



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

GUFF SHEET
1 October 2016

The past week:

Saturday the Fenton Park Dash took part on another damp day. Thanks to the duty officer of the day, Tony Broadhead for setting up the course etc and those that assisted him. Results are below.

The previous weekend Megan Grant with her Dad completed her first marathon. At the Dunedin event she placed 10th overall and was the 1st open woman across the line. Her time was 3.09.43. Well done Megan!

Forth coming events:

SATURDAYS

This Saturday - 1 October –

The Athletics New Zealand Road relay championships hosted by your Club. See below for more details of some of the dos and don'ts relating to the event.

Saturday 8 October - The Forest 10km open handicap run/walk. Note the start time is 10.00am for the first participants to leave the Long Mile Road and then to head into the Forest.

Saturday 15 October – yes it's a couple of weeks away, but please note the event scheduled on the winter season programme out at the Blue Lake on this day has been cancelled but the winter season prize giving and social will be held in the evening.

SUNDAYS

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat



Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115.

TUESDAYS

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

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Children's athletics – their weekly sessions start 11 October. Arrive 4.45pm at the International Stadium No 2 ground Devon Street West. Registration is now available – online at www.lakecity.co.nz. Contacts Sarah 027 347 8115 or Jessica 027 602 1396

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

THURSDAYS

Walkers

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

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

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Athletics New Zealand Road relay championships: This Saturday 1 October 2016 - Rotorua

Those club members participating in a team please note the correct club uniform is required to be worn. That is the Lake City singlet and black shorts. Don't get your team a time penalty for wearing the incorrect uniform. If you don't have a club singlet see below as to who to contact re purchasing one. Also don't leave it until the day before.

Also note there is a time penalty for being in the possession of any electronic equipment (such as mobile phones, Ipods and earphones) while in the process of taking part in a lap. The full event rules can be viewed on the Lake City website under event rules.

Club team members will need to arrange the carpooling of their respective team members. Each team captain needs to attend the managers meeting at the Neil Hunt Park club rooms on Friday evening (30/9). The meeting commences at 7.00pm.

Good luck to all teams taking part: local and visiting teams.

All Whaka Forest users: please read and respect below as it is very Important

All Bike riders, Runners, Walkers, And Horse Riders



From 1 September Eight Mile Gate Road (from the gate at the Hill the intersection with SH5 near Tumunui) in Whakarewarewa Forest will be closed to all non-forestry use **at all times**.

This means no bicycles, running, walking or horse riding on the road, even during weekends. The gates will be open all days and at all times for logging trucks carting to Red Stag Timber.

Signage will be erected at each end of the road to advise people not to enter and locked gates installed on the side roads. This is a permanent change. Timberlands Limited's security Contractor, First Security, will be monitoring the road.

The mountain bike and running/walking track crossing points along Eight Mile Gate Road will remain open.

There are reports of runners still using 8 Mile Gate Road. Let's hope they are not club members.

RESULTS

Fenton Park Blast – 24 September - 2016

<u>1.00km approx.</u>		
Cody Shilton		4.38
Bruce McGregor		5.25
Elliot Castle		5.50
Keira Murphy		6.21
<u>3km</u>		
Matt Parsonage		9.45
Dave Cronshaw		10.12
Andy Twiddy		10.37
Alan Crombie		10.39
Sue Crowley		10.50
Peter Roy		11.00
Andrew Jamieson		11.04
Mike Bray		11.06
Gaine Petterson		11.09
Megan Grant		11.11
Fred Shilton		11.23
Sam Rossiter		11.50

Sian Twiddy		12.13
Lance Shilton		12.16
Tania Smellie		12.17
Chris Lord		12.26
Faith McGregor		12.57
Amy Bray		13.16
Luke Crombie		13.18
Stephen Bradley		13.24
Campbell Horn		13.35
Ray Lichtwark		13.37
John Harvey		13.53
Anja Crombie		13.57
Kathryn Murphy		14.15
Peter Bloore		14.54
Freya Lord		15.45
Emma Hickson		15.50
Andrew Skene		16.40
Rhonda Herring		16.43
Peter Vyver		17.13
Hannah Hickson		18.49
Diane Barratt-Kendell	W	19.36

Dunedin Marathon - 25 September 2016

<u>Open Women</u>		
Megan Grant	1st	3.09.43
	10th overall	

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

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

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase