

Member Profile

Name:	Colin Smyth	
Age:	72	
Marital Status:	Married - Twice	
Profession and/or place of work:	Plumber / Drainlayer	
Qualifications & Experience: (Especially if you are a Coach or Committee Member)	35 yrs training marathon runners (Ngongotaha – Rotorua Clinics) Official at 1990 Commonwealth games – NZ Championships.	
Events/Disciplines:	Any distance from 800m to 24hrs	
Motivation to do it:	Finishing	
Own training or Coach:	Self – The Lydiard’s way	
Favorite training route:	Owhata hills- Forest- around mountain	
Training, work, family - How do fit it all in? :	Get family involved – Just do it!	
Favourite Pastime:	Hiking- Cycling- watching Cowboy movies	
What bits are wearing down. How many ACC visits:	Left knee. 100’s ACC visits	
How do you handle injuries:	Get to physio fast. If not too bad run on it. No pain, no gain!	
Secret recovery recipes:	One day easy for every mile raced	
Pre-Event Meal:	Weet Bix & toast	
Event gear you use:		
Best sporting achievement:	Winning Rotorua Marathon in 1964	
Most embarrassing or disastrous moment:	Walking into the marathon finisher’s tent just as a girl took off her bra.	
Event you’d really like to do:	Coast to Coast	
Athlete you admire/why:	Jack Foster- He was a world champion but just one of us.	
Best advice to newbies:	Get a base of 2 yrs running before your first marathon	
Time with Lake City:	32 yrs, Ngongotaha 13yrs, Sydney club 5 yrs	
Volunteer work for the Club:	Everything	
Suggestions for the club:	Start marathon “runners” clinic in Oct to give them a time to build a base to run on.	