



**LAKE CITY**

*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

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

## GUFF SHEET

*3 September 2011*

### The week that was:

It was out to Hannahs Bay on Saturday for a series well attended short sharp road events.

Thanks to those that made the event happen. Results are on the reverse.

### Forth coming events in Rotorua:

**This Saturday 3 September** - Those not heading to the New Zealand Road Relay Champs at Hunua South Auckland met 1.45pm at the Neil Hunt Park clubrooms for a run or walk.

**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.

**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:

**This Saturday 3 September** - New Zealand road relay championships in the Hunua Ranges, Papakura. Good luck to the 4 teams from the club that has been entered. Those heading north are: (Names not in running order)

**Men's open** - Ben McHale, Matt Dalton, Sjors Corporaal, Jason Steyn-Ross, Adrian Lysaght, Steven O'Callaghan, Adian Campbell, and Nick Portas

**Masters men (40-49)** - Trevor Ogilvie, Peter Quax, Bruce Edwards, Duncan Smith, Colin Earwaker, Dave Cronshaw, Tony Broadhead, and Chris Corney

**Open women** - Stephanie Pearson, Charlotte Pearson, Cati Pearson, Gillian Shapley, Jodie Hickson, Phillipa Hyde, Kelly Dalton and Siobhan Griffiths

**Composite** - Mark Geddes, Olivia Goh, Peter Vyver, Rachel Browne, Chris Browne, Kerris Browne, Judith Tomasevich, and Mere Attwater

### 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](mailto: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 Tutanekai Street, Rotorua - the Central Mall end.

## Harrier's Officials Course - Sunday 11th September - 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](mailto:swingmills@xtra.co.nz) or cell 021 753691, evenings 3480790.

### October 9 2011:

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**

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

**[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380**

## Results:

### Hannahs Bay, Rotorua - 27August 2011

#### 1km Children:

1	Javier Browne	B9	4.17
2	Jarred Marten	B9	4.42
3	Jude Carpenter	B9	4.54
4	Oliver Smyth	B9	5.24
5	Ciara Griffiths	G6	5.27
6	Connor Lysaght	B5	5.50
7	Anna Shapley	G3	7.45
8	Kyle Hetherington	B5	9.19
9	Zeon Hetherington	B3	17.40

#### 2.5km:

1	Siobhan Griffiths	W35	9.47
2	Tanya Lee	W45	10.19
3	Cindy Carpenter	W50	12.40
4	Dawn Angove	W50	12.46
5	Mary Attwater	W45	13.03
6	Vanessa Newby	W35	13.37
7	Sheryl Pearson	W55	13.43
8	Kerris Browne	W40	13.53
9	Cherie May	W50	14.03
10	Rachael Browne	W40	14.15
11	Jeanene Lysaght	W20	14.24
12	Christine Reed	W60	18.53

#### 5km:

1	Steven O'Callaghan	M20	15.52
2=	Sorjs Corporal	M20	16.46
2=	Jason Steyn Ross	M20	16.46
4	Nick Portas	M20	17.01
5	Chris Corney	M45	17.13
6	Bruce Edwards	M45	17.22
7	Adrian Lysaght	M35	17.35
8	Dave Cronshaw	M45	17.40
9	Duncan Smith	M45	18.38
10	Tony Broadhead	M40	18.39
11	Matt Dalton	M20	18.41
12	Logan Marten	M35	20.30
13	Chris Browne	M40	21.01
14	Kelly Dalton	W20	21.22
15	Gillian Shapley	W35	21.40
16	John Harvey	M55	21.42
17	Robin Reed	M55	22.45
18	Shaun O'Donnell	M50	23.27
19	Sarah Lei	W35	23.43
20	Martin Harris	M60	24.51
21	Max Bragg	M65	26.02
22	Peter Vyver	M65	26.02
23	Olivia Goh	W20	28.48
24	Judith Tomasevich	W50	29.36
25	Denise Caudwell	W55	36.27 (w)
26	Mike Burkinshaw	M65	36.34 (w)
27	Rinus Adriaansz	M50	37.50 (w)
28	Maureen Heald	W70	41.14 (w)
29	Rob Colledge	M60	45.07 (w)