

## LAKE CITY WALKERS NEWSLETTER NO 5, JUNE 2015

Colin & Pat Smyth

**Hi Again.** Didn't think many of you guys & dolls would turn up for more walking after the marathon but we are still getting good turn-outs on Tuesdays, Thursdays and Sundays.

### Winter Walks

Sunday walks start at 7.30am from the Clubrooms, (2-3 hours), Tuesday mornings at 8am from the clubrooms (2 hours) and at 5.30pm from City Focus in Tutanekai St (1 hour), Thursday mornings 8.00am from Planet Bike at Waipa (2 hours) and City Focus at 5.30pm. Something to suit everyone.

I hope you all enjoyed your Marathon and recovered enough to want more!!!! I haven't come across anyone who didn't enjoy their time out around the lake so it just shows what can happen when you do the right training. (I've used this training program since I started taking Marathon Clinics in 1976).

### Briefly

I would like to thank all those who acted as Pack leaders over the 7 months of our program; we couldn't have handled all these walkers without you guys so take a bow. Also all of you who turned up for the Champagne Breakfast, the Fish & Chip night and the day in the Event Centre where we packed 9,000 goodie bags in around 6 hours (world record). A huge thank you also to all those who looked after all our walkers in the Half & Full Marathons.

I haven't heard anything bad said about our Post Marathon Lunch held at the Holiday Inn so everyone must have enjoyed the food and our prize giving etc.

Leanne Leggett 1<sup>st</sup> Club Walker to finish and Maureen Heald being the oldest female from our group over the line. In the Half Marathon Piet Otto took our new trophy home for the first overall placing, the 2<sup>nd</sup> year he has done he has been first home.

Many thanks to Ruth (for making the Survivors Cake), Beryl (for the survivors cards) and Robynne Robbins (for making the book bags). These were well received by myself (49yrs), Rinus (30 yrs), Sarah (22<sup>nd</sup>), Pat (20 yrs), Terry (16 yrs) and Rob (15 yrs) of Rotorua Marathon finishes.

We had doubts whether Pat could finish all 70 of her cards in time when she broke her arm but with a little bit of help from me and a little bit of praying (from her) we managed to have them ready for you all. (Next year the marathon should be back to normal).

A big thank you to all the walking pack for the donation towards to our trip to Australia in July. This was totally unexpected for we get our rewards by having you fit enough after 7 months of training so that you can **enjoy** walking a marathon and still come back to join "the family" for more. Here's hoping you all keep walking through the winter

months and are ready for another bout of training so that you can do another “lap”. Remember that **it is easier to stay fit than to get fit.**

### **Rotorua Marathon 3<sup>rd</sup> May**

A few surprises in the results with only two walkers improving on their times of last year. Linda Johnston by 8mins 24s and Alby Schuster by 38mins 40 secs. Times were slower than last year (I think) because we didn’t have the runners (who started one hour behind us the last two years) acting as bait for us to pick up after they start walking at the airport. Let’s hope they are back there next year.

Check out the pack numbers beside the names and see who went **too fast** on the Sunday of the 6 hour walk. Piet Otto was the only one to improve their time in the Half Marathon by 5 seconds. For the rest of us “There is always next year”.

<b>Name</b>	<b>Pack No</b>	<b>2013</b>	<b>2014</b>
Leanne Leggett	1		5.44.24
Len Pemberton	1		5.57.07
Jenny Burns	1		6.01.41
Diana van den Akker	1		6.03.13
Glennis Hennessy	2		6.03.13
Susan Timmins	2		6.03.13
John Crengle	2		6.04.23
Linda Johnston	1	6.13.26	6.05.02
Teena Robinson	2		6.06.52
Ann Lanham	1		6.07.23
Marieke Wass	1	6.04.39	6.07.23
Shan Tapsell	1		6.07.48
Alan Gordon	1		6.08.22
Denise Caudwell	1	5.57.55	6.15.52
Marguerita Drescher	1		6.22.08
Tania Fiske	1		6.26.32
Rachael McKinnon	1		6.26.32
Grant McKinnon	1		6.26.32
Helen Foster	4		6.30.45
Elaine Bates	2		6.33.19
Maureen Heald	3	6.26.49	6.36.00
Joe Cairns	2		6.43.07
Jeanene Lysaght	2		6.43.17
Brian Crook	2	5.57.48	6.43.24
Len Akuhata	3		6.43.44
Linda Montgomery	2		6.44.18
Vicki Lidington	2		6.44.24
Isobel Goulding	2	6.29.11	6.45.36
Peter Myers	2		6.47.17
Gay Timpany	2		6.50.41

Rinus Adriaansz	1	6.32.09	6.52.06
Neil Yardley	2	6.32.57	6.52.29
Christine Hocking	3		6.53.53
Aandy Eastcott	2		6.54.43
Ben Hingston	2		6.56.25
Albie Schuster	3	7.37.50	6.59.10
Marcelle Gis	4		6.59.16
Nicky van Twuiver	4		6.59.42
Carole Limbrick-Hill	4		6.59.42
Pat Smyth	2		7.00.52
Jan Adolph	2		7.00.54
Elaine Wicks	2		7.01.55
Dawne Sharplin	4		7.04.44
Steve Ross	2		7.05.14
Lois Crengle	2		7.07.23
Trina Maniapoto	4		7.08.17
Nenah Wano	3		7.08.17
Mere Allen	4		7.08.17
Debbie Cronin	2		7.09.44
Susan Locke	4		7.16.48
Sonia Te Whare	2		7.26.18
Carole Buckley	4		7.28.50
Rob Colledge	2	6.51.56	7.28.56
Colin Smyth	4	7.05.43	7.39.48
Trish Akuhata	4		7.47.39
Whare Akuhata	4		7.47.40
<b>Runners/Walkers</b>			
Sarah Wiwarena	3		6.23.04
Sherrie Norrie			7.12.58
Terry Norrie			7.36.31
<b>Half Marathon</b>			
Piet Otto		2.51.40	2.51.35
Robyn Bishop		3.05.21	3.08.40
Robynne Robbins			3.14.46
Ian Bishop		3.07.41	3.14.48
Ruth Jones			3.14.55
Beryl Cleland			3.14.55
Fran Fergusson			3.16.22
Julie O'Connell			3.20.24
<b>Runner/Walker</b>			
Maureen Rolfe			3.20.03

**Whats on over the Winter (Main Events) Check Club Winter Program for weekly events.**

**Sat June 7<sup>th</sup>**

Foster/Smyth/Lamason Cross Country

Well what a course, you either enjoyed it or hated it and never coming back!!

This was a good introduction to Cross Country and this is where you build up strength and stamina ready for your marathon training!! We all know that where Colin is concerned there will always be **big hills!!**

A big thank you to all those who helped with setting up and breaking down the start/finish line and out on the course and those who stayed behind to clean up the woolshed.

Results will be in Guff Sheet

**Sat 21<sup>st</sup> June**

Novice, Veteran and Costello Cups Races

Meet at 379A Old Taupo Rd at 1.45pm for 2pm start. Sealed handicap of approx 7km road and country. Plate for Afternoon Tea please.

**Sat 28<sup>th</sup> June – Pack Run/Walk**

Meet Clubrooms 1.45pm to be organised by the Walking Group.

**Sat 12<sup>th</sup> July - Galatea Gallop**

Check Club guff Sheet for details

**Sat 19<sup>th</sup> July – Club Cross Country Champs (also Waikato/BOP Champs)**

Bishops Farm. Don't let the word Champs put off. You may be the only one there in your age group and get 1<sup>st</sup> Place.

**Sat 26<sup>th</sup> July – Minster Cup 10km**

Estimated Time Run/Walk at T.I.T.C (Waipa Mill 1.45pm)

**Upcoming walks – Tramps (Sundays)**

We have tried to mix up the walks and make them as interesting as we could. They are all very different. If you have tramping boots this will make it easier underfoot. These walks are not to be rushed and hurrying is not what tramping is about.

**If you are in a hurry you will have to take your own car, travel on your own and walk back to your car by yourself. We don't want to spoil other people's experience.**

You also need to take a jacket with you just in case there is a change in weather or you hurt yourself. For most of these walks just take water and snacks and where we are out longer take lunch but this has been indicated. Always bring a camera

There is a charge for Car Pooling which should be paid directly to the driver. I have based the prices on charges used by the Cross Country Midweek Walking Group.

<b>Date</b>	<b>Where</b>	
15 <sup>th</sup> June 2014	Wairere Falls Matamata <b>\$10.00</b>	With Colin & Pat. Car Pool. About 3 hour walk, then have lunch at Opal Springs, bring togs and money for soak in hot pools
29 <sup>th</sup> June 2014	Bishops Leap Whakatane Highway <b>\$5.00</b>	With Ian & Robyn Bishop. Car Pool. Approx 4 hours with shared lunch at Bishops afterwards.
6 <sup>th</sup> July 2014	Waikato River Trails <b>\$10.00</b>	With Pete Myers. Car Pool 2-3 hour walk with Lunch afterwards.
20 <sup>th</sup> July 2014	Tect Park, Tauranga Direct Road <b>\$10.00</b>	With Julie & Peter O'Connell. Approx 2 hour walk, Lunch afterwards at O'Connells house.
27 <sup>th</sup> July 2014	Okoroire Bike Ride	Bike ride 40 or 70km for those that enjoy their bikes
3 <sup>rd</sup> August 2014	Taupo Half Marathon	Great Day in Taupo. Well organized event.
17 <sup>th</sup> August 2014	McLaren Falls, Tauranga <b>\$15.00</b>	With Colin & Pat. 2-3 Hours, Car Pool. Lunch afterwards and maybe coffee and shops at Tirau!
31 <sup>st</sup> August 2014	Lake Okataina Walks <b>\$5.00</b>	With Colin & Pat. Car Pool. Approx 2-3 hours, Lunch at camp afterwards.
7 <sup>th</sup> September 2014	Tarawera Trail <b>\$5.00</b>	With John & Lois. Car Pool. Approx 5 hours. Take lunch with you.
21 <sup>st</sup> September 2014	Tarawera Falls. <b>\$15.00</b>	
5 <sup>th</sup> October 2014	Whirinaki Forest <b>May look at a bus</b>	With Ben. Approx 5 hours, take lunch with you.
19 <sup>th</sup> October 2014	Whakapounakou Trig, Okataina. <b>\$5.00</b>	With Colin & Pat. Car Pool. Approx 3 hours. Lunch at camp or Lake dependant on weather.
26 <sup>th</sup> October 2014	Labour weekend	
2 <sup>nd</sup> November	Jubilee Track, Mt Ngongotaha. <b>\$3.00</b>	With Jan. Car Pool. Lunch at Jan's afterwards
16 <sup>th</sup> November 2014	Otanewainuku. Tauranga Direct Road. <b>\$10.00</b>	

**Good walking and hope you enjoy the Winter Program. Pat & Colin**