in.

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 club championships for those 12 years and above are progressing. 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 5 March is:

6.15pm - Hammer throw - all grades 16 and above
Long jump - non championship
60 metres - non championship

6.30pm - 400 metres- championship - all grades

6.50pm - 1500 metres- 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. **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 1 March - open meeting 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 1 March - Ribbon day, Tauranga Domain - hosted by Bellevue and Greerton clubs.

Saturday 8 March – Ribbon Day at Paeroa

Distance events:

Good luck to those club members heading to New Plymouth for their marathon or one of the associated events.

Off Road half marathon (and associated events):

Sunday 9 March. Early entry has now closed. You can still enter for an extra fee at www.eventpromotions.co.nz or uplift an entry form from the Neil Hunt Park clubrooms.

The events headquarters are at the Waipa Mountain Bike car park off State Highway 5 (the road to Taupo).

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

19 February 2014

Championship events

2000 metres walk

Steven O'Callaghan	M20	13.02.5
Jason Finnerty	M20	13.46.7
Luanna George	W45	13.57.8
Denise Caudwell	W55	14.21.9
Kerris Browne	W40	14.22.5
Rinus Adriaansz	M55	14.41.8
Mere Attwater	W50	15.14.3
Christopher Werner	B12	15.27.3
Alec Johnson	B14	15.28.5
Leanne Leggett	W45	16.01.8
Peter Vyver	M70	17.04.5

Sharissa Hetherington	W40	23.05.8
<u>200 metres</u>		
Sarah Bain	G15	31.8
Mackenzie van Fulpen	G15	33.3
Simon Smith (v)	B13	28.2
Christopher Werner	B12	32.1
Bjarni Leggett	B12	33.5

Karyn McCready	W45	33.4
Luanna George	W45	39.9
Mere Attwater	W50	40.2
Kerris Browne	W40	48.6
Sharissa Hetherington	W40	1.44.2

Julian Smith	M17	23.8
Alec Johnson	B14	25.0
Kurt Rice (v)	M19	26.3
Tom Voysey	M17	27.4

Jason Finnerty	M20	26.3
Steven O'Callaghan	M20	29.5
Sue Crowley	W40	30.5
Russell Clarke	M20	31.6

Lindsay Foster	M55	34.5
Mark Geddes (w)	M50	57.7
Denise Caudwell (w)	W55	58.0
Peter Vyver (w)	M70	1.34.7

5000 metres

Steven O'Callaghan	M20	15.55.7
Tony Broadhead	M45	17.21.6
Sue Crowley	W40	18.19.1
Kenny Brake (v)	M20	18.40.0
Russell Clarke	M20	19.21.6
Trevor Ogilvie	M65	19.23.5
Karyn McCready	W45	20.37.3
Campbell Horn	M60	22.18.4
Jason Finnerty	M20	23.46.5
Lindsay Foster	M55	23.49.8
Luanna George	W45	24.44.7 ***
Martin Harris	M60	24.59.7
Peter Vyver	M70	25.21.5 ***

*** Query on number laps run

Long jump

Christopher Werner	B12	3.85
Bjarni Leggett	B12	3.70
Simon Smith (v)	B13	4.40
Alec Johnson	B14	4.65
Julian Smith	M17	4.98
Tom Voysey	M17	4.60
Jason Finnerty	M20	4.50
Steven O'Callaghan	M20	3.81
Lindsay Foster	M55	3.50
Mackenzie van Fulpen	G15	3.30
Jessica Bach	G15	3.24
Sharissa Hetherington	W40	1.12
Luanna George	W45	2.11
<u>Shot put</u>		
Christopher Werner	B12	8.08
Alec Johnson	B14	9.41
Jason Finnerty	M20	8.34

Steven O'Callaghan	M20	7.15
Russell Clarke	M20	6.44
Lindsay Foster	M55	7.23
Rinus Adriaansz	M55	4.85
Peter Vyver	M70	5.32
Mackenzie van Fulpen	G15	6.49
Sarah Bain	G15	5.88
Jessica Bach	G15	5.85
Kerris Browne	W40	6.00
Sharissa Hetherington	W40	5.30
Karyn McCreedy	W45	5.72
Luanna George	W45	5.65
Mary Attwater	W50	6.13
Denise Caudwell	W55	6.05

Athletics Waikato BOP track and field championships – 22-23 February 2014 – Tauranga Domain

Boys 13-15

Alec Johnson

100 metres	3rd	12.39	
200 metres	2nd	25.58	
Shot put	3rd	9.65	5.00kg
Discus	1st	38.58	1.25kg

Men 17

Julian Smith

100 metres	3rd	11.93
200 metres	3rd	24.46

Tom Voysey

100 metres	5th	12.32
200 metres	4th	25.55

Women 17

Mackenzie van Fulpen

High jump	2nd	1.40
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Melkorka Leggett

Javelin	1st	29.62
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Women 19

Molly Florence

100 metres	2nd	12.18
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Women 40-44

5000 metres		
Sue Crowley	1st	18.00.69

Length of Lake Taupo Relay – Pat Smyth reports...

3 club teams were entered into this relay with a mix of our faster and our steady walkers. We left Rotorua on Friday night and stayed at Tokaanu as we had a 7am start. The surprise of the day walking wise was Auntie Sarah doing the 2nd leg of 7km. She knew Colin was behind her and was determined that he was not going to catch her. This year we had a lot of the newer club members who all came away after having a hard walk and getting to know the other club members. The last leg was fought out by Jan Adolph and Rob Colledge who raced the same leg last year so this year it was all on. Jan won again so Rob will be back again next year.

There were 10 teams and we came 4th, 5th and 6th. No podium finish this year but we did get 5 prizes for having the oldest competitors!

Team A	9 hours and 16 mins
Team B	9 hours and 21 mins
Team C	9 hours and 27 mins

The Rotorua Marathon:

*A brief history of the event and
For some a trip down memory
Lane. Below are highlights etc
From 1998, 1999, 2000*



No 34

1998

Date 2 May 1998

Male Winner Mark Hutchinson
Time 2.23.02
Club North Harbour Bays -Auckland

Female winner Bernie Portenski
Time 2.43.38
Club Wellington Scottish

Starters 2053
Finishers 1979

Sponsor Fletcher Challenge Ltd - Auckland
Event Owners Lake City Athletic Club

First local finisher: Male - Colin Earwaker - 9th - 2.27.34
: Female - Donna Fiske - 238th - 3.21.13

Number under 2 hours 50 minutes - 32
Number under 3 hours - 76
Time of last finisher - 7.29.54

- The number of finishers dropped under 2000 for the first time since 1980 when 1953 finished
- Both Hutchinson and Portenski won their third "Fletcher" titles. At the age of 48 Bernie recorded her fastest "Fletcher" time
- It was announced at the awards ceremony that there would be a Millennium Trilogy series for the next three years. This taking in the 1999 35th Anniversary Fletcher Challenge Marathon, and the years 2000 and 2001
- A few weeks later following a review of its sponsorship programme Fletcher Challenge Ltd decided it's long standing support of the Fletcher Challenge Marathon (34 years) would not continue
- What was to happen with the future of the event? Should it continue? What about sponsorship? What about the planned Trilogy series?
- Sole searching was done and it was decided that there would at least be one more marathon in Rotorua – the 35th Anniversary event on 1 May 1999, this under the new name of the Rotorua Marathon

No 35

1999

Date 1 May 1999

Male Winner nil
Time nil
Club nil

Female winner nil
Time nil
Club nil

Starters	nil
Finishers	nil
Entrants	3173
Sponsor	nil
Event Owners	Lake City Athletic Club

- The event was the first in a “trilogy series” to celebrate the Millennium with a medal for each of the three years - 1999 the year before what some call the turn of the century, the millennium (the year 2000) and 2001 the start of the 21st century. The series had on offer to finishers of each year a medal, and a chance to win a Suzuki Jimmy and air travel to the value of \$5000
- 3173 entries were processed, the medals minted, the tee shirts printed, the race numbers issued, The Sports Expo in full swing, the support out on the course set up. All it needed was for the cannon to be fired at 10.00am
- Records show that this did not happen. The 3000 plus that had picked up their race number, and prepared for the “big day” did not move from the Government Gardens start line
- Why? The event was cancelled 10 minutes prior the start. The most difficult decision the senior members of the marathon committee had to make in 35 years
- What a day it was, for both the volumes of rain that fell and the consequences that ensued. A total of 190mm of rain fell in a 12-hour period (that’s 7.5 inches). As luck would have it for the marathon, the peak fall of 47.4mm (nearly 2 inches) fell in the hour between 9.30am and 10.30am on race day and did not cease until just after noon
- There were about half a dozen washouts around the back of the Lake in the hills: One in the vicinity of the half way mark taking out the roadway to the centre white line: Others up to the road’s edge: Tar seal was ripped up and undermined by the force of the water off the hills: Mud, slush and debris were spread along the hilly section of the course. As well as the washouts and slips at the halfway mark, there was a major flooding problem within the city area of Rotorua
- What do you do with 3000 plus tee shirts, medals and major spot prizes? Those that had picked up their race number were issued the tee shirt and medal endorsed “rained out”, and went into the draw for the major spot prizes, as well as their name placed into the Trilogy draws.
- So that was the marathon or “non-marathon” for 1999

No 36

2000

Date 29 April 2000

Male Winner Phil Costley
 Time 2.23.08
 Club Papanui ToCH - Christchurch

Female winner Meagan Edhouse
 Time 2.45.47
 Club Kawerau Harriers

Starters 2357
 Finishers 2312

Sponsor Bartercard New Zealand Ltd

Event Owners Athletics New Zealand

First local finisher: Male - Peter Handcock - 4th - 2.27.09
 : Female - Tanya lee-Parker - 127th - 3.12.14
 Number under 2 hours 50 minutes - 26
 Number under 3 hours - 64
 Time of last finisher - 7.48.05

- A new era
- The ownership of the event passed to Athletics New Zealand
- Bartercard New Zealand Ltd came on board as the principal sponsor and thus the Bartercard Rotorua Marathon eventuated
- Russell Sears was appointed by Athletics New Zealand as the Event coordinator
- The Lake City Athletic Club was still involved with the day to day and race day organisation. To the outsider there was no change, just the event name
- A first - late entries were accepted
- Course differed slightly this year with runners being taken down Vaughan Road instead of Te Ngae Road. This necessitated a recalibration of the course ending with the start and finish lines moving minimally.
- Another first – the advent of traffic management plans. All that needed to be done in the past was to contact the various local bodies - Police, Ministry Transport, the Council, advising the date of the event etc. Now qualified Traffic Management personnel had to be contracted to draw up plans for the “traffic management” of the event. Plans then being submitted to parties like the Council and Police for their approval. This took away a lot of the authority that up until now had been carried out by volunteers, and also added significant cost to the event.
- In brilliant running conditions, Phil Costley had his second Rotorua win, while Meagan Edhouse won the women’s section by six minutes
- This year it was the turn of a “Dame” to finish the marathon. Former world squash champion Dame Susan Devoy ran her debut marathon in 3.40.16 for 475th place

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.rotorumarathon.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.