

Member Profile

Name:	Murray Fleming	
Age:	50	
Marital Status:		
Profession and/or place of work:	Event Promotions – event management company	
Qualifications & Experience: (Especially if you are a Coach or Committee Member)	Degree in physical education, cert in coaching, NZ marathon rep with a PB of 2hrs 18min	
Events/Disciplines:	10k plus	
Motivation to do it:	To perform at the highest level I possibly could. These days it is to control weight	
Own training or Coach:	Was Don Willoughby	
Favorite training route:	Running on the beach in Papamoa	
Training, work, family - How do fit it all in? :		
Favourite Pastime:	Golf, water sports, mountain biking	
What bits are wearing down. How many ACC visits:	Knees	
How do you handle injuries:	Stretches and cross training when really injured	
Secret recovery recipes:	as above	
Pre-Event Meal:	I never changed anything except for marathons where I carbo loaded	
Event gear you use:	Depended on sponsor at the time	
Best sporting achievement:	Marathon win in 2.18.16	
Most embarrassing or disastrous moment:	Not finishing the Rotorua marathon – It was the only race I never finished. I raced too hard against Paul Ballinger and I collapsed on the road by the airport	
Event you'd really like to do:	New York marathon	
Athlete you admire/why:	Douglas Wakiihuri - Kenyan runner Marathon & Cross Country Champion	
Best advice to newbies:	Enjoyment	
Time with Lake City:	5 yrs since I moved here	
Volunteer work for the Club:	as requested	
Suggestions for the club:	Nil	