



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

GUFF SHEET

22 August 2015

The past week:

It was off to the Tauriko Industrial (Tauranga) Estate for the annual Athletics Waikato BOP road championships on Sunday. Stand out performer was Michael Voss in his 8km event. It was also great to see a number of the club's younger members taking part as well as the club walkers who took up the challenge of competing in their first judged walk event.

The male 20 plus side of the club was well represented, but it was very noticeable the lack of 20 plus females from the club in attendance. Results are below.

Should anyone have come across or picked up in error a green (darkish army green) marmot jacket with a blue Rotorua marathon top rolled up in the middle from the Lake City tent at Matamata please contact Amy Bray at amyh.bray@hotmail.com There were lots of bags where it was put and it might have got caught up in someone's stuff.

This guff sheet has been compiled and forwarded for distribution before the Club's AGM.

Forth coming events:

SATURDAYS

No local event this Saturday

Saturday 29 August – The Blue Lake Blatt. Two-person running teams compete around the Lake as well as two person walker teams with each person completing half a lap of the Lake. Meet 1.45pm by the Blue Lake Ski Club clubrooms - 2.00pm start. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea back at the Neil Hunt Park clubrooms, please. Duty officer: Trevor Ogilvie (Ph. 347 8181) and Tony Broadhead (Ph. 027 6376273).

Saturday 12 September – In its 37th year the Club's promoted and organised annual Red Stag Redwoods Forest Relay is being held in the Redwoods Memorial Grove and the Scion Archive tree area on 12 September. In due course the list will be at the Neil Hunt Park clubrooms for members to indicate if they wish to be part of a team. Not wishing to run or walk or on the injured list then make yourself available to be a volunteer – there's also a list at the clubrooms to indicate your availability as a volunteer. As mentioned this is a club organised event and

members are required to assist on the day. Some will choose to be course marshalls, other to run/walk but will get stuck into the pre event setup and after event pack down.

SUNDAYS

This Sunday 23 August – The Cambridge Half marathon and associated events which incorporates the Athletics Waikato BOP half marathon championships. Event and entry details can be found at:

www.cambridgeathleticandharrierclub.co.nz

Good luck to those from the club taking part.

Distance athletes

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 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

Walkers

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

Pm - Meet 5.30pm at the City Focus, Tutaneikai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

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

THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the City Focus, Tutaneikai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

2015 Athletics New Zealand road race championships:

These are being held virtually on our back door step on Saturday 5 September 2015 at the Tauriko Industrial Estate, Tauranga. Note that all entries must be made online using a credit card as payment. Early entry closes midnight Sunday 23

August: late entry for an extra \$50.00 will be accepted up to noon Tuesday 25 August.

Visit Athletics New Zealand website - www.athletics.org.nz and click onto road championships for the event details

RESULTS

Athletics Waikato BOP road and walk championships – Tauriko Industrial Park, Tauranga - 16 August 2015

Walk

Leisure - 10km

1.	Alex Whimster	Tauranga	68.54
2.	Helen Foster		80.44
3.	Rinus Adriaansz		83.16

Judged -10km

1.	Denise Caudwell		87.29
2.	Gay Timpany		99.35

Running

Boys under 10 - 2km

1.	Ian Pugh	Tauranga	7.05
4.	Conor Lysaght		8.43

Girls under 10 - 2km

1.	Eve Flint	Tauranga	8.42
2.	Anja Crombie		8.54
3.	Emma Hickson		10.14
4.	Amber Lysaght		10.15

Boys under 12 (11,12yrs) - 2km

1.	Mathjis Wetzels	Hamilton Hawks	6.30
4.	Clay Fookes		8.28
5.	Luke Crombie		8.31

Girls 14 (13, 14 yrs) - 3km

1.	Charli Miller	Hamilton Hawks	10.19
3.	Tegan Fookes		11.39

Women under 18 (15, 16,17yrs) - 5km

1.	Emerson Deverell	Hamilton Hawks	18.14
4.	Ella Fookes		21.06

Men under 20 (18,19yrs) - 8km

1.	Michael Voss		25.49
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Men 20 - 10km

1.	Jai Davies-Campbell	Hamilton Hawks	32.46
5.	Jason Steyn-Ross		37.22

Women 20 - 10km

1.	Sarah Murphy	Hamilton Hawks	40.50
3.	Amy Bray		55.32

Master women - 5km

60-64

	Kathy Howard		26.12
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Masters men -10km

40-44

1.	Michael Pugh	Tauranga	33.51
2.	Adrian Lysaght		35.13
3.	Andrew Hickson		39.13
5.	Gaine Petterson		41.43

45-49

1.	Tony Broadhead		35.21
7.	Kerry Robinson		40.28
8.	Alan Crombie		42.10

50-54

1.	John Crane	Hamilton Hawks	35.29
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2. Chris Corney 37.38

55-59

1. Mike Bray 39.48

60-64

1. Barry Watson Tauranga 42.55

5. Lindsay Foster 45.49

65-69

1. Dennis Maddern Tauranga 45.16

2. Campbell Horn 49.26

70-74

1. Max Bragg 51.33

2. Peter Vyver 58.44

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

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

Denise Caudwell - Ph 346 8431 (evenings)

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

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday