



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

20 September 2014

### The past week:

Saturday was the 36th Red Stag Redwoods Forest Relay, hosted by the Club in the Redwoods and Scion Archive Nursery area. Underfoot conditions were the wettest since the event has been run this side of town. Prior to 1993 the event was based out at the Waipa Mill. Luckily it was only light rain for most of the event.

With 76 teams entering team numbers were down on the previous year's 104, but this did not detract from some close finishes. For the first time in the events history the overall event was won by a masters men's team - Hamilton City Hawks who were 33 seconds ahead of their clubs men's open team.

Club team results are on the reverse.

It is not only the participants that make the event. As is the custom, when called upon club members step up and volunteer their services. A special thanks is extended to those that did so, whether it was from 7 in the morning to mid-afternoon. Some assisted with the pre event set up and then ran: Others marshalled out on the course for 2/3 hours: others recorded at the finish line. Not only is it club members that bring it all together, there are, shall we call them "Friends of the Club" who make themselves available each year.

A very appreciative thanks goes to the events principal sponsor Red Stag Timber and the other event supporters - The New Zealand Community Trust who like Red Stag Timber contributed to the financial side of the event; the Rotorua District Council, CNI Iwi Holdings and Timberlands for the use of the Redwood Memorial Grove: Scion for the use of their archive nursery area; Design House Kitchens for the loan of their truck.

Again thank you to all that contributed to another successful club promoted Club event.

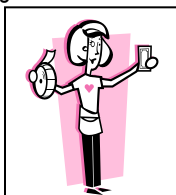
### Whaka Forest

Note that tree felling is resuming in the Radio Hut area. Please don't venture past any signs and tape in place, and if in the Forest during working hours watch out for logging trucks.

### 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)

Thank you in advance

Wendy Monk

Children's Convener

### On the local scene and out of town:

#### SATURDAYS

This Saturday 20 September – This club event has its headquarters are at Waingaehe Park, Hannahs Bay and is the club's road championship day. Don't be put off by the word championships. All members welcome to take part – runners, walkers no matter what your ability is. The afternoons programme is herewith. A plate please for afternoon tea back at the clubrooms. If not running give Lindsay Foster (348 6818) a call if you can marshal, assist at the finish area etc.

This is also the last day for those that have their name on the Takahe to Akaroa relay list to show the club selectors their form.

Saturday 27 September - A short sharp 3km blowout on the streets of Fenton Park. Meet at Davidson's in Marguerita Street at 1.45pm then to walk to the venues start. A plate for afternoon tea at Davidsons will be appreciated. This event is a great last blow out for those heading to Christchurch for the Athletics NZ road relay the following weekend.

Sunday 16 November – This date is a little time away but note it 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 Reserve of Monika Lanham Reserve then onto the Tui Glen Station Otaranga farm roads to finish down the Stoneham Walk Ruarunga 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 7.30am 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, Tutanekai 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.

### Pm

Running Strength Circuit Class - 6pm at the Lake City Gym - for the duration of Term 3.

## 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

Introduction to Running Techniques run by ANZ Coach Kerris Browne every Thursday starting 25th September, 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 improve 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 City Focus, Tutanekai Street, Rotorua

## Get Set Go day: Monday 20 October 2014

Sport BOP and Athletics NZ are holding in Rotorua at the Lakefront the above day. They are seeking volunteer club members to assist the coaches at each Get-Set-Go station. There will be up to 500 children (year 1 and 2) attending. Some of the main tasks will be keeping the children at their designated stations until it is time to rotate. Below is a rough time line of the day.

8am – 9.30am Set Up, Volunteer Training / Event Briefing

9.30 - 10.00am Schools/ guests arrive - Valerie Adams

10.00 – 10.15 Introduction / Welcome / mass warm up /

10.15 – 12.15 Rotation of activity Stations (10) +  
(11 stations / 10 min per station)

12.15 – 12.30

Ending Activities / Thank you's

Afternoon: Opportunity for Community Engagement activities

Children in class groups of approx. 25 will 'travel' along a *sporting pathway*, playing and having fun at each activity which has a specific skill focus. Each activity station will be managed by a 'Get Set Go Coach'

If you can assist on this day (morning) please contact Pam Kenny – 07 348 8448 or [kennys@xtra.co.nz](mailto:kennys@xtra.co.nz)

### 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.



**LAKE CITY**  
*Athletic Club* INC

Road Race Events

**This Saturday 20 September 2014**

Waingaehe Park, Hannahs Bay, Rotorua

### Order of events

#### • 1.30pm

**Distance - 2000 metres**

Boys and girls 10 and under (5, 6, 7, 8, 9, 10)

Boys and girls under 13 (11 and 12)

**Distance - 5000 metres**

Walk - all grades

#### • 1.55pm

**Distance - 3000 metres**

Boys and girls under 15 (13 and 14)

**Distance - 5000 metres**

Youth Women under 18 (15, 16, 17)

Junior Women under 20 (18, 19)

Masters women – (35 plus)

• **2.20pm**

**Distance 6000 metres**

Youth Men under 18 (15, 16, 17)

**Distance 8000 metres**

Junior Men under 20 (18, 19)

**Distance 10,000 metres**

Women – senior (20–34)

Men - senior (20-34)

Masters men (35plus)

**Notes**

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2014 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member prior to the event** of the Lake City Athletic Club Inc.

3. **There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!**

4. Please arrange for a family member to count your laps.

5. Plate please for afternoon tea at the Neil Hunt Park clubrooms.

6. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line. Not running or walking then get involved as a volunteer. Contact Lindsay Foster – 348 6818 if you can assist. He also needs assistance with the course set up. i.e. placement of road cones and signs.

**Neil Hunt Park clubrooms:**

In an endeavor to stop the plague of ants that have made the clubrooms their home please don't leave food on the kitchen bench or in the rubbish bin. Other words leave the bench clean and if need be empty the rubbish bin into the drum outside of the clubrooms. This is around the side of the building by the kitchen back door. The ant expert tells us there are two types of ants – those that like protein and those that like sugar.



**RESULTS**

**Red Stag Redwoods Forest Relay 13 September 2014, Rotorua**

**Composite**

1.	<i>Tauranga Ramblers</i>	1.35.24
13.	<i>Lake City-Rotorua</i>	2.17.15
	Peter Vyver	27.47
	Duncan Smith	19.42
	Waverley Newson	30.22
	Heather Lang	30.42
	Peter Bloore	28.42

**Masters Men**

1.	<i>Hamilton City Hawks</i>	1.28.15
2.	<i>Lake City-Rotorua No 1</i>	1.30.26
	Tony Broadhead	17.09
	David Cronshaw	18.43
	Adrian Lysaght	17.29
	Chris Corney	18.20
	Andrew Hickson	18.45
4.	<i>Lake City-Rotorua No 2</i>	
	Trevor Ogilvie	19.01
	Brad Griffiths	20.35
	Gaine Petterson	22.01
	John Harvey	23.02
	Ray Hewlett	23.50

**Masters Women**

1.	<i>Lake City-Rotorua No 1</i>	1.45.27
	Sue Crowley	19.29 (fastest lap – masters women)
	Siobhan Griffiths	21.20
	Lorna Mills	20.42
	Sian Twiddy	22.02
	Gillian Shapley	21.54
4.	<i>Lake City-Rotorua No 2</i>	2.14.18
	Jodie Hickson	25.04
	Faith McGregor	23.32
	Faith McGregor	24.25
	Mere Attwater	30.07
	Sheryl Pearson	31.10

**Men Open**

1.	<i>Hamilton City Hawks</i>	1.28.48
3.	<i>Lake City-Rotorua</i>	1.30.43
	Steven O'Callaghan	15.46 (fastest lap – open men)
	Michael Voss	16.34
	Jason Steyn-Ross	18.58
	Stephen Bjarnesen	19.17
	Russell Clarke	20.08

**Women open**

1.	<i>Hamilton City Hawks</i>	1.42.25
2.	<i>Lake City-Rotorua No 1</i>	1.45.35
	Melanie Thompson	20.37
	Charlotte Pearson	21.08
	Cati Pearson	21.08
	Clare Barratt-Wood	20.50
	Tracey Hay	21.52
4.	<i>Lake City-Rotorua No 2</i>	2.03.59
	Kate Rea	21.35
	Teresa Martin	26.16
	Nicola Fisker	22.29
	Amy Bray	25.52
	Allison Scott	27.47