


Member Profile

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| Name: | Chris Corney |  |
| Age: | 47 | |
| Marital Status: | married | |
| Profession and/or place of work: | Sales Rep | |
| Qualifications & Experience: | None what so ever just years of hard yaka | |
| Events/Disciplines: | Track to Marathon | |
| Motivation to do it: | Competition. Staying fit and healthy. Friends within the sport. Not feeling guilty if I eat or drink too much, it was well earned. | |
| Own training or Coach: | Own | |
| Favorite training route: | Our forest. | |
| Training, work, family - How do fit it all in? : | Job allows me to train during day a lot of times. | |
| Favourite Pastime: | Golf. | |
| What bits are wearing down. How many ACC visits: | All. | |
| How do you handle injuries: | Seek professional help. Massage and rest. | |
| Secret recovery recipes: | Beer. | |
| Pre-Event Meal: | Nothing special. | |
| Event gear you use: | Normal running clothes, racing flats | |
| Best sporting achievement: | Winning New Plymouth Marathon. | |
| Most embarrassing or disastrous moment: | Nothing embarrasses me. | |
| Event you'd really like to do: | Marathon | |
| Athlete you admire/why: | John Walker. A legend in my time. | |
| Best advice to newbies: | Enjoy it and be prepared to hurt a little, sometimes a lot. | |
| Time with Lake City: | 12 yrs. | |
| Volunteer work for the Club: | Club Captain 4yrs. Organize Trout Fly . Marshalling for club events etc. | |
| Suggestions for the club: | | |