



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

GUFF SHEET

21 June 2014

The past week:

There was a mediocre turnout for the Sala Street Dash last Saturday. This did not detract from some good battles amongst those taking part. Results are on the reverse.

Like every club event held, thanks needs to be extended to those that set up the course: those that dismantled it in extra quick time: those that recorded the times etc. Thank you.

On Sunday approx. 20 of the club's walkers headed to the Wairere Falls near Matamata. With all the recent rain the Falls were quite spectacular.

Trophy winners from the Foster, Smyth Lamason event the previous Saturday are:

Foster Trophy – first Club financial male runner across the line – Max Bragg

Smyth Trophy – first Club financial female runner across the line – Kelly Mitchell

Lamason Trophy - first Club financial walker – Shan Tapsell

On the local scene:

SATURDAYS

This Saturday 21 June – Around a 7km country and road race in the vicinity of the Tihi-O-Tonga Tree Trust and Otonga Road School. This is another club event that the course has had to be changed.

Meet no later than 1.45pm at 379A Old Taupo Road and then walk to the start in Moncur Drive. Don't be late! A plate for afternoon tea at 379A Old Taupo Road will be appreciated as well as people to act as marshalls recorders etc.

There are 4 trophies up for grabs on this day. To be a winner you must be a paid up financial member pre event.

This is the first of the club event where the club selectors will be observing club members fitness for future relay teams, especially the New Zealand Road relay on the Takahe to Akaroa (Christchurch) course. Remember you have to show your form in at least 4 (four) events before team selections are made

Duty officers - Steven O'Callaghan 437-6758 and Peter Vyver 348 8456

Saturday 28 June – Please note there is a change of event on this day. Because the Kawerau Half Marathon has been rescheduled to the end of November, the Lake City River Trail Trot listed for 23 August has been moved to the 28 June. There will be more on this out of town event next week.

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

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, 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.

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

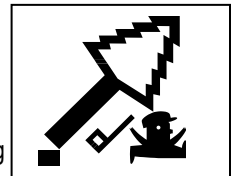
Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

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

Whaka Forest:

Tree felling in the vicinity of Radio Hut Road is underway.

It is vitally important that forest users adhere to restrictions on forest warning signs and comply with directions from forestry staff on-site. Please take extreme care as the area being harvested is quite unstable, and forestry staff will be operating potentially dangerous machinery and vehicles in



places where sight lines are often compromised. Naturally logging trucks will be operating.

Don't put yourself or forestry workers at any risk by ignoring the warning signs. So the message is 'stay informed, follow directions, be alert and be safe.'

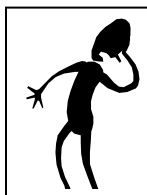
Membership cards:

There is a huge pile of membership cards at the Neil Hunt Park clubrooms, some of them being there since late January. If you have paid this year's membership fee and don't have your card this is where it is. Please up lift it from the table on your left just inside the door.

If there is no card there in your name it could be that you have not renewed your membership with the Club. We are now into a new membership year, so those of you that were paid up members to the 31 March 2014, and are still attending club run/walks (mid-week/weekends) etc please address this matter.

Think Tank:

At the direction of the Club's Executive a "Think Tank evening" focusing on the future of the Club's summer Teens and Adults track and field activities is to be held on Wednesday evening 9 July 2014, 7.30pm at the Neil Hunt Park clubrooms – off Tarawera Road

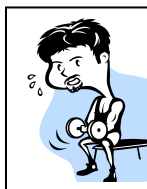


Ideas have been bandied around on how to increase participation etc., but the Executive wish to hear member's ideas/thoughts before the future of this side of the Club is decided upon. The meeting agenda is attached.

Note the above date in your diary and come along and share your ideas.

The clubroom gym:

There have been occasions where young persons have been in the gym without supervision. Parents/caregivers please note the following
"No persons under the age of 16 years to be in the gym without supervision.



Thanks -
The Executive Committee"

Pacers: Rotorua running festival – 23 November 2014

If you want to be a half marathon pacer at the above event please contact Rob Docherty at rob@runningevents.co.nz
 You will get free entry to the event and a balloon(s).

RESULTS

Sala Street Dash – 14 June 2014

1.00km

Conor Lysaght	B 8	4.35
Freya Lord	G8	4.49
Marcell Kiss	B8	5.35
Scarlett Dowland	G7	5.56
Amber Lysaght	G5	5.59
Jeanene Lysaght	W35	6.20
Tahlia Pearce	G11	6.40
Emma Kiss	G7	6.41
Jade Mitchell	G15	10.55

3.00km

Adrian Lysaght	M35	10.15
Jason Steyn-Ross	M20	11.23
Siobhan Griffiths	W40	12.27
Chris Lord	M45	12.53
Lindsay Foster	M55	13.18
John Harvey	M60	13.38
John Marten	M55	13.44
Kelly Mitchell	W20	13.48
Kathy Jackson	W50	13.58
Jasper Dowland	B10	14.25
Martin Harris	M60	14.29
Luanna George	W50	15.30
Peter Vyver	M70	15.31
John Veninga	M40	15.35
Kathryn Murphy	W40	15.39
Freya Lord	G8	18.45
Lou Lord	W45	19.09
Rinus Adriaansz (w)	M55	22.39
Mike Burkinshaw (w)	M70	23.33

NORTH ISLAND CROSS-COUNTRY RACES

Saturday 5 July 2014
Spa Thermal Park, Taupo

PROGRAMME

#	Grade	Distance	Start time	Entry fee
1.	Walkers	5000m	9.30am	\$10.00
2.	Girls 10 and under	1000m	10.30am	\$5.00
3.	Boys 10and under	1000m	10.40am	\$5.00
4.	Girls 12 (11, 12)	2000m	10.50am	\$5.00
5.	Boys 12 (11, 12)	2000m	11.00am	\$5.00
6.	Master's men 50+	6000m	11.10am	\$20.00
7.	Masters women 35+	5000m	11.35am	\$20.00
8.	Girls 14 (13, 14)	3000m	12.00noon	\$10.00
9.	Boys 14 (13, 14)	3000m	12.15am	\$10.00
10.	Masters men 35-49	6000m	12.30pm	\$20.00
11.	Women U18 (15, 16, 17)	4000m	1.00 pm	\$20.00
12.	Men U18 (15, 16, 17)	5000m	1.15 pm	\$20.00
13.	Women U20 (18, 19)	4000m	1.35pm	\$20.00
14.	Men U20 (18.19)	5000m	1.50pm	\$20.00
15.	Senior women (20-34)	4000m	2.10pm	\$20.00
16.	Senior Men (20-34)	8000m	2.30 pm	\$20.00

Entry forms are at the clubrooms or go to www.taupoharriers.com and use the official entry form. Post with entry fee to NIXCC race, Taupo Harrier Club, P O Box 1112, Taupo 3351 prior to **1 July** (Cheque to be payable to Taupo Harrier Club) – or email to nixcc@live.com + on-line banking payment.

Late entry fee surcharge of 50% per athlete **after 1 July** and on the day.

No late entry accepted after 11.00am on the day. Race pack/number to be uplifted by 11.00am on the Saturday

Please ensure you are entering in the correct age group – ages as at 31 December 2014 except for master graded athletes – **age on race day.**

No entries will be processed until fees are paid

The name of your club is Lake City – Rotorua

Lake City Runners Wanted:



2014 Athletics NZ National Road Relay Championships

This year the national road relay championships are again being held on the historic Takahe to Akaroa course, near Christchurch, on Saturday 4th October. This is a great club event and a highlight of the season.

Depending on interest from YOU, the club members, Lake City will consider sending teams in the following grades: Senior Men, Senior Women, Masters Men (40+), Masters Women (35+), Open Masters 50+, Open Masters 60+.

Each team will consist of eight runners (five for 60+), each running a different leg. Legs range in distance from 6.8km to 10.7km on roads with varying terrain.

Club members interested in competing must put their name on the noticeboard lists at the clubrooms. Alternatively contact Adrian Lysaght (email: adrian.lysaght@xtra.co.nz or phone/text: 027 6153496.

To be selected in a team, club members must meet the following criteria:

- be Athletics New Zealand Registered and a financial member of the Lake City Athletic Club.
- pay a \$200 deposit by 31/07/2014. Lake City contributes a significant amount towards the team costs (flights, accommodation, and van hire and entry fees) but club members are expected to pay a share which will probably be about \$250 per person. Club members that miss selection will have their deposit refunded.
- demonstrate fitness to the club selectors by competing in at least 4 of the 8 events indicated in the [winter programme \(click here to follow link to it\)](#). If unable to compete in these events contact a club selector as good results in other events may be considered.

If you require further information or have any question, please contact Adrian Lysaght (email: adrian.lysaght@xtra.co.nz or phone/text: 027 6153496.

Coaching course – for officials and event organizers (run by Heather O'Hagan the Athletics Waikato BOP Officials co-coordinator)

For anyone interested in attending an outside events course, 2 courses have been organised:

1. Cambridge Athletic clubrooms Sunday 29 June, starting at 9.30am, with exams after lunch
2. Tauranga at Waipuna Park, Sunday 13 July starting at 9.30am, exams after lunch.

Anyone interested please contact Heather O'Hagan on 0274 713220 or email her at ohagan@visique.co.nz

The NZ Road Champs are in Tauranga in September - an ideal chance to get a National Champs on your officiating log.

Anyone interested in sitting a higher grade exam for track and field either of those afternoons, please contact Heather to arrange this.

Don't be put off by the word "exams". The introductory course and the exam are very basic.

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 from 7.00am to 7.20am on a Sunday.

Kawerau 2014 Hidden Trails - Sunday 30th

November

Details of the above event will be on the Kawerau Harrier Club website (www.kawerauharrierclub.co.nz) from September 2014

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

Supplement your 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.