



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

GUFF SHEET

11 July 2015

It is with great sadness that this week's guff sheet introduction is with the news that long time club member Colin Smyth passed away on Sunday morning after being in poor health for some time.

The club executive and its members extend deepest sympathy to wife Pat and family members.

Colin had many strings to his bow - coach / mentor, confidant, athlete, administrator, story and joke teller, and friend.



Colin came into the sport of athletics in 1960 as a member of the then Rotorua Athletic and Harrier Club. These early days were as a competitive runner participating in Club, Athletics Waikato, National track, cross-country and marathon events. Colin represented Athletics Waikato at various National marathon championships, and has been a member of Centre inter-provincial cross-country teams.

As well as being a participating athlete Colin has been involved in the administrative side of the sport at Club executive and sub-committee levels, and was one of those instrumental in forming the Ngongotaha Track Club in 1976. From 1976 to 1983 he was their club president. On the formation of the Lake City Athletic Club in 1991 (the amalgamation of the Ngongotaha and Rotorua clubs), Colin continued his administrative role and at the time of his passing was a member of the Lake City executive. He had Life membership with both the Lake City Athletic Club and the Ngongotaha Track Club.

What Colin was more revered for was his mentoring of people with their running and walking. Through this he grew club membership, especially the walking fraternity. This year even with health problems he was out with his walkers pre-marathon guiding and encouraging them with their marathon training.

The mana of the man was shown on 2 May this year when he completed his 50th sponsored Rotorua Marathon. Family, friends, past and current club members formed a roster and walked with him around Lake Rotorua. As well as 50 sponsored marathons Colin completed prior to 1965 3 club marathon

championships around the Lake Rotorua (1962,1963,1964), this giving him a total of 53 consecutive official "Around the Lake" marathons. Colin accumulated in excess of 100 marathon finishes over the years.

It was fitting that Colin completed his 50th Rotorua Marathon around the time of the events official prize giving. The reception he got from those waiting for the prize giving as he neared the finish line was over whelming not only for Colin but for many of his supporters.

Colin received an Athletics New Zealand long service award in 1990.

The above is only a brief summary of what Colin has contributed to the community and his chosen sport.

Rest in peace Colin - your will legacy live on!

The past week:

It was off to Spa Park Taupo on Saturday where a small number from the club contested the North Island cross-country championships. Over 500 individuals in their various age groups took part in light drizzle and dampish underfoot conditions. Club member's results are herewith.

A number from the club also headed to Wellington for one of their events (marathon, half marathon etc) on Sunday. Results still to be researched.

Forth coming events:

SATURDAYS

Looking ahead at events:

This Saturday 11 July -The Minster Cup 10km estimated time run or walk. Meet 1.45pm at TITC off Waipa Mill Bypass Road - 2.00pm start. There is a shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea and some cash to purchase tea or coffee near the venue. * This is an event where the club selectors will be observing club members fitness for the selection of forth coming relay events.

Like all club events assistance is needed to make this one happen. Anyone who can assist with either course set-up, or at the start-finish area, or as a marshall on the course please phone duty officers Phil or Christine on 345 5709 or email to kerrosine@gmail.com, or text to 027 309 3010. Thank you.

Saturday 18 July – The Athletics Waikato Bop cross-country championships, at the Narrows, Christian Camp, Hamilton. There is no reason why all that took part in the club championships cannot take part in this event. The abilities in attendance will be across the board - from the fast to the slower runners. The days programme and entry details are below. Let's have a large number of club singlets out on the course.

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

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

2015 Athletics NZ Road Relay - 3 October - Christchurch:

Those club members interested in putting their name forward for selection in a team please read the attached from Adrian Lysaght (club selector's convener)

Long Mile Road:

There has been a comment made about runners and walkers being all over Long Mile Road in the evenings. Please remember the Long Mile is classed as a public road, and that you are required to run/walk facing traffic and only two abreast. It is also timely to remind members that the road into Neil Hunt Park is also a public road and that road rules apply.

Membership cards:

The pile of membership cards at the Neil Hunt Park clubrooms is gradually getting smaller. If there is no envelope there in your name it could be that you have not renewed your membership with the Club or this is a problem with your payment. We are now well into a new membership year, so those of you that were paid up members to the 31 March 2015, and are still attending

club run/walks (mid-week/weekends) etc please address this matter.

In due course the email list and access to the clubrooms via the key pad will be up dated so that only current financial members receive emails and have access to the clubrooms.

Fitness Trail:

A free fitness trail has been established out at the Waipa Mountain Bike car park. It is in the left hand corner of the big grassed area (where vehicles don't park) by the stream and the end of the Hemo Gorge track. Check it out.



2015 Cross-country championships Saturday 18 July 2015
Narrows Christian Camp, Hamilton

On the way to Hamilton Airport - turn off at Tamahere – SH 1

The camp is on your left just over the narrow bridge

12.00pm

Boys/girls 10 and under	2000 metres	\$7.00
Boys/Girls 12 (11, 12yrs)	2000 metres	\$7.00
Boys/Girls 14 (13, 14yrs)	3000 metres	\$8.00
Non judged walk (all)	4000 metres	\$5.00

12.45pm

Women 18(15, 16, 17yrs)	4000 metres	\$10.00
Men 18 (15, 16, 17yrs)	6000 metres	\$10.00
Women 20 (18, 19yrs)	6000 metres	\$12.00
Women 35 plus	6000 metres	\$15.00
Women 20 plus	8000 metres	\$15.00
Men 20 (18, 19yrs)	8000 metres	\$12.00
Men 35 plus	8000 metres	\$15.00
Men 20 plus	12000 metres	\$15.00

Course: The course is an undulating 2km lap with mostly firm footing but some muddy patches if rain has fallen.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Ages: Masters is age on the day: all other grades ages as at 31 December 2015.

Entry closing: Entry can be made online by **14 July** to <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5192> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club, Age group, Date of birth, Fee paid, Registered – yes/no. Cheques payable to Athletics Waikato BOP. Entry after 14 July and on the day will be an extra \$5.00.

Entry forms at the Neil Hunt Park clubrooms



RESULTS

North Island cross-country championships -Spa Park, Taupo – 4 July 2015

Boys 10 and under - 1000 metres

1.	Dion Wallword	Auckland	3.32
22.	Leo Bamfield		4.11

Girls 12 - 2000 metres

1.	Ashleigh Gunn	Palmerston North	7.41
3.	Hannah Gapes		7.46

Men under 20 – 5000 metres

1.	Marcus Karamanolis	Wellington	15.58
3.	Michael Voss		16.36

Masters men - 6000 metres

45-49

1.	Michael Wray	Wellington	21.35
2.	Tony Broadhead		21.53

50-54

1.	John Crane	Hamilton Hawks	22.21
3.	Chris Corney		23.19

70-74

1.	Alan Jones	New Plymouth	30.55
4.	Peter Vyver		36.15

Masters women – 5000 metres

35-39

1.	Melanie Thompson		21.40
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50-54

1.	Sally Gibbs	Tauranga	19.31
6.	Dee Horne		25.31

60-64

1.	Jenny Mason	Wellington	25.28
3.	Kathy Howard		26.51



Incentive prize:

To qualify all you need to do is enter and take part in all 4 of the remaining events, including one of the championship races.

18 July – Athletics Waikato Bop cross-country championships, Hamilton

8 August – Matamata relay

16 August - Athletics Waikato BOP road championships, Tauranga

12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.

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: 348 7674 (evenings):

Mobile 027 248 3874

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.