



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

GUFF SHEET

18 July 2015

The past week:

The club trophy with the unusual name was contested on Saturday. This was the annual 10km estimated time event for the Minster Cup. Two newer trophies, the Kerrison Trophies, for the 5km event – one for runners the other for those that walked, were also awarded.

Trophy winners were:

Minster Cup (10km) - First equal – Dave Cronshaw and Phil Gulbransen – both 5 seconds from their estimated time. Dave was 5 seconds under and Phil 5 seconds over.

Kerrison Trophy (5km runners) – Steven O'Callaghan - 4 seconds under his estimated time

Kerrison Trophy (5km walkers) – Helen Foster – 57 seconds over her estimated time

Again, like all club events the course had to be marked, finishers recorded, the results worked out etc. Thanks are extended to the duty officers of the day, Phil and Christine Kerrison for bringing the afternoon together and those that stepped up to assist them.

A special thanks is also extended to the Whaka Forest owners and managers, the Timber Industry Training Centre for making their facilities available to us and Planet Bike for allowing the use their facilities for afternoon tea.

Like the farm properties we have accessed over recent weeks it must be noted it is a privilege to have the use of Whaka Forest and this should use should not be taken as a right.

Event results are below:

Forth coming events:

SATURDAYS

Looking ahead at events:

This Saturday 18 July – The Athletics Waikato Bop cross-country championships, at the Narrows, Christian Camp, Hamilton. Turn off at Tamahere (State Highway 1) and head towards Hamilton Airport. The camp is just on the left over the narrow concrete bridge. The days programme and entry details are below – note you are now on the late entry fee – that is \$5.00 extra to the fees listed below. There is no reason why all that took part in the club championships cannot take part in this

event. The abilities in attendance will be across the board - from the fast to the slower runners. Let's have a large number of club singlets out on the course.

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

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, Tutaneikai 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, Tutaneikai 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

2015 Athletics NZ Road Relay - 3 October - Christchurch:

Those club members interested in putting their name forward for selection in a team please contact Adrian Lysaght (club selector's convener) – Adrian.lysaght@xtra.co.nz phone 027 615 3496 or place your name on the list at the Neil Hunt Park clubrooms.

There are a few details that you should note before contacting Adrian or placing your name on the list.

For you to be considered for selection for a team you must:

- **Be a current club member (membership paid for 1/4/2015 to 31/3/2016).**

- Intend to compete at least 4 of the 8 selection events (denoted * on the winter programme)
- Be available to travel to Christchurch on Friday 2 October
- Be prepared to book and pay for your own flights to/from Christchurch if selected
- Be prepared to contribute to an even share towards team van petrol costs if selected.

The Lake City Athletic Club may contribute towards entry fee, van hire and accommodation. The level of contribution is to be confirmed.

Long Mile Road:

There has been a comment made about runners and walkers being all over Long Mile Road in the evenings. Please remember the Long Mile is classed as a public road, and that you are required to run/walk facing traffic and only two abreast. It is also timely to remind members that the road into Neil Hunt Park is also a public road and that road rules apply.

Membership cards:

The pile of membership cards at the Neil Hunt Park clubrooms is gradually getting smaller. If there is no envelope there in your name it could be that you have not renewed your membership with the Club or this is a problem with your payment. We are now well into a new membership year, so those of you that were paid up members to the 31 March 2015, and are still attending club run/walks (mid-week/weekends) etc please address this matter.

Within the next 10 days the email list and access to the clubrooms via the key pad will be up dated so that only current financial members receive emails and have access to the clubrooms.

Also at the clubrooms are a number of Athletics Waikato championship medals won by club members at the Rotorua Marathon. The marathon doubles as the Athletics Waikato BOP marathon championships. The medals with the recipient's name on them are either in the container on the table inside the door, or in your membership card envelope. Check below to see if you are a winner.



2015 Cross-country championships This Saturday 18 July 2015

Narrows Christian Camp, Hamilton

On the way to Hamilton Airport - turn off at Tamahere – SH 1

The camp is on your left just over the narrow bridge

12.00pm

Boys/girls 10 and under	2000 metres	\$7.00
Boys/Girls 12 (11,12yrs)	2000 metres	\$7.00
Boys/Girls14 (13,14yrs)	3000 metres	\$8.00
Non judged walk (all)	4000 metres	\$5.00

12.45pm

Women 18(15, 16, 17yrs)	4000 metres	\$10.00
Men 18 (15, 16, 17yrs)	6000 metres	\$10.00

Women 20 (18,19yrs)	6000 metres	\$12.00
Women 35 plus	6000 metres	\$15.00
Women 20 plus	8000 metres	\$15.00
Men 20 (18, 19yrs)	8000 metres	\$12.00
Men 35 plus	8000 metres	\$15.00
Men 20 plus	12000 metres	\$15.00

Course: The course is an undulating 2km lap with mostly firm footing but some muddy patches if rain has fallen.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Ages: Masters is age on the day: all other grades ages as at 31 December 2015.

Entry closing: You are now on the on the day the late entry fee which is an extra \$5.00 to the fees listed below



Incentive prize:

To qualify all you need to do is enter and take part in all 4 of the remaining events, including one of the championship races.

This Saturday 18 July – Athletics Waikato Bop cross-country championships, Hamilton – this Saturday

8 August – Matamata relay

16 August - Athletics Waikato BOP road championships, Tauranga

12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.

At the Neil Hunt Park clubrooms:

There is a huge assortment of plates, dishes etc that have been left after functions at the clubrooms. They are on the table by the stairway. Please up lift the one that belongs to you.



RESULTS

Minster Cup 10km estimated time event: Kerrison Trophies
5km run and walk estimated time event: 11 July 2015 – Whaka Forest – Fern Drive, Long Mile and Poplar Avenue.

<u>10km Run</u>	Race	Time	Estimated	Difference.
Tony Broadhead		36.34	36.41	-0.07
Carl Fisher		36.55	37.30	-0.35
Adrian Lysaght		36.58	36.16	+0.42
Chris Corney		38.29	37.42	+0.47
Dave Cronshaw		39.15	39.20	-0.05
1st = Minster Cup winner				
Jason Steyn-Ross		39.41	39.20	+0.21
Andy Hickson		41.49	40.54	+0.55
Andrew Twiddy		41.55	44.00	-2.05
Mike Bray		42.23	48.00	-5.37
Kerry Robinson		42.47	44.36	-1.49
Nic Leary		43.21	44.12	-0.51
Kate Rea		44.33	44.30	+0.03 (visitor)
Gaine Peterson		45.24	44.36	+0.48
Charlotte Pearson		47.01	45.30	+1.31
Chris Lord		48.10	49.15	-1.05
Lindsay Foster		48.45	49.00	-0.15
Amy Bray		48.54	52.00	-3.06
Erin Leahy		48.55	47.39	+1.16
Phil Gulbransen		49.28	49.23	+0.05
1st = Minster Cup winner				
Campbell Horn		51.29	50.15	+1.14
Craig Pollard		53.36	54.52	-1.16
John Harvey		54.11	57.20	-3.09
Max Bragg		54.12	55.00	-0.48
Kathryn Murphy		54.58	65.00	-10.02
Hans Van Kretgen		57.11	52.00	+5.11 (visitor)
Peter Vyver		60.16	55.30	+4.46
Chris Bycroft		60.27	64.00	-3.33

5km Race: Run
Steve O'Callaghan 19.56 20.00 -0.04

1st Kerrison Trophy				
Sam Rossiter		20.35		(visitor)
Siobhan Griffiths		26.40	26.21	+0.19
Kathy Howard		26.41	26.10	+0.31
Sheryl Pearson		33.56	35.00	-1.04

5km Race: walk
Helen Foster (w) 41.57 41.00 +0.57

1st Kerrison Trophy				
Alan Ryan (w)		41.57	45.00	+3.03
Gay Timpany (w)		42.42	48.00	-5.18
Doris Bragg (w)		46.12	48.00	-1.48

1.6km Children Race:

Ronan Griffiths	6.23
Zack	7.01
Freya Lord	7.13
Emma Hickson	7.16
Maisie O'Callaghan	8.01
Hannah Hickson	9.08
Keira Murphy	10.49

Bruce McGregor	11.33
Kathryn Twiddy	12.16
George McGregor	12.22
Alan Twiddy	12.22
Edward Twiddy	17.23

Please check to see if your name is below:

If your name is below there is either (or both) a Lake City Athletic club championship certificate or Athletics Waikato BOP medal for you. These are at the Neil Hunt Park clubrooms on the table just inside the door. Please uplift.

Certificates:

Clare Barratt-Wood	Shiloh Bell	JJ Botha
Steve Bradley	Natasha Cianci	Dave Cronshaw
Sue Crowley	Tania Fiske	Mark Geddes
Alan Gordon	Ricky Havercamp	Nic Leary (2)
Carole Limbrick-Hill	Len Pemberton	Eddie Meijer
Don Morrison	Allan McGregor	Grant McKinnon
Craig Pollard	Kate Rea	Louise Rickard
Fred Shilton	Justine Sinclair	Marc Teakel
Ed van den Broek		

Medals:

Jan Adolph	Stephen Bjarnesen	Kerris Browne
Jenny Burns	Noreen Crombie	Shirley Day
Luanna George	Ally Gibbons	Tracey Hay
Ray Hewlett	Michael Ludbrook	Linda Montgomery
Alison Shirley	Melanie Thompson	Megan Twist
Marieke Wass	Sarah Wiwarena	

Membership cards/medals:

Louise Donaldson	John Edwards	Alison King
Kaye King	Sarah Manders	Ryan McLean
Marion Roberts	Robyn Skelton	Ben Smit
Vicki Wheeler		

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: 348 7674 (evenings):
Mobile 027 248 3874

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.