



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

GUFF SHEET

12 September 2015

The past week:

A small contingent from the club wore Athletics Waikato BOP colours on Saturday at Tauranga's Tauriko Industrial Park when the Athletics New Zealand road championships were contested.. Two gold medals were won: 1 silver; 1 bronze; a 4th, 5th and 17th place.

The medallists were: Michael Voss who ran a superb race to take out his 8km junior men's (18, 19 year olds) event in 26.07. In doing so Michael beat Waikato's Harry Ewing who he has tussled with at events for the top place over the season. They both beat Marcus Karamanolis (Wellington) who had his first defeat of the year.

Without verifying the following statement, Michael is thought to be the first Rotorua based junior athlete to win a winter season Athletics NZ title. That's over some 65 years of cross-country and road events in the Rotorua region.

Tony Broadhead was the other top medallist when he came away with the master's 45-49 title contested over 10km (35.18), while Max Bragg was rewarded the silver medal in his 70-74 10km – 51.20. Melanie Thompson received the bronze medal in her 5km 35-39 master's women's event – 21.17.

Although turning in excellent performances, Chris Corney had to be content with 4th place in his 50-54 10km – 36.55: Adrian Lysaght 5th place in his 40-44 - 35.09 and Megan Grant 17th in women's 10km in 41.06.

Well done everyone!

Forth coming events:

SATURDAYS

This Saturday 12 September – this is the days of the Club's Red Stag Redwoods Forest Relay being held in the Redwoods Memorial Grove and the Scion Archive tree area.

The club teams have been selected and are below: The volunteers given their duties: the prizes purchased: the back ground paper work nearly completed: All that's wanted is a pleasant day and all the preparations to fall into place. Unfortunately team numbers are down on previous years.

Saturday 19 September - this is the afternoon of the Club road championships at Waingaehe Park, Hannahs Bay. First event commences 1.30pm **sharp**. Bring a plate for afternoon tea back at Neil Hunt Park clubrooms, please. Duty officer: Lindsay Foster (Ph.07 348 6818). Lindsay wants help with the even. Give him a call if you can assist in some way.

This is the final event where the club selectors will be observing club members fitness for the New Zealand Road relay championships on 3 October. The day's programme is below.

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena - 07 346 3289 ah or 027 347 8115

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

THURSDAYS

Walkers

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

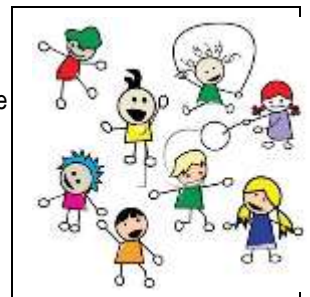
Pm – Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Volunteers Needed!!

We need volunteers to help run the Summer Children's Athletic programme on a Tuesday evening starting 13 October. Based on 2014/2015 season numbers we



have a requirement for between 20 and 30 helpers a night. The majority are parents who need guidance in track and/or field skills to confidently and safely teach the children ranging in ages from 2-11 years.

If you have had experience in discus, shot put, high jump, long jump and/or track events we would love to hear from you!!

Also, if you are handy on the BBQ we are looking for people to go onto the BBQ roster too.

If you can help please contact: Kerri Lohead Children's Secretary: lakecityca@gmail.com or 0272 773 180



LAKE CITY
Athletic Club INC

Children's Athletics

Registration will be held at the
Lake City Clubrooms,
Neil Hunt Park, Tarawera Rd.

Sunday 27 September
1pm-4pm

Running, jumping & throwing for the whole family, from 2yrs to 11 years. Fun, Entry-level training for beginners, with lots of practical coordination skills.

Children 2-11 yrs

Starts Tuesday 13th October -5.15pm
International Stadium, Ground 2

www.lakecity.co.nz
lakecityca@gmail.com
Ph/text: **0272 773 180** Kerri



Road Race Events

Saturday 19 September 2015
Waingaehe Park, Hannahs Bay, Rotorua

Order of events

• **1.30pm** **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

• **1.55pm**

Distance - 3000 metres

Boys and girls under 15 (13 and 14)

Distance - 5000 metres

Youth Women under 18 (15, 16, 17)

Junior Women under 20 (18, 19)

Masters women – (35 plus)

• **2.20pm**

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 31/12/2015 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 not running or walking then get involved by being a volunteer. Contact Lindsay Foster – 348 6818 if you can assist. He also needs assistance with the course set up. i.e. placement of road cones and signs.

Club Red Stag Redwoods Forest Relay

teams:

Points to note: Someone from each is to pick up their teams race pack prior to 9.30am from where they are being dispatched opposite the Redwoods Information Centre, Long Mile Road. If at the last minute you are not able to take part please contact Adrian on Adrian.lysaght@xtra.co.nz or 027 6153496 (runners) and Sarah Wiwarena 07 346 3289 ah or 027 347 8115 (walkers). The event rules are that a replacement person runs/walks the lap of the person they are replacing. That is no changing of the running/walking order.

Club singlet/walkers tee shirt and black shorts to be worn.

Runners

Men's Open

- 1 Michael Voss
- 2 Steven O'Callaghan
- 3 Carl Fisher
- 4 Jason Steyn-Ross
- 5 Andy Twiddy

Women's Open

- 1 Charlotte Pearson
- 2 Clare Barratt-Wood
- 3 Tracey Hay
- 4 Amy Bray
- 5 Nic Leary

Masters' Men No 1

- 1 Adrian Lysaght
- 2 Tony Broadhead
- 3 Colin Earwaker
- 4 Chris Comey
- 5 Dave Cronshaw

Masters' Men No 2

- 1 Andy Hickson
- 2 Mike Bray
- 3 Kerry Robinson
- 4 Gaine Pettersen
- 5 Chris Lord

Masters' Men No 3 (60+)

- 1 Phil Gulbransen
- 2 Campbell Horn
- 3 Ray Hewlett
- 4 Lindsay Foster
- 5 Phil Kerrison

Masters' Women No 1

- 1 Johanna Ottosson
- 2 Sian Twiddy
- 3 Sue Crowley
- 4 Melanie Thompson

- 5 Siobhan Griffiths

Masters' Women No 2

- 1 Lorna Mills
- 2 Kerryn Barker
- 3 Gillian Shapley
- 4 Sarah Manders
- 5 Jodie Hickson

Composite No 1

- 1 Alan Crombie
- 2 Paul Carpenter
- 3 Cindy Carpenter
- 4 Max Bragg
- 5 Sarah Lei

Composite No 2

- 1 Chris Bycroft
- 2 Mary Attwater
- 3 Peter Vyver
- 4 Kerris Browne
- 5 Peter Bloore

Female Youth

- 1 Maria Brunton
- 2 Anja Crombie
- 3 Freya Lord
- 4 Emma Hickson

Male Youth

- 1 Connor Lysaght
- 2 Jack Peterson
- 3 Jude Carpenter
- 4 Javier Browne

Walkers

Team 1	Lap 1	Rinus Adriaansz
	Lap 2	Gay Timpany
Team 2	Lap 1	Doris Bragg
	Lap 2	Glennis Hennessey
Team 3	Lap 1	Denise Caudwell
	Lap 2	Marieke Wass
Team 4	Lap 1	Andy Eastcott
	Lap 2	Helen Foster

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

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday