

Lake City Athletic Club Walkers  
Newsletter No 2 – 2103

May 2013

Colin Smyth

The Marathon has been successfully completed by all those Walkers from our group that entered and so too all the Walkers who entered the Half Marathon. **100% finish all round again.** We hope all the new Walkers who finished their Half Marathon enjoyed their day out and are now looking forward to their training for the full Marathon next year.

Looking at the times most had great walks with some close finish times. One or two of us had a bad day at the office but you can't all feel great on the day. The sign of old age is when your body won't do what your mind wants it too.

Our Club Results are as follows:

**Many thanks to our Club Mates who looked after us on the day. (all times are Gun times)**

**Recreational Marathon**

Luanna George	5.42.15	6 <sup>th</sup> overall 3 <sup>rd</sup> Female
Donnell Mansfield	5.44.53	
Brian Crook	5.58.29	
Denise Caudwell	5.58.30	
Marieke Wass	6.05.21	
Linda Johnston	6.14.05	
Lee Jonas	6.26.59	
Maureen Heald	6.27.28	
Isobel Goulding	6.29.47	
Bonnie Sandford	6.30.55	
Rinus Adriaansz	6.32.51	
Neil Yardley	6.33.36	
Fran Fergusson	6.40.19	
Ally Gibbons	6.42.37	
Rob Colledge	6.52.37	
Colin Smyth	7.06.14	
Alby Schuster	7.38.31	

**Half Marathon**

Piet Otto	2.53.34	
Emma Pettersen	3.00.09	
Robyn Bishop	3.06.47	3 <sup>rd</sup> Female
Lyn van der Meys	3.07.00	
Margerita Drescher-Milosevic	3.08.32	
Ian Bishop	3.09.07	
Bev Skilling	3.09.07	
Motu Seeling	3.09.47	
Vicki Liddington	3.12.41	
Linda Montgomery	3.12.42	

Now that the Marathon is behind us, don't hibernate for the Winter months. Join those of us who walk all year round. The Club has a winter program which you can get a copy of from the Clubrooms or on the Website. It has a great mix of events from Cross Country, to Road, Forest Run/Walks, Relays etc. Come out and train with us on Tuesday and Thursday nights at 5.30pm, opposite 'The Meat Shoppe' at the Mall end of Tutanekai Street and on Sundays at 7.30am from the Clubrooms at Neil Hunt Park. Saturday walks are from different places so check the Program for times etc. We will also have walks on some Sundays out of Rotorua which we car-pool to. We are in the process of making up a program for these walks which will be handed out shortly. We cater for all Walkers who seek to improve themselves. You may want to do a Marathon or just want to walk with a group for company while you lose some weight. We have packs that will take care of you.

### **Taupo – Rotorua Flyer. 100km Cycle Race Relay.**

Six of our Walkers teamed up in teams of two to ride this bike ride (cross training). Raced over the 100kms, the change-over was outside the Waiotapu Pub at the 54km mark but no timing mat was available so only over-all times were given. The first lap was a lot easier than the second which went in Tumunui Road and out through Ngakuru. All had great rides with Marieka and Jan taking 3<sup>rd</sup> in the Women's Ride. (Tama-iti was there but didn't fire the starting gun!!!!).

<b>Results:</b>	Donnell Mansfield / Peter O'Connell	2.53.14	
	Marieke Wass / Jan Adolph	4.06.05	3 <sup>rd</sup> place??
	Pat Smyth / Diana van den Akker	4.21.51	

### **Champagne Breakfast**

Was great to see everyone dressed up as Cats for the occasion, a great effort all round. Maybe next year we could have tables in amongst the Runners instead of being down one end of the room on our own. (Do Cats mix with Bunnies)???

### **After Marathon Lunch**

45 turned up for the Lunch on the Sunday after the Marathon Day. A few tired bodies, but all with big smiles. **Everyone was reminded 100% finish yet again.** (Even Colin was too scared not to finish)!!! This must have been our best turnout so far. Roll on next year. Did anyone forget to pay? We had to pay for 2 more people!

### **Whats coming up**

25<sup>th</sup> May Haggis Hustle, 6km, 3km or 1km over the farm. Meet at Lindsay & Helen Fosters at 1 Haratau Place at 2pm. Please bring a plate for afternoon tea.

15<sup>th</sup> June Foster/Smyth/Lamason cross-country. Meet at top of Wharenuui Rd ready to start at 1.15pm. This is a handicapped event. 10km or 3km

29<sup>th</sup> June Club Cross Country Championships at Bishops Farm on Whakatane Highway. Meet at 1.15pm. Plate for afternoon tea please.

7<sup>th</sup> July Kawerau Half Marathon

10<sup>th</sup> August Matamata Road Relay.

**There will be some away trips fitted into the program. It is really hard to be able to fit in with everyone but we will try.**