



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

GUFF SHEET

10 October 2015

The past week:

Four teams from the club contested the 75th Takahe to Akaroa relay on Saturday which doubled as the Athletics New Zealand relay championships and were rewarded with a bronze medal in the master's women's section. Well done ladies! Other grade team placings were: Masters Men 5th: Masters Men 60 plus 6th: and Senior Women 6th. Results are below.

Forth coming events:

SATURDAYS

This Saturday 10 October - a day for mowing the lawns, cleaning the windows etc. etc. as there is no local event scheduled.

Saturday 17 October – the final club event(s) of the winter programme.

1. First up is the Forest 10km Open Handicap Run or Walk meeting at the Neil Hunt Park clubrooms at 9.30am. The first runner/walker starts at 10.00am on the Long Mile. There is a shorter distance event for younger grades and those not wishing to tackle the longer distance.

The 10km course takes in the Long Mile, Nursery, Red Tank and Pipeline Roads. It then drops down onto the Pipeline Bridge, then uphill to the Tarawera Road water tank to take in the Tank to Town track, and down through the grassed area, over the wooden rail / gate and down the grassed roadside of Tarawera road to the corner Long Mile and Tarawera Roads.

Please note care will need to be taken as there is a mountain bike event on at the same time. Please respect the bikers as they should you. Also obey any instructions from the bikers marshalls. Duty officers: Christine Kerrison (Ph. 345 5709) and Pam Kenny (Ph. 348 8448) and those that offer to help.

2. The Winter Season's prize giving and social function will follow in the evening at the Neil Hunt Park clubrooms. More details to come from the Winter Season Sub-Committee.

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. See elsewhere re the start of the walkers training for the 52nd Rotorua Marathon. 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

Children's athletics - 5.15pm at the International Stadium Ground 2. Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com Ph/text 027727 773 180 Kerri

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. 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

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.

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



Walker's Marathon Clinic

Starts this Sunday 11 October 2015

- This is the start of the popular walker's marathon clinic for the 52nd Rotorua Marathon
- Start time 7.00am from the Lake City Athletic Club Neil Hunt Park clubrooms
- You must be able to walk for at least 1 and a half hours nonstop at a 10 minute pace
- Come and join our happy group led by experienced pack leaders who know the Forest.

Contacts: Pat Smyth – 027 334 1425
Sarah Wiwarena - 027 347 8115
Marieke Wass - 027 462 8572
Rob Colledge - 07 348 7768



Children's Athletics

Starts this Tuesday 13 October
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



RESULTS

Takahe to Akaroa Relay - 3 October 2015

Masters men 60 plus

1. Athletics Nelson		2.51.04
6. Lake City-Rotorua		3.11.31
Phil Kerrison	4.6km	23.01
Ray Hewlett	6.1km	30.43
Trevor Ogilvie	10.0km	41.15
Lindsay Foster	9.4km	41.32
Phil Gulbransen	6.5km	29.48
Peter Vyver	4.1km	25.12

Masters men

1. Wellington Scottish		4.39.58
5. Lake City-Rotorua		5.13.33
Dave Cronshaw	9.6km	36.15
Tony Broadhead	10.4km	51.54
Chris Corney	10.0km	38.51
Andy Hickson	9.4km	35.36
Adrian Lysaght	10.7km	39.15
Mike Bray	6.8km	35.02
Gaine Petterson	9.5km	36.42
Colin Earwaker	9.9km	39.58

Masters women

1. Wellington Scottish		5.31.12
3. Lake City-Rotorua		5.59.46
Kerryn Barker	9.6km	46.31
Sian Twiddy	10.4km	47.09
Siobhan Griffiths	10.0km	43.57
Jodie Hickson	9.4km	47.12
Sue Crowley	10.7km	44.13
Sarah Lei	6.8km	43.36
Lorna Mills	9.5km	38.41
Gillian Shapley	9.9km	48.27

Senior Women

1. University Canterbury		5.01.32
6. Lake City-Rotorua		5.42.57
Cati Pearson	9.6km	39.44
Nic Leary	10.4km	42.41
Charlotte Pearson	10.0km	42.28
Amy Bray	9.4km	47.31
Kate Rea	10.7km	48.53
Clare Barratt-Wood	6.8km	39.32
Anna Gilmour	9.5km	38.56
Megan Grant	9.9km	43.12

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