



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

17 May 2014

The past week:

The word is that the post marathon function at the clubrooms was a huge success and went quite late into the evening.

Earlier in the day 3 teams from the club took part in the Cambridge Cross-country relays, with the walk team taking out 1st place, the men open 3rd; the masters men 7th. A couple of good action shots are being placed on Facebook.

On the local scene:

SATURDAYS

This Saturday 17 May - Family event for running and walking clinic and all other club members. Meet 1.45pm at the Neil Hunt Park clubrooms for a 2.00pm start. Pack runs for adults and a treasure hunt for the children. A plate for afternoon tea please would be appreciated. Contact Adrian Lysaght – Ph: 027 615 3496 if you can act as a pack leader assist with the treasure hunt or afternoon tea.

Saturday 24 May – Tauranga open cross-country events, Waipuna Park Tauranga. Event details are below. Please entry yourself. On the day entry for a small extra fee. Please support these out of town events or else they will “die”.

Sunday 25 May – On the local scene is the Haggis Hustle. Meet 1 Haratua Place, Rotorua (off Utuhina Road) at 9.00am. Plate of goodies for brunch please. Duty officer is Lindsay Foster – Ph: 348 6818.

Note that all the club winter events are open to runners and walkers, the fast and the slow, the young and the old! Come along and keep your fitness base up over the winter months.

SUNDAYS

Distance athletes

Those that run - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, other at varying times.

Those that walk – Meet just prior to 7.30am 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

Distance athletes

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 City Focus, Tutanekei Street, Rotorua

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.

THURSDAYS

Distance athletes

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

Walkers

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

Pm – Meet 5.30pm at the City Focus, Tutanekei Street, Rotorua

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.

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

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

Kerris Browne - Ph: 07 348 0790 (evenings): Mobile 021 753 691.

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

Renewal of club membership:

If your membership dues are still outstanding it would be appreciated payment could be attended to as soon as possible so that you maintain your membership for the coming year - 1 April 2014 to 31 March 2015. Membership forms are available from the Neil Hunt Park club rooms or from the club's website www.lakecity.co.nz

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form (both sides) must** be posted back to the club (PO Box

2136) or scanned and e-mailed to lakecity@xtra.co.nz. If paying by internet it is most important that you use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf. Also all members listed on the form **aged 16 years plus** must sign the declaration on the reverse. Please fill in **neatly** all required details – there's two sides of the form that need to be completed.

Those that have paid please note your blue membership card is on the table at the Neil Hunt Park clubrooms. Please up lift it. There is a slight delay in the production of cards for those that have registered in the last couple of weeks.

TAURANGA OPEN CROSSCOUNTRY RACES Saturday 24 May 2014

Waipuna Park, Kaitemako Road - off Welcome Bay Road
Approved by AWBOP and conducted under ANZ Rules
WBP sanctioned event - No 1409

PROGRAMME

Grade	Distance	Start time	Entry fee
Boys & Girls 10	1000m	12.30 pm	\$7.00
Boys & Girls 12	2000m	12.40 pm	\$7.00
Girls 14	3000m	12.55 pm	\$8.00
Boys 14	3000m	1.15 pm	\$8.00
Senior Women	4000m	1.30pm	\$15.00
Masters Women	4000m	1.30 pm	\$15.00
Junior Women U20	4000m	1.30 pm	\$12.00
Youth Women U18	4000m	1.30 pm	\$12.00
Junior Men U20	6000m	1.45 pm	\$12.00
Youth Men U18	6000m	1.45 pm	\$12.00
Senior & Masters men	8000m	2.15 pm	\$15.00

- Prize giving/afternoon tea will be held in the Waipuna Park Facilities.(inclusive in entry)
- Spectator-friendly course with ample parking.
- Prizes for first three place-getters plus spot prizes in each event. Age Group prizes at Organizer's discretion.
- The programme will proceed regardless of weather conditions. Please bring warm and weatherproof clothing (showers are available).
- Enter online
<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=4954>
- Late entries will be accepted on race day with a \$2.00 Late Entry fee applying.
- Entries close on Tuesday 20th May 2014.
Website: www.taurangaramblers.co.nz
- Email entries to janmal@xtra.co.nz and post copy with payment

to: **Tauranga Ramblers**

P O Box 2376, Tauranga 3140

Or Fax Entries to 07 576 0000 after Hours

Include your name, Club (Lake City-Rotorua, Date of Birth, distance running and entry fee

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

Club Trophies:

The matter of getting club trophies engraved has been visited again via a partition signed by some of those in attendance at the recent teens and senior track prize giving.

This matter was raised at the Executive meeting of March 2013 and it was agreed that the status quo would stand – i.e. Club trophies not be engraved but listed in a booklet and up dated each year as agreed to by the Executive at the time the Lake City Athletic Club was formed by the joining of the Rotorua Athletic Club, the Ngongotaha Track club and the Rotorua Joggers Club.

At the Executive meeting of 14 April 2014 it was agreed that the status quo remain. In due course the trophies and the winners over the years will be placed on the club's website as well as the booklet.

Champagne breakfast competition:

The finish order of the club members involved in the breakfast competition is:

1. Tracey Hay
2. Faith McGregor
3. Phil Gulbransen
4. Lindsay Foster
5. Kelly Mitchell
6. Chris Lord
7. Glennis Hennessey
8. Susan Timms

Well done to Erin Dender who put 6 out of 8 in order. She takes away the prize.

RESULTS

Cambridge Cross-country relay – 10 May 2014

3000 metres

Men Open

1.	Hamilton City Hawks	39.36
3.	Lake City-Rotorua	47.06
	Matt Parsonage	10.37
	Jason Steyn-Ross	12.14
	Russell Clarke	12.25
	Andy Hickson	11.50

Masters men

1.	Hamilton City Hawks	45.18
7.	Lake City-Rotorua	59.59
	Trevor Ogilvie	11.56
	John Harvey	14.48
	Mark Geddes	16.24
	Peter Vyver	16.51

Walk

1.	Lake City-Rotorua	47.49
	Linda Johnston	23.04
	Jeanene Lysaght	24.45

Individual Boys

1.	Ian Pugh (Tauranga)	8.44
5.	Connor Lysaght	9.54

Individual girls

1.	Charli Millar (Hamilton Hawks)	8.42
5.	Amber Lysaght	12.55

Supplement you outdoor training by doing
indoor work at
Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the
20% discount off full prices. Note the 20%
discount does **not** apply to any discounted
prices or specials that may be running

Check out www.go360.co.nz for prices,
classes, opening times etc.

For your massage needs contact
Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002

Take your Lake City membership card to
obtain the discount on offer

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
Or 07 347 8380

On Mondays they have a free sports injury
drop in clinic between 4.00pm and 5.00pm at
their Eruera Street clinic