



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET
10 September 2011

The week that was:

4 teams headed to the Hunua Ranges on Saturday for the Athletics New Zealand Road Relay championships. Team member Peter Quax reports.

"The course was based just south of Hunua, and was quite undulating on most laps, to say the least. With the exception of a few, most had at least one decent hill in it. It would seem that everyone had a great time, and those who hadn't been to a relay like this before really enjoyed themselves. Certainly bought back memories for me of days gone by.

The senior men's team possibly should have been in the B grade, but then the line has to be drawn somewhere.

Didn't really see too much of the other teams except occasionally at changeovers, i.e. when we caught the ladies and composite teams, and for first few laps of our race with the men.

The Masters team on results was best performing, finishing 5th out of 11 teams. There is talk of entering an Over 50's team next year as we believe it would be very competitive and capable of winning the grade".

Results are on the reverse.

Forth coming events in Rotorua:

This Saturday 10 September - Meet at Davidson's, Sala Street at 1.45pm for a 3km blast in Fenton Park. **Please bring a plate for afternoon at Davidson's premises.** Duty officers: Trevor Ogilvie - 347 8181- and Tony Broadhead.

Saturday 17 September - the annual club promoted and organised Red Stag Redwoods Forest Relay in the Redwood Grove. The list is at the clubrooms for you to indicate if you wish to run or walk in a team, or help with the event on the day. **Please indicate by this Sunday as the teams need to be selected no later than this coming Monday.**

Saturday 24 September - the Club road champs. With a security gate now across the Waipa Mill Road a new course is being trailed for this year's road champs on 8 Mile Gate Road. The course is 1km out and 1km back, hence a 2km loop. To get to the start head along the Waipa Mill Bypass Road, the weigh bridge and park under the trees by the barrier arm on 8 Mile Gate Road. The programme will be published nearer the event.

Looking a bit further ahead:

Ekiden Relay - Thursday 6 October, Saturday 8 October. Volunteer at this club fundraising event. Thursday evening is goodie bag filling, and on Saturday marshalling around the Lake Rotorua course, or timing and recording at the Village Green finish line. This is an easy way for members to contribute to the club's financial base by giving of their time for a few hours - either Thursday evening or on Saturday, or both. A list will be at the clubrooms in due course for you to place your name on.

Events out of Rotorua:

Other events on the local scene:

SUNDAYS

Those that run - groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some at 8.00am and possibly some in between. Find a group that is compatible with your fitness and head off into the Forest.

Those that walk - Meet 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 - Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

For the beginner - Meet **3.00pm** at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

TUESDAYS

All athletes - Speed work and core strength session for those over 15 years, **6.30am**, Smallbone Park, Devon West Street, Rotorua. Led by Sarah Lei - 349 3558 (evenings) or 027 228 5496.

Distance athletes

Runners - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599.

Walkers - Meet 5.30pm at Paper Plus, 1304 Tutaneikai Street, Rotorua - the Central Mall end.

THURSDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Paper Plus 1304 Tutaneikai Street, Rotorua - the Central Mall end.

This Sunday 11th September - Harrier's Officials Course -- Lake City Athletic Neil Hunt Park clubrooms

All welcome – runners, walkers and those that can no longer run or walk but wish to be involved with the winter side of our sport. Learn about how to set up a course, the finish area, timekeeping, marshalling, results etc.

The program:

10.00am - Arrive, set up, and distribute materials

10:30am - Begin power point presentation.

Noon - Discussion, questions.

12:30pm - Lunch break - BYO.

1.00pm - Written test

2:30pm - Conclusion.

Cost is \$10 to cover materials etc.

Run by George Caddie, Athletics Waikato BOP Official's Education Coordinator

Why be a Harrier's Official?

A great learning experience especially for all those helping with cross-country over the winter months.

We currently have 7 members confirmed to attend, plus there are others coming from surrounding clubs in the Bay.

Please register your interest with Kerris Browne, email swingmills@xtra.co.nz or cell 021 753691, evenings 348079 promptly.

October 9 2011: Walkers marathon clinic

This is the start of the walker's marathon clinic for the 48th Lion Foundation Rotorua Marathon.

- Start time 7.00am from the Neil Hunt Park clubrooms
- You must be able to walk for 1 hour comfortably
- Come and join with a happy group, that are led by pack leaders that know the Forest
- Contact Colin Smyth – 0274 999 471 or Pat Smyth 0273 341 425 or Sarah Wiwarena 027 248 3874 (348 7674 home for further information)

All welcome

Results:

Athletics New Zealand Road relay championships - Hunua Ranges, Auckland – 3 September 2011

Composite

1. Hamilton City Hawks		4.51.34
7. Lake City Rotorua		6.06.26
Mere Attwater	48.19	8.4km
Rachel Browne	34.42	5.6km
Phil Kerrison	50.15	9.00km
Judith Tomasevich	38.08	6.7km
Olivia Goh	46.58	7.2km
Chris Browne	48.30	10.5km
Kerris Browne	43.08	6.9km
Peter Vyver	56.26	10.00km

Open Women

1. University Canterbury		4.05.59
9. Lake City Rotorua		4.53.03
Cati Pearson	37.46	8.4km
Phillipa Hyde	27.33	5.6km
Gillian Shapley	41.31	9.00km
Jodie Hickson	32.54	6.7km
Charlotte Pearson	34.55	7.2km
Siobhan Griffiths	43.43	10.5km
Kelly Dalton	33.06	6.9km
Stephanie Pearson	41.35	10.0km

Open Men

1. University Canterbury		3.26.01
10. Lake City Rotorua		3.47.52
Ben McHale	29.02	8.4km
Matt Dalton	21.52	5.6km
Sjors Corporaal	32.02	9.00km
Nick Portas	22.34	6.7km
Adrian Lysaght	27.19	7.2km
Steven O'Callaghan	34.13	10.5km
Adian Campbell	26.04	6.9km
Jason Steyn-Ross	34.46	10.00km

Masters Men

1. Wellington Scottish		3.50.42
5. Lake City Rotorua		4.00.38
Trevor Ogilvie	30.59	8.4km
Peter Quax	22.13	5.6km
Colin Earwaker	32.16	9.00km
Duncan Smith	24.53	6.7km
Dave Cronshaw	27.54	7.2km
Bruce Edwards	37.25	10.5km
Tony Broadhead	26.46	6.9km
Chris Corney	38.12	10.00km

**For your physio needs contact
The Physiotherapy Clinic –**

**inquiry@physiotherapyclinic.co.nz
or 07 347 8380**