



LAKE CITY Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

17 September 2011

The week that was:

Saturday saw 30 do a quick dash around the streets of Fenton Park and then head back to Davidson's on Marguerita Street for a cuppa and eats. Thanks to Trevor and his team that marked the course, those that recorded at the finish line and to Shaun O'Donnell for making his premises available. Results are on the reverse.

Forth coming events in Rotorua:

This Saturday 17 September - The club's promoted and organised Red Stag Redwoods Forest Relay in the Redwood Grove. Teams are on the reverse Event start time is 10.00am.

Saturday 24 September - The Club road champs. With a security gate now across the Waipa Mill Road a new course is being trialed 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, past the weighbridge and park under the trees by the barrier arm on 8 Mile Gate Road. The programme is on the reverse.

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.

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 Tutanekai 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.

Walker's marathon clinic - 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.**

Results:

3km Dash Fenton Park, Rotorua –

10 September 2011

1 lap

Kaya Corporaal	6.59
Alie Corporaal	8.46
Kate Huxford	8.47
Connor Lysaght	11.33
Oliver Smyth	11.48
Ethyn Pearce	12.38

3km

Steven O'Callaghan	9.12
Jason Steyn-Ross	9.34
Sjors Corporaal	9.45
Peter Quax	11.34

Siobhan Griffiths	11.48
Gillian Shapley	12.09
John Harvey	12.32
Javier Browne	12.42
Chris Browne	12.43
Phillipa Hyde	13.08
Jodie Hickson	13.14
Brent Shaw	13.21
Robin Reed	13.30
Phil Kerrison	13.34
Lindsay Foster	14.03
Mere Attwater	15.48
Kerris Browne	16.27
Rachael Browne	16.43
Judith Tomasevich	17.06
Sue Sparrow	19.19
Rinus Adriaansz	21.07 (w)
Christine Reed	21.19
Denise Caudwell	24.08 (w)
Maureen Heald	24.08 (w)

Red Stag Redwoods Forest Relay – this Saturday

Club teams are:

Men Open

Steven O'Callaghan

Nick Pannett

Ben McHale

Sjors Corporaal

Jason Steyn-Ross

Masters men No 1

Tony Broadhead

Trevor Ogilvie

Chris Corney

Adrian Lysaght

Bruce Edwards

Masters men No 2

Peter Quax

John Harvey

Paul Carpenter

Peter Bloore

Peter Vyver

Women Open

Hannah Barker

Siobhan Griffiths

Stephanie Pearson

Charlotte Pearson

Kelly Dalton

Masters Women No 1

Gillian Shapley

Jodie Hickson

Nicola Buckley

Cindy Carpenter

Luanna George

Masters Women No 2

Sheryl Pearson

Judith Tomasevich

Kerris Browne

Mere Attwater

Rachel Browne

Walkers

Rinus Adriaansz

Sue Sparrow

ROAD CHAMPIONSHIPS

Saturday 24 September 2011

8 Mile Gate Road - off Waipa Mill Bypass Road

A 2km-loop course is being trailed this year. That is 1km out 1km back

The programme is:

2.00pm

Distance 2000 metres

Run

Boys/girls 10 (5, 6, 7, 8, 9, 10)

Boys /girls 12 (11 and 12)

Distance 5000 metres

Walk

All grades

2.20pm

Distance 3000 metres

Run

Boys/girls 14 (13 and 14)

Distance 5000 metres

Women 16 (15 and 16)

Women 19 (17, 18, 19)

Masters Women (35 +)

2.45pm

Distance 6000 metres

Run

Men 16 (15 and 16)

Distance 8000 metres

Run

Men 19 (17, 18, and 19)

Distance 10000 metres

Run

Men 20 to 34

Women 20 to 34

Masters men (35 +)

Notes

1. Each race time represents a group of races. Participants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/11 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 financial members** of the Lake City Athletic Club.

3. Hopefully there will be no traffic will be on the course. However there may be cyclists on the course. All participants must take care.

4. Please arrange for a family member or friend to count your laps.

5. Event followed by tea and bikkies at the Neil Hunt Park clubrooms

6. Helpers are also required on this day. Contact Pam Kenny (348 8448) if you can assist.

