



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

Email: [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)

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

## GUFF SHEET

11 October 2014

### The past week:

It was off to South Island for the Athletics New Zealand Road relay championships - the Takahe to Akaroa event - on Saturday. 31 from the club took part in what resulted in a mixed bag of results. This year there was no podium places for the Club. Unfortunately there was a team disqualification. A report on the event is below, together with team results.

### Walker's marathon clinic:

This Sunday 12 October is the start of the Walkers Marathon Clinic for those that wish to train in the company of others for the 51st Rotorua Marathon, 2 May 2015. Meeting times are:

Sundays 7.00am at Neil Hunt Park clubrooms, off Tarawera Road

- Tuesday 8.00am and 5.30pm at Neil Hunt Park clubrooms
- Thursday 8.00am at Planet Bike at Waipa Mill By Pass Road and 5.30pm at clubrooms

All welcome, but note it is preferred that you can walk an hour at your pace.

If in doubt about your ability contact one of: Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

### Help Wanted: Children's Athletics

We need people to help train our parents in Track and Field events over 2 nights in October

We want parents to be taught basic skills that they can pass onto the children aged 5-11years. This would include the basic rules (how to avoid getting disqualified), what to look for /best way to teach each discipline and how to record the results, if time permits.

Time: 5.15pm - 6.15pm approx.

Dates: 14th & 21st October

Place: No. 2 Grounds International Stadium

If you can help for these nights can you please email me at:

[wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz)

Wendy Monk - Children's Convener

There is a registration afternoon from 1.00pm to 3.00pm this Sunday (12 October) at the Neil Hunt park clubrooms. Registration forms can be downloaded from [www.lakecity.co.nz](http://www.lakecity.co.nz)

## Events on the local scene and out of town:

### SATURDAYS

#### *This Saturday 11 October –*

Meet 1.45pm at the Neil Hunt Park clubrooms for the Amazing Race. Come with your family or come on your own. Many challenges, for all to enjoy, a bit of running, dressing, tasting, and of course racing!! No more will be said as it will ruin the surprise! Just come along and have some fun!

For more information contact Siobhan Griffiths - 021 1289925

*Saturday 18 October* – the final event of the clubs winter programme. Note that meeting time is **9.30am** at the Neil Hunt Park clubrooms, with the 10km open handicap event starting at 10.00am. This is 10km in the Forest over a fairly tough course, with the person that the club handicapper considers will take the longest time to complete the course leaving first, with others following at intervals. In the evening is the season's prize giving and social.

**Track and field** - Adults open meeting 3.00pm Porritt Stadium, Hamilton:

Children's ribbon day, Whakatane.10.00am

#### *Sunday 16 November* – This is the day

of Whakatane's off road Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. Don't want to do the full distance then make up a 2 person relay team – walk or run. There's also a 6km fun run/walk. Visit [sportsground.co.nz/whakataneahc](http://sportsground.co.nz/whakataneahc) for entry details

#### *Sunday 30 November* –

The Hidden Trails town and country half marathon, 11km fun run walk and junior 4km run. This Kawerau based event winds its way through the trails of the native bush, farm roads to finish by a stream reserve. The course is different from previous years.

Visit [www.kawerauharrierclub.co.nz](http://www.kawerauharrierclub.co.nz) for further information.

### SUNDAYS

#### **Distance athletes**

**Those that run distance** - 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.

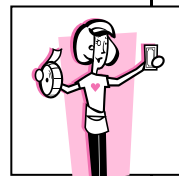
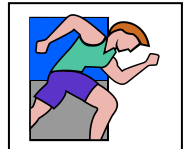
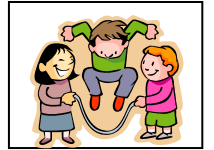
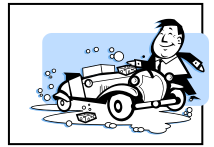
**Those that walk** – Meet just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

### 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

**Children's summer athletics** - The weekly Tuesday sessions at the International Stadium, No 2 ground, Devon Street West, commence October 14 at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz) There is another pre-season registration day on this Sunday 12 October – (1.00pm to 3.00pm) at the Neil Hunt Park clubrooms off Tarawera Road.



## Distance athletes

### Runners

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

### Walkers

**Am** - Meet at 8.00am at the Neil Hunt Park clubrooms

**Pm** - Meet 5.30pm at the Neil Hunt Park clubrooms

## WEDNESDAYS

### Am

**All athletes** – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

### Pm

The 29 October sees the weekly track and field sessions (summer athletics) for those 12 and above commence at the Stadiums No 2 Ground, Devon Street West. Some new ideas are being introduced this season, so come and see what they are about. The action kicks off at 6.15pm. These evenings are where you can have lots fun while adding to your fitness base. All welcome, runners, walkers, throwers, jumpers. There's something for everyone!

## THURSDAYS

## Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

### 5:45pm

Running techniques run by ANZ Coach Kerris Browne at the Neil Hunt car park. Session will include introduction to Chi and POSE running techniques to reduce knee injury, as well as the conventional running techniques. How and Why of hill reps, springs, speed work, fartlek, tempo runs and time trials (will include the Trout Fly). Suitable for beginner joggers to improver runners - *nobody* is left behind! Contact 021 753691, email [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz), or check out Jogging the Power pole facebook page: <https://www.facebook.com/groups/joggingthepowerpole/>

### Walkers

**Am** – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road

**Pm** – Meet 5.30pm at the Neil Hunt Park clubrooms

## NEW ZEALAND ROAD RELAY CHAMPIONSHIPS REPORT

Last weekend four teams from the Lake City Athletic Club headed down to Christchurch to compete in the 2014 New Zealand Road Relay Championships. The event was held on the iconic Takahe to Akaroa Relay course and it was the 74<sup>th</sup> running of this relay course (the first time was in 1935).

The course consists of 8 "Laps":

- Lap 1 – Takahe to Allandale, 9.6km consisting of a climb for most of the first 4km followed by a big downhill then some undulations to the finish.
- Lap 2 – Allandale to Gebbes Valley, 10.4km consisting of some undulations, a flat section and a decent sized uphill and downhill to finish.
- Lap 3 – Gebbes Valley to Ataahua Domain, 10.0km of flat running but often exposed to the wind.
- Lap 4 – Ataahua to Lake Forsyth, 9.4km of flat running
- Lap 5 – Lake Forsyth to Cooptown, 10.7km of flat running
- Lap 6 – Cooptown to Hilltop, 6.8km uphill with a gut-busting 430m gain in elevation
- Lap 7 – Hilltop to Duvauchelle, 9.5km starting with undulations and ending with a large foot-scorching downhill
- Lap 8 – Duvauchelle to Akaroa Domain, 9.9km mainly consisting of three evenly spaced out hills to climb and descend.

The Saturday dawned fine with cool winds despite forecasts earlier in the week suggesting it was going to be miserable. The starting times for the different grades were staggered and it worked out well that our Masters Women and Senior Women started together at 8:30am. They were followed by the Masters Men at 9:15am and the Senior Men, competing in the open C grade, at 9:45am.

## 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

**Nikki Mitchell** - Ph: 349 2920 (evenings):  
Mobile 027 464 8546

**Sarah Wiwarena** – Ph: 348 7674 (evenings):  
Mobile 027 248 3874

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.

The Masters Women and Senior Women teams had an epic battle between each other with it coming down to the last lap where Melanie Thompson from the Senior Women was strong enough to hold off the fast finishing Sue Crowley from the Masters Women. Also on the last lap the Masters Men were able to catch the Masters Women but not quite the Senior Women. The Senior Men finished about 20 minutes after other Lake City teams.

In the New Zealand Road Relay Championship grades:

- Lake City came 7<sup>th</sup> out of 10 teams in the Senior Women grade and was only a couple of minutes off fulfilling their goal of beating one of the six higher graded senior women teams.
- Lake City came 5<sup>th</sup> out of 6 teams in the Masters Women grade but with a bit of improvement could be well within striking distance of the medals next time.
- Lake City came 4<sup>th</sup> out of 12 teams in the Master Men grade but there was daylight between them and third place and two teams in the Open Masters over 50 were also quicker. A lot of effort in preparation will be required to medal in either of these grades in the future.
- Lake City's Senior Men team was disqualified in the Open C grade. A late injury withdrawal in the week leading up to the event meant that the two Lake City men's teams had to be rearranged resulting in the Senior Men team being short a runner so someone had to run twice. Our Club Manager interpreted the rules as allowing this if certain criteria were met and a seven minute penalty received. This interpretation was incorrect so the team was disqualified. If the team had not been disqualified then they would have won the Open C grade even with the seven minute penalty (without the penalty their time was good enough for third in the Open B grade).

As is tradition each team's baton was awarded to the team member who had put in the most respectable effort in the race. The batons went to the following runners:

- Masters Men: Gaine Petterson
- Masters Women: Faith McGregor
- Senior Men: Steven O'Callaghan
- Senior Women: Clare Barratt-Wood

Nine of the thirty one Lake City club members who competed at this year's New Zealand Road Relays Championships were doing so for the first time so thank you to them for stepping up to the challenge and representing their club at the national level.

All those who went to this event would like to thank the Lake City Athletic Club for the contributions of support and funds that made the trip possible.

Adrian Lysaght, 7/10/14

## RESULTS

1 Hamilton Hawks 4:39:38  
4 Lake City Athletic 5:00:26

Lap	Name	Lap Time	Gross Time	Grade Place	Grade	Place
1	Chris Corney	38:03	1:23:03	7	MM	36
2	Colin Earwaker	39:46	2:02:49	2	M50	19
3	Brad Griffiths	41:21	2:44:10	11	MM	62
4	Gaine Petterson	39:41	3:23:51	9	MM	59
5	Adrian Lysaght	37:26	4:01:17	2	MM	14
6	Andrew Hickson	31:27	4:32:44	2	MM	20
7	Duncan Smith	34:36	5:07:20	4	M50	23
8	Tony Broadhead	38:06	5:45:26	4	MM	14

Masters Women

1 Wellington Scottish 1 5:31:08  
5 Lake City Athletic 5:47:21

Lap	Name	Lap Time	Gross Time	Grade Place	Grade	Place
1	Gillian Shapley	0:43:55	0:43:35	6	MW	64
2	Siobhan Griffiths	0:45:06	1:28:41	7	MW	53
3	Sian Twiddy	0:44:13	2:12:54	3	MW	81
4	Jodie Hickson	0:43:58	2:56:52	2	MW	88
5	Lorna Mills	0:45:57	3:42:49	7	MW	59
6	Faith McGregor	0:39:11	4:22:00	3	MW	57
7	Teresa Martin	0:43:51	5:05:51	7	MW	69
8	Sue Crowley	0:41:30	5:47:21	3	MW	37

Senior Men A

1 Auckland City Athletic 4:11:11

Open C

1 Wesley 2 4:57:06

DSQ Lake City Athletic 4:49:27

Lap	Name	Lap Time	Gross Time	Grade Place	Grade	Place
1	Jason Steyn-Ross	37:51	1:52:51	20	SM	35
2	Stephen Bjarnesen	42:33	2:35:24	21	SM	37
3	Michael Voss	34:14	3:09:38	6	JM	11
4	Andrew Twiddy	35:58	3:45:36	10	SM	34
5	Steven O'Callaghan	36:24	4:22:00	8	SM	9
6	Steven O'Callaghan	28:03	4:50:03	5	SM	5
7	Russell Clarke	36:15	5:26:18	17	SM	34
8	Matthew Parsonage	38:09	6:04:27	11	SM	15

Senior Women

1 North Harbour Bays 5:01:08

7 Lake City Athletic 5:44:58

Lap	Name	Lap Time	Gross Time	Grade Place	Grade	Place
1	Cati Pearson	42:06	0:42:06	6	SW	56
2	Charlotte Pearson	48:21	1:30:27	8	SW	64
3	Kate Rea	44:53	2:15:30	6	SW	85
4	Clare Barratt-Wood	39:53	2:55:13	3	SW	63
5	Stephanie McHale	47:27	3:42:40	4	SW	62
6	Tracey Hay	38:33	4:21:13	5	SW	54
7	Anna Telfer	38:52	5:00:05	6	SW	50
8	Melanie Thompson	44:53	5:44:58	10	SW	56



