



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

GUFF SHEET

19 September 2015

The past week:

The 37th edition of the Red Stag Redwoods Forest relay was held on Saturday with the weather being kind to the event this year.

Reports on the event have been complimentary and this is thanks to the club members and "Friends of the Club" that stepped up on the day that made it all come together.

76 teams started this year and without these the event cannot be held. Thanks are extended to all the teams from outside of Rotorua, some as far away as New Plymouth, Auckland and Feilding, as well as those from the Waikato Bay of Plenty region and the local teams that took part.

Behind the scenes are business etc that contribute to the event and a very special thanks on behalf of the Cub are extended to the following: Red Stag Timber Ltd: New Zealand Community Trust: Rotorua Lakes Council: Design House Kitchens: Event Promotions: Scion: Timberlands: and CNI Iwi Holdings Ltd.

Well done everyone! The club team results are below.

Wednesday evening summer track and field:

A meeting is being held Monday 28 September 2015, 7.00pm, at the Neil Hunt Park clubrooms for people interested in being part of a group to organize the Club's Wednesday evening summer track and field activities for those 12 years and above. Should little interest be shown there is the likely hood of this section of the club not going ahead this summer.

Forth coming events:

SATURDAYS

This 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.

Saturday 26 September – The Fenton Park Blast. Meet 1.45pm on Kain Ave for a 3km (1.5km for children) race around the streets of Fenton Park - 2.00pm start. Bring a plate for afternoon tea at a venue to be advised. All those selected in a NZ Road Relay team are expected to take part. Duty officers: Tony Broadhead (Ph. 027 6376273) and Trevor Ogilvie (Ph. 347 8181)

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

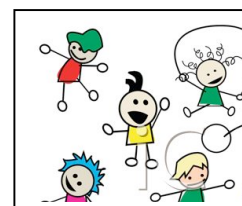
Pm – Meet 5.30pm at the City Focus, Tutanekai Street

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



Road Race Events

This 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.



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 2-11yrs

Starts Tuesday 13th October -5.15pm

International Stadium, Ground 2

www.lakecity.co.nz

lakecityca@gmail.com

Ph/text: **0272 773 180** Kerri



Athletics Waikato BoP half marathon Championships:

These championships were held in conjunction with the recent Cambridge Half marathon and the following club members were medal winners. Your medal is at the Neil Hunt Park clubrooms

in the container on the table (to your left as enter the building)
with your name on it. Congratulations!

• Stephen Bjarnesen	2nd in SM
• Chris Bycroft	3rd in MM40
• Chris Browne	3rd in MM45
• Mike Bray	1st in MM55
• Lindsay Foster	2nd in MM60
• Peter Bloore	2nd in MM65
• Max Bragg	1st in MM70
• Peter Vyver	2nd in MM70
• Tracey Hay	3rd in SW
• Sian Twiddy	1st in MW35
• Sue Crowley	1st in MW45
• Rhonda Herring	1st in MW50
• Marion Roberts	1st in MW60
• Doris Bragg	1st in MW70

RESULTS

Red Stag Redwoods Forest relay – Rotorua – 12 September 2015

Runners - 5km

Men's open

1. Pakuranga	1.27.02
3. Lake City-Rotorua	1.31.31
Michael Voss	15.53
Steven O'Callaghan	17.49
Carl Fischer	17.47
Jason Steyn-Ross	19.37
Andy Twiddy	20.25

Women's open

1. Hamilton City Hawks	1.40.24
2. Lake City-Rotorua	1.48.59
Charlotte Pearson	20.49
Clare Barratt-Wood	21.38
Tracey Hay	21.49
Amy Bray	24.59
Nic Leary	19.44

Masters men

1. Hamilton City Hawks	1.28.07
2. Lake City-Rotorua No 1	1.29.23
Adrian Lysaght	17.10
Tony Broadhead	17.09
Colin Earwaker	18.01
Chris Corney	18.29
Dave Cronshaw	18.34
4. Lake City-Rotorua No 2	1.41.28
Andy Hickson	19.15
Mike Bray	19.39
Kerry Robinson	19.35
Gaine Petterson	20.33
Chris Lord	22.26
7. Lake City-Rotorua No 2	1.57.27
Phil Gulbransen	22.29
Campbell Horn	23.25
Ray Hewlett	23.13

Lindsay Foster	22.03
Phil Kerrison	26.17

Masters women

1. Lake City-Rotorua No 1	1.44.00
Johanna Ottosson 19.26	Team record
Sian Twiddy	21.31
Sue Crowley	19.20
Melanie Thompson	21.03
Siobhan Griffiths	22.40
3. Lake City-Rotorua No 2	1.56.49
Lorna Mills	22.23
Kerryn Barker	23.07
Gillian Shapley	22.08
Sarah Manders	24.42
Jodie Hickson	24.29

Composite

1. Egmont Athletics	1.37.55
7. Lake City-Rotorua No 1	2.01.22
Alan Crombie	19.59
Paul Carpenter	24.09
Cindy Carpenter	28.38
Max Bragg	25.23
Sarah Lei	23.13
14. Lake City-Rotorua No 2	2.24.17
Chris Bycroft	28.39
Mary Attwater	28.59
Peter Vyver	28.47
Kerris Browne	28.58
Peter Bloore	28.54

Male Youth - 3km

1. Hamilton City Hawks	48.15
6. Lake City-Rotorua	1.00.09
Javier Browne	13.23
Conor Lysaght	14.47
Jack Petterson	15.08
Jude Carpenter	16.51

Female Youth

1. Feilding Moa	53.07
4. Lake City-Rotorua	59.07
Hannah Gapes	11.51
Anja Crombie	14.57
Freya Lord	15.30
Emma Hickson	16.49

Walkers - 5km

1. Taupo Harriers	1.04.06
4. Lake City-Rotorua No 3	1.16.27
Denise Caudwell	38.40
Marieke Wass	37.47
8. Lake City-Rotorua No 2	1.19.04
Doris Bragg	42.15
Glennis Hennessey	36.49
9. Lake City-Rotorua No1	1.19.28
Rinus Adriaansz	40.28
Gay Timpany	39.00
11. Lake City-Rotorua	1.21.26
Andy Eastcott	42.15
Helen Foster	39.11

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