



Website: www.lakecity.co.nz
 Email: info@lakecity.co.nz
 Clubrooms: Neil Hunt Park off Tarawera Road
 Lynmore – Rotorua

GUFF SHEET
10 September 2016

The past week:

Another small number was in attendance at the final Mokopuna Dash on Saturday. It was pleasing to see some new “faces” step up to help with marshalling etc as well as the regulars. Thanks to all. Results are below.

One gold and two bronze medals came back to Rotorua from the Athletics New Zealand road championships at Masterton on Saturday. Well done everyone. Again results are below.

All Whaka Forest users: please read below as it is very important
All Bike riders, Runners, Walkers,
And Horse Riders



From 1 September Eight Mile Gate Road (from the gate at the Hill Road carpark to the intersection Tumunui) in Whakarewarewa Forest will be closed to all non-forestry use at all times.

This means no bicycles, running, walking or horse riding on the road, even during weekends. The gates will be open all days and at all times for logging trucks carting to Red Stag.

Signage will be erected at each end of the road to advice people not to enter and locked gates installed on the side roads. This is a permanent change. Timberlands Limited's security Contractor, First Security, will be monitoring the road.

The mountain bike and running/walking track crossing points along Eight Mile Gate Road will remain open.

Publicity:

Please note should you be involved in publicity relating to your Club, please mention the Club's name – the Lake City Athletic Club - and wear your

club uniform if pics are likely to be taken. Thank you.

Forth coming events:



SATURDAYS

This Saturday 10 September –

This is the morning of the club hosted Red Stag Redwoods Forest Relay. The club teams have been selected, and the event back ground work nearly completed. So far a total of 91 teams have entered, well up on last year. Club teams are below. **Note as this is a relay event Club uniform is to be worn.**

All that's wanted is pleasant day weather wise.

Saturday 17 September – this is the day of the Club road championships for runners and walkers, at Waingaehe Park, Hannahs Bay. First event commences 1.15pm. See below for the programme. Bring a plate for afternoon tea back at Neil Hunt Park clubrooms, please. Duty officers: The winter season committee and their helpers. Contact Adrian at adrian.lysaght@xtra.co.nz if you can assist.

Saturday 24 September – The Fenton Park Blast. Meet 1.45pm on Kain Ave for a 3km (1.5km for children) race around the streets of Fenton Park - 2.00pm start. Bring a plate for afternoon tea please. All those selected in a NZ Road Relay team are expected to take part. Duty officers: Tony Broadhead 027 492 7026.

SUNDAYS

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms
Pm - Meet 5.30pm at the old City Focus, Tutanakai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park,

Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – Meet 5.30pm at the old City Focus, Tutanekai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Athletics New Zealand Road relay championships: please see the update below re team selection – it is very important

Relay Teams

For those of you who have put your name down on the list in the club rooms to participate in this event, there is only **one** selection event left on the calendar, and you must have completed at least **four** to guarantee your selection for a team. The event is:

- Saturday 17th September: Club Road Running Championships

If you are unable to meet the requirement of completing four selection events but would still like to be considered for a road relays team then you must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz).

1. Athletes must be current financial members of the Lake City Athletic Club.

2. Selections will in all cases be based on current form and **regular** participation.

Teams can get entered in each of the following grades if there are enough club members for a team:

- Walking
- Social/Corporate
- Senior Men
- Senior Women
- Masters Men (40+)
- Masters Women (35+)
- Masters Open 50+
- Masters Open 60+
- Junior Men (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)
- Junior Women (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)



As we are hosting this event, team members will be expected to provide assistance in some capacity (marshalling for example). For each team a team manager is required. Anyone interested in being a team manager must contact Club Selector Convener Adrian Lysaght (027 6153496 or

adrian.lysaght@xtra.co.nz). If there is no manager for a grade then no team will be entered in that grade

Vehicles and drivers wanted

Vans or the like plus their driver are wanted to transport team members Jackson Road and State Highway 36 back Hamurana Road and then to the Waerenga Road intersection. You will be required from approx. 8 am till 12pm. Fuel costs will be reimbursed. This is a job that a family member or friend could assist with. Please contact Chris Corney at 21 770366 or chris-donna@xtra.co.nz if you can assist or wish to discuss



Club Red Stag Redwoods Forest relay teams – This Saturday 10 September:

Please note that team packets (race numbers) need to be uplifted from the “race number” area opposite the Redwoods Visitor Centre & I-Site on Long Mile Road prior to 9.30am. Club uniform is to be worn. Should circumstances change and you cannot make it on Saturday please contact Adrian at - Adrian.lysaght@xtra.co.nz urgently. Sorry the running/walking order cannot be changed.

