



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
 Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
 Clubrooms: Neil Hunt Park off Tarawera Road  
 Lynmore – Rotorua

**GUFF SHEET**  
**17 September 2016**

**The past week:**

The 38th Red Stag Redwoods Forest Relay is over for most people. There's the behind the scenes wrap up to be addressed – not a 5 minute job.

There was an increase in team numbers this year - 97 as against 77 last year. The pleasing aspect of the entries was that there was 39 teams entered in the event's youth grade. Unfortunately 4 teams withdrew at the last minute (one school because of road /weather conditions). This leaving 35 youth teams to face the starter – a mix of club and secondary schools (18) teams. Locally Rotorua Lakes High had 5 teams taking part and it was pleasing to see that they were the randomly drawn winners of the Secondary Schools prize.

Like all club promoted events volunteers are needed and once again club members stepped to fill the role when called upon. Thank you to all who assisted.

Club member's results are below. The full results can be viewed on the club's website.

**All Whaka Forest users:** please read and respect 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 with SH5 near 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.

**Tarawera Road Crossing Proposals:**

The Rotorua Lakes Council Roding Team as part of the Cycleways Program are planning to implement a crossing point on Tarawera Road. The council has requested this message be sent to our club members as it has an impact on us all as users of the forest – regularly crossing Tarawera Road. Check out their proposals, maps, etc via the following web page and if you have time, please do provide your own feedback on options. Thank You.

<http://www.cyway.nz/projects/6-whakarewarewa-forest-link>



**Forth coming events:**

**SATURDAYS**

**This 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](mailto:adrian.lysaght@xtra.co.nz) if you can assist.

**Saturday 24 September** – The annual 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 officer: 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, Tutaneikai Street.

### Distance athletes

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

**CHILDRENS ATHLETICS** – Details coming soon! Starting Tuesday 11<sup>th</sup> October. Registrations online via [www.lakecity.co.nz](http://www.lakecity.co.nz). Contact Sarah 027 347 8115 or email [lakecityca@gmail.com](mailto:lakecityca@gmail.com)

## 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, Tutaneikai 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:

- This Saturday 17th September the 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](mailto:adrian.lysaght@xtra.co.nz)).

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

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Adrian Lysaght (027 6153496 or [adrian.lysaght@xtra.co.nz](mailto: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](mailto:chris-donna@xtra.co.nz) if you can assist or wish to discuss.



### NZ Road Relays – Social Tickets

'Social tickets' will be available to buy at this week's club road champs on Saturday, September 17<sup>th</sup>. \$20 per ticket. See Tony da Pony



## Road championships

This 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. Should you not be 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

Red Stag Redwoods Forest Saturday 10 September 2016 - Rotorua

<u>Running teams</u>			
<b>Female Youth</b>			
Pakuranga Athletics	1st	49.37	
Lake City-Rotorua	16th	1.14.06	
Lillian Muir			17.19
Hannah Hickson			20.14
Emma Hickson			15.29
Katharine Twiddy			21.04
<b>Women Open</b>			
Lake City-Rotorua	1st	1.54.00	
Clare Barrett- Wood			21.32
Char Pearson			21.45
Tracey Hay			21.36
Amy Bray			24.14
Natalie Miedema			24.53
<b>Masters Women</b>			
Lake City-Rotorua – No 1	1st	1.48.41	
Johanna Ottosson			19.56
Sian Twiddy			22.28
Sue Crowley			19.36
Gillian Shapley			23.06
Tania Smellie			23.35
Masters Women – No2	4th	2.05.47	
Sarah Lei			24.52
Dee Horne			25.26
Kathryn Murphy			25.05
Anita Gibb			27.00

Jodie Hickson			23.24
<b>Men Open</b>			
Pakuranga	1st	1.24.07	
Lake City-Rotorua	3rd	1.29.34	
Michael Voss			15.46
Steven O'Callaghan			16.47
Jason Steyn-Ross			18.53
Stephen Bjarnesen			18.54
Andrew Twiddy			19.14
<b>Masters Men</b>			
Pakuranga	1 <sup>st</sup>	1.27.05	
Lake City-Rotorua – No 1	3rd	1.29.05	
Adrian Lysaght			17.56
Jason Cameron			16.44
Kerry Robinson			18.45
Bruce Edwards			18.12
Tony Broadhead			17.28
Lake City- Rotorua - No 2	5th	1.38.01	
Daniel Gapes			20.17
Chris Corney			18.42
Gaine Petterson			20.41
Alan Crombie			19.30
Andy Hickson			18.51
Lake City-Rotorua – No 3	8th	1.49.09	
Andrew Jamieson			19.45
Mike Bray			19.50
Phil Gulbransen			23.16
Chris Lord			24.04
Campbell Horn			22.14
Lake City- Rotorua - No 4	10th	2.07.12	
Ray Hewlett			23.54
Steve Bradley			24.18
Andrew Skene			21.02
Peter Vyver			29.36
Peter Bloore			28.22
<b>Walking teams</b>			
Egmont Athletics	1st	61.59	
Lake City-Rotorua – No 1	3rd	69.51	
Diane Barratt-Kendell			33.36
Glennis Hennessy			36.15
Lake City-Rotorua – No 2	8th	80.26	
Rinus Adriaansz			40.55
Gay Timpany			39.31
Lake City-Rotorua – No 3	10th	84.05	
Alan Ryan			40.52
Andy Eastcott			43.13
Lake City-Rotorua – No 4	12th	88.22	
Doris Bragg			45.38
Christine Hocking			38.42

Sue Crowley had the fastest masters women lap time  
Michael Voss had the fastest men's open lap time