



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

GUFF SHEET

3 October 2015

The past week:

The streets of Fenton Park came alive on Saturday when 44 from the club raced around them. Again like all events there needs someone to bring it all together and thanks are extended to the duty officers of the day, Tony Broadhead and Trevor Ogilvie as well as the people that assisted them. Results are below.

The weekend before was the Round Rarotonga 31km road race, and Tony Broadhead who had “loaned” his title out for a year now has it back. Congratulations to Tony and the others from the club that took part.

Forth coming events:

SATURDAYS

This Saturday 3 October - is the annual Athletics New Zealand road relay championships on the famed Takahe to Akaroa course. The club has four teams entered. Have an enjoyable and hopefully rewarding weekend. The teams are below – names in running order.

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 7.00am 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 Neil Hunt Park clubrooms. See note below re possible later meeting time for some.

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 Neil Hunt Park clubrooms

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

Mid-week evening walkers:

Due to job pressures a number of the walkers are looking at walking on a Tuesday and Thursday evening from the clubrooms at 6.00pm half an hour later than 5.30pm meeting time. If anyone is keen to start half an hour later at 6.00pm you can contact the following walkers Jenny Burns - 022 6128 579 or Glennis Hennessy - 027 2777 711. Especially for those who are wanting to do the Marathon training.





Children’s Athletics

Starts Tuesday 13 October 2015
5.15pm
International Stadium Ground 2

Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Fun, entry level training for beginners, with lots of practical coordination skills

lakecityca@gmail.com
Ph/text 027727 773 180 Kerri



Weetbix Tryathlon – Sunday 13 December

2015:

Volunteers are being sought for the above event. If you can assist please contact Vivien Cooper at p.v.cooper@xtra.co.nz: or phone 07 345 4499 / 027 270 3594 prior to Sunday 6 December. Come and volunteer and watch young family members take part.

Takahe to Akaroa Relay - club teams:

Masters men 60 plus

Phil Kerrison	4.6km
Ray Hewlett	6.1km
Trevor Ogilvie	10.0km
Lindsay Foster	9.4km
Phil Gulbransen	6.5km
Peter Vyver	4.1km

Masters men

Dave Cronshaw	9.6km
Tony Broadhead	10.4km
Chris Corney	10.0km
Andy Hickson	9.4km
Adrian Lysaght	10.7km
Mike Bray	6.8km
Gaine Petterson	9.5km
Colin Earwaker	9.9km

Masters women

Kerryn Barker	9.6km
Sian Twiddy	10.4km
Siobhan Griffiths	10.0km
Jodie Hickson	9.4km
Sue Crowley	10.7km
Sarah Lei	6.8km
Lorna Mills	9.5km
Gillian Shapley	9.9km

Senior Women

Cati Pearson	9.6km
Nic Leary	10.4km
Charlotte Pearson	10.0km
Amy Bray	9.4km
Kate Rea	10.7km
Clare Barratt-Wood	6.8km
Anna Gilmour	9.5km
Megan Grant	9.9km

RESULTS

Fenton Park dash - 26 September 2015 (Around streets – Fenton Park)

1.5km

Conor Lysaght	6.23
Anja Crombie	6.39
Maria Brunton	6.41
Marcel Kiss	6.44
Emma Hickson	6.48
Freya Lord	7.00
Katherine Twiddy	7.50
James McGregor	7.51
Alan Twiddy	7.59
Bruce McGregor	8.19

Maisie O'Callaghan	8.30
McKenzie Holland	9.00
Lydia O'Callaghan	10.58
Kiera Murphy	11.35
George McGregor	11.47

3km

Steven O'Callaghan	9.31
Adrian Lysaght	9.42
Liam Walsh	9.44
Ben McHale	9.46
Sam Rossiter	10.02
Chris Corney	10.05
Dave Cronshaw	10.24
Andy Hickson	10.30
Jason Steyn-Ross	10.54
Megan Grant	11.08
Eamon Walsh	11.19
Gaine Petterson	11.26
Cati Pearson	11.37
Sian Twiddy	12.07
Lindsay Foster	12.27
Chris Lord	12.35
Luke Crombie	12.52
Phil Gulbransen	12.59
Amy Bray	13.44
Martin Harris	13.59
Phil Kerrison	14.03
John Harvey	14.48
Luanna George	14.50
Kathryn Murphy	14.54
Peter Bloore	15.29
Sheryl Pearson	17.55
Gay Timpany	20.10
Stephanie McHale +pram	26.02

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