Running teams

Female Youth

1. Hannah Gapes
2. Freya Lord
3. Hannah Hickson
4. Emma Hickson

Women Open

1. Clare Barrett- Wood
2. Char Pearson
3. Tracey Hay
4. Amy Bray
5. Natalie Miedema

Masters Women No 1

1. Johanna Ottosson
2. Sian Twiddy
3. Sue Crowley
4. Gillian Shapley
5. Tania Smellie

Masters Women No 2

1. Faith Barber (McGregor)
2. Dee Horne
3. Kathryn Murphy
4. Anita Gibb
5. Jodie Hickson

Men Open

1. Michael Voss
2. Steven O'Callaghan
3. Jason Steyn-Ross
4. Stephen Bjarnesen
5. Andrew Twiddy

Masters men - No 1

1. Adrian Lysaght

2. Jason Cameron
 3. Kerry Robinson
 4. Bruce Edwards
 5. Tony Broadhead
- Masters men – No 2**

1. Daniel Gapes
2. Chris Corney
3. Gaine Petterson
4. Alan Crombie
5. Andy Hickson

- Masters men – No 3**
1. Andrew Jamieson
 2. Mike Bray
 3. Phil Gulbransen
 4. Chris Lord
 5. Campbell Horn

- Masters men - No 4**
1. Ray Hewlett
 2. Steve Bradley
 3. Andrew Skene
 4. Peter Vyver
 5. Peter Bloore

Walking teams

No 1

Diane Barratt-Kendell
Glennis Hennessy

No 2

Rinus Adriaansz
Gay Timpany

No 3

Alan Ryan
Andy Eastcott

No 4

Doris Bragg
Christine Hocking



Road championships

Saturday 17 September 2016

Waingaehe Park, Hannahs Bay, Rotorua

Order of events

- **1.15pm Sharp**

Distance - 2000 metres

Boys and girls 10 and under (5, 6, 7, 8, 9, 10)
Boys and girls under 13 (11 and 12)

Distance - 5000 metres

Walk - all grades

- **1.40pm**

Distance - 3000 metres

Boys and girls under 15 (13 and 14)

Distance - 5000m metres

Youth Women under 18 (15, 16, 17)

Junior Women under 20 (18, 19)

Masters women – (35 plus)

- **2.10pm**

Distance 6000 metres

Youth Men under 18 (15, 16, 17)

Distance 8000 metres

Junior Men under 20 (18, 19)

Distance 10,000 metres

Women – senior (20–34)

Men - senior (20-34)

Masters men (35 plus)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2016 except for Master grades, which is age on the day.
2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member prior to the event** of the Lake City Athletic Club Inc.
3. **There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!**
4. Please arrange for a family member to count your laps.
5. Plate please for afternoon tea at the Neil Hunt Park clubrooms.
6. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line. If you are not running or walking get involved by being a volunteer. Contact Adrian at Adrian.lysaght@xtra.co.nz if you can assist. He also needs assistance with the course set up. i.e. placement of road cones and signs.

RESULTS

Mokopuna Dash - No 4 – 3 September 2016	Place	Time	Distance
			1860 approx.
Maria Brunton	1	9.07	
Amber Lysaght	2	9.49	
Jake Porter	3	10.56	
Bruce McGregor	4	11.05	
Elliot Castle	5	11.06	
Alan Twiddy	6	11.33	
James McGregor	7	11.41	
Lydia O'Callaghan	8	11.46	
Maisey O'Callaghan	9	12.24	
Hannah Hickson	10	17.48	

Katharine Twiddy	11	17.49	
Keira Murphy	12	17.51	
Sam Rossiter	1	16.01	3720 approx.
Cody Shilton	2	19.45	
Kathryn Murphy	3	21.39	
Anita Gibb	4	21.39	
Hamish McGregor	5	22.28	
Mike Burkinshaw (w)	6	30.21	
Rinus Adriaansz (w)	7	31.33	
Steven O'Callaghan	1	20.40	5580approx.
Adrian Lysaght	2	21.29	
Sian Twiddy	3	26.05	
Campbell Horn	4	26.40	
Fred Shilton	5	27.06	
Emma Hickson	6	30.49	
Peter Vyver	7	36.30	

**Athletics New Zealand Road running championships-
Masterton – 3 September 2016**

<u>Men under 20 – 8000 metres</u>			
Michael Voss	1		26.44
<u>Masters men - 10000 metres</u>			
<u>45-49</u>			
Chris Mardon	1	Canterbury	34.13
Jason Cameron	3		34.50
Tony Broadhead	5		36.57
<u>Masters women – 5000 metres</u>			
<u>65-69</u>			
Pam Graham	1	Wellington	23.44
Joy Baker	2	Taranaki	24.40
Kathy Howard	3		24.43

Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase

Payment to be made at time of purchase - please bring along the correct change

Costs: Adults running singlets: \$35.00
Adults short sleeve walker's tees: \$35.00
Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):

Mobile 027 464 8546

Sarah Wiwarena – Ph: 346 3289 (evenings):

Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase