



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## **GUFF SHEET**

**5 September 2015**

### **The past week:**

It was out to the Blue Lake on Saturday for the annual “blatt” around its shore line. The weather was more pleasant than in previous years and the event enjoyed by those in attendance. Thanks to those that organised the event.

### **Forth coming events:**

#### **SATURDAYS**

**Saturday 5 September** – No event locally. Out of town is the 2015 Athletics New Zealand road race running/walking championships being held virtually on our back door step at the Tauriko Industrial Estate, Tauranga. Entry has now closed. If not doing anything head over to Tauranga and give fellow club members your support.

The following club members have been selected to wear Athletics Waikato BOP colours at the champs: Michael Voss: Megan Grant: Melanie Thompson: Trevor Ogilvie: Chris Corney: Tony Broadhead and Adrian Lysaght: Have a good run.

**Saturday 12 September** –The Club’s promoted and organised Red Stag Redwoods Forest Relay is being held in the Redwoods Memorial Grove and the Scion Archive tree area on 12 September.

The list is at the Neil Hunt Park clubrooms for members to indicate if they wish to be part of a team. Not wishing to run or walk or on the injured list then make yourself available to be a volunteer – there’s also a list at the clubrooms to indicate your availability as a volunteer. As mentioned this is a club organised event and members are required to assist on the day. Some will choose to be course marshalls, recorders etc, other to run/walk but will get stuck into the pre event setup and after event pack down. You must have your name on the list no later than this Sunday (6/9). If you are unable to get to the clubrooms contact Adrian Lysaght at [Adrian.lysaght@xtra.co.nz](mailto:Adrian.lysaght@xtra.co.nz) or 027 615 3496 if going to participate. If volunteering – Pam Kenny at 07 348 8448 or [kennys@xtra.co.nz](mailto:kennys@xtra.co.nz)

**Saturday 19 September** - 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). 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. Performances will be taken into consideration with the three events already completed. The day’s programme is below.

#### **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, Tutanekei 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, Tutanekei 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

### **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. Adrian Lysaght will give you your medal personally: If not it will be at the Neil Hunt Park clubrooms in the container on the table (to your left as enter the building) with your name on it, from Sunday 6 September. Congratulations!

- Stephen Bjaransen 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



## 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 2-11 yrs**

**Starts Tuesday 13th October -5.15pm**

International Stadium, Ground 2

[www.lakecity.co.nz](http://www.lakecity.co.nz)

[lakecityca@gmail.com](mailto:lakecityca@gmail.com)

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



## Road Race Events

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.

## 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