



LAKE CITY Athletic Club^{INC}

Website: www.lakecity.co.nz

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

GUFF SHEET

22 October 2011

The week that was:

Last weekend marked the final events of the winter season. In the afternoon 16 headed up the slope of Mt Ngongotaha and then finished off with a 3km downhill on the old road. Results are on the reverse. The evening saw the prize giving and social function at Arias Farm. See the report from the function's hosts – Kerris and Chris – on the reverse.

Some of the winter events were well attended others not attracting the numbers hoped for. What appeals one winter very often does not the next winter. The biggest attended event was the cross-country champs out at Bishop's Farm and the then the various road relay events outside of Rotorua.

Thanks are extended to those who hosted events and making their property available to us. We are also indebted to the owners of farmland that we have been able to use over the winter months as well as Whaka Forest. It is not our right to be able to use these areas, but our privilege.

To allow the club winter activities to happen there needs to be people to make it all happen. Thank you to all, who have marked and measured courses, timed and recorded results, marshaled, worked out handicaps etc. and assisted with the important part of the events – the afternoon.

Roll on to next winter that hopefully is a little bit dryer underfoot and overhead.

Forthcoming 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 7.00am 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.

Summer athletics - for Tiny Tots and children 5-11 years at 5.15pm

- Weekly Tuesday Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West: **The first night is next Tuesday 25 October.**

Contact – Kerris Browne – 021 753 691, or 348 0790 or swingmills@xtra.co.nz

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms.

WEDNESDAYS

Summer athletics - for the teens and adults (12 years plus)

- Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West - 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults. Come run, jump, throw or walk with us. All abilities catered for. **The first night is next Wednesday 26 October.**

Contact – Lindsay Foster – 348 6818 evenings.

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 the Neil Hunt Park clubrooms.

Logging in Whaka Forest Update:

The crew is making a last dash to try and get harvesting finished. Please steer well clear of Tokorangi Pa Rd, including coming in off Katore Rd. Also remember trucks could be coming down either of these roads onto Nursery Rd, so take care

Looking further ahead – locally:

The Trout fly series

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be.

- Commencing fortnightly from Thursday 3 November, you have a choice of 3km or 5.4km run, jog or walk on a flat course.

Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with the event starting at 6.15pm sharp.

Cost \$5.00 for adults and \$3.00 for children.

Contact – Chris Corney – 021 770 366

Results:

Mountain run time trial - Mt. Ngongotaha Jubilee track - Saturday 17 October 2011 – 7.5km

	Arrival time	Starting time	Real time	Place in class	
Steven O'Callaghan	1h.00.52	25.00	35.35	1st	1st SM
Javier Browne	1h.05.36	7.00	58.36	6th	1st JM
Robin Reed	1h.06.06	21.00	45.06	2nd	1st MM
Chris Browne	1h.06.36	7.00	59.36	7th	2nd MM
Jude Carpenter	1h.07.24	5.00	62.24	10th	2nd JM
Cindy Carpenter	1h.09.20	15.00	54.20	4th	1st MW
Olivia Goh	1h.11.00	10.00	61.00	8th	1st SW
Judith Tomasevich	1h.11.17	13.00	58.17	5th	2nd MW
Peter Vyver	1h.11.20	19.00	52.20	3rd	3rd MM
Rinus Adriaansz	1h.14.00	8.00	66.00	11th	1st (w)
Sheryl Pearson	1h.16.04	14.00	62.04	9th	3rd MW
Janet Tutt	1h.18.49	11.00	67.49	13th	5th MW
Kerris Browne	1h.30.35	23.00	67.35	12th	4th MW
Katana Loye	1h.32.53	0.00	92.53	14th	1st JW
Aria Browne	1h.32.54	0.00	92.54	15th	2nd JW
Christine Reed	1h.38.13	2.00	96.13	16th	5th MW

Events out of Rotorua:

Sunday 6 November – 14km Bays and Bridges Challenge - Tauranga

Visit www.taurangaathletics.co.nz for event details and entry form

Sunday 20 November - 18km Toi's Challenge - Whakatane

For entry form and event details visit www.Sportsground.co.nz/whakataneahc or www.whakatane.com

Oceania Masters Athletics championships – Tauranga - 5 -12 February 2012

Any master graded athlete looking at taking part in the above championships please note that you need to be a member of NZ Masters Athletics (via Waikato BOP Masters Athletics - email them at wktovetath@xtra.co.nz

to request a sub form) and that entries close 15 December with no late entry accepted. Visit nzmastersathletics.org.nz and click on the Oceania 2012 link

Prize giving and social:

Thank you to all that came to the Winter Harrier Social and prize giving at the Browne's residence. A great evening at Arias Farm was had by all, and the rain held out just enough to get the barefoot laps in and the BBQ cooked.

Certificates:

There are also a big stack of certificates back at the clubrooms for the rest of you to collect. These include the Marathon and the Half Marathon Certificates from earlier this year.

We look forward to having an even bigger function next year!

Barefoot bastard:

1. Judith T, Rebecca, Pete Q, Aria
2. Olivia, Jude, Robyn, Chris B
3. Mere, Steven (handicap 2 laps), Kitana, Pippa S

Curry master chef:

1. 16/23 Ingredients guessed
Peter V, Siobhan, Tineke, Vickie
2. Equal. 14/23 Ingredients guessed
Adrian, Pat, Jan, Oliver
2. Equal. 14/23 Ingredients guessed
Annamarie, Javier, Jan V, Jaime

Singstar:

1. 15180 points for 2 best songs
Olivia, Jude, Robyn, Chris B (top score of 9170 for the night)
2. 14210 points for 2 best songs
Mere, Kitana, Steven, Pippa S
3. 13890 points for 2 best songs
Andrew, Judith Q, Jillian

Evening's overall winning team:

Olivia, Jude, Robyn, Chris B

The night's overall winning team members each have a dozen farm fresh eggs and some meat to collect from Arias Farm at their leisure.