



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

**GUFF SHEET**  
**23 April 2016**

## The past week:

The first event on the winter season programme was held on Saturday over the course used for the summer Trout Fly series. Thanks are extended to those that assisted with the behind the scenes aspect of the event. Results are below.

Those in the clubs various running and walking clinics are moving into “taper” mode, thus freshening up for their event on Saturday 30 April.

Thanks are extended to those from the club’s walking fraternity that assisted with the kids Mini Marathon in the Government Gardens last Thursday.

## Marathon Volunteers:

Volunteers are being sought for the **52nd Rotorua Marathon** - pre marathon day as well as on the day – Saturday 30 May. There are a number of areas that club members, their family or friends can be involved with at this special event. Those pounding the pavement can be involved pre event.

### **Goodie Bag filling**

#### **This Wednesday - 27 April**

Goodie bags have to be filled – one for each entrant – something like 3000 bags. This will be **from 5.00pm at the Energy Events Centre, Government Gardens. Just rock up from 5.00pm**

#### **Friday 29 April**

Friday, even if you are taking part you can help. Volunteers are wanted for things like registration, being a general goffer etc. Registration starts 1.30pm on Friday and goes through to 9.00pm but you are not expected to be there all that time. Shifts can be worked. **Note that more volunteers are required in the later part of the day. Call Pam Kenny of 07 348 8448 no later than Sunday evening.**

#### **Saturday 30 May**

Saturday is the day where friends and family can help. Marshalls (adults) are required from 6.00am through to

around 5.30pm on this day. Most of the areas to be marshalled are out on the early or the latter part of the course (2 to 3 km from the Government Gardens). This is a great job, as you can see all your mates, friends etc taking part. Like Friday shifts can be worked. **Call Pam Kenny on 07 348 8448 no later than Sunday evening.**

## Renewal of club membership:

Thank you to those that have renewed their club membership for the next 12 months.

There are still a number that have not done so and it would be appreciated if the matter of renewal could be addressed as soon as possible. By visiting the club’s website ([www.lakecity.co.nz](http://www.lakecity.co.nz)) you can register online or print off a “manual registration form”. Forms are also at the Neil Hunt Park clubrooms.

**The club marathon championships are held in conjunction with the Lion Foundation Rotorua Marathon and if you are not financial with the Club prior to 30 April sorry you will not take a place in your age group.**

**Please note those of you that have joined the Club in January/February as a new member via the Running Clinic no action is required to be taken by you. You have paid your membership as a Social Member for the forthcoming financial year.**

## Forth coming events:

### **In the City**

#### **Distance events**

**Saturday 30 April** - The 52nd Rotorua Marathon around Lake Rotorua Visit [www.rotoruamarathon.co.nz](http://www.rotoruamarathon.co.nz) Entry forms available at the clubrooms. You are now on the late entry fee.  
**Saturday 7 May** - see details below.

### **SATURDAYS**

There is no club winter season events for the next two Saturdays but keep Saturday 7 May free for a new event on the programme. Details of event are below.



**Mokopuna Dash - 7 May.** Meet 1.45pm at the clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. You will need to register at the clubrooms and then walk around 10 minutes to the start point. Please don’t be late. Event distance options start from 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee.

- The winter season events cater for everyone - youngsters - older generations – the fast-slow - runners - walkers - joggers.
  - Events are over varied terrain and distances - some short (1km) some up to 10km – some on farm paddocks - some in park like areas - some in the Forest - some on footpaths.
  - The full seasons programme is at the clubrooms are can be downloaded from the club's website.
- As can see there's something for everyone. Come along and check out the Club's winter activities.

## SUNDAYS

### Distance athletes

Groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

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

## 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 Neil Hunt Park clubrooms

### Distance athletes

Groups leave from the Neil Hunt Park clubrooms at 5.30pm.

## WEDNESDAYS

Am - For those over 15 years is a speed work and core strength session, 6.15am, at 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 Mill By Pass Road

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms

### Distance athletes

Groups leave from the Neil Hunt Park clubrooms at 5.30pm.

## Tree felling in Whaka Forest:

Tree felling still happening in the Forest. Road closures week days Now include Sandy Skid, Chinamans Pondy DH and Pondy new.

Please adhere to safety notices, road closures and directions of the security people that maybe on site.



There has been sign vandalism and security persons subjected to abuse from Forest users. Remember we have access to a working Forest. Some Forests get closed all together when milling is happening. How lucky we are that it's not the one we use.

## Club uniforms:

If you have not purchased a club singlet to wear on the 30 April you need to do it within the next week. It is recommended that it is washed before wearing, and that you wear it a couple of times before the big day.

See below for purchase details.

By being in the club colours you will get more cheers and encouragement from the local public than those not.

### 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

## RESULTS

Lake City Athletic Club winter season opening day – 16 April 2016 – Trout Fly course			
		Time	Distance
Nikita Harding	1	07:37	1400
Poppy Petterson	2	07:39	1400
Anton Harding	3	07:45	1400
Ben Harding	4	07:46	1400
Leo Bamfield	1	10:56	2550
Conor Lysaght	2	11:36	2550
John Marten	3	12:28	2550
Maria Brunton	4	12:32	2550
Emma Hickson	5	12:37	2550
Joshua Bamfield	6	13:54	2550
Amber Lysaght	7	14:20	2550
Freya Lord	8	14:31	2550
Morgan MacCormick	9	14:37	2550
Alexander Bamfield	10	14:49	2550
Hannah Hickson	11	15:13	2550
Lewis Lei	12	15:41	2550
James McGregor	13	15:59	2550
Bruce McGregor	14	16:01	2550
Andrew Hickson	15	16:02	2550
Steven Litherland	16	16:05	2550
Rob Bamfield	17	16:06	2550
Daniel Hocking	18	18:56	2550
Tahlia Pearce	19	19:13	2550
Katharine Twiddy	20	19:38	2550
Edward Twiddy	21	20:20	2550
Alan Twiddy	22	23:13	2550
Khalani Broughton	23	27:43	2550
Keanu Broughton	24	27:44	2550
Shan Tapsell	25	27:47	2550

Jason Cameron	1	17:16	5000
Adrian Lysaght	2	17:30	5000
Chris Corney	3	17:52	5000
Gaine Petterson	4	19:03	5000
Andrew Jamieson	5	19:16	5000
Campbell Horn	6	23:13	5000
Megan Grant	7	23:16	5000
Tracey Hay	8	23:33	5000
Lance Shilton	9	23:52	5000
Chris Lord	10	24:11	5000
Erin Leahy	11	24:32	5000
Faith Barber	12	25:00	5000
Jodie Hickson	13	25:18	5000
Martin Harris	14	25:29	5000
Maree Bamfield	15	27:55	5000
Jackie Cirne	16	28:12	5000

Peter Vyver	17	29:28	5000
Olivia Litherland	18	29:33	5000
Hannah Shilton	19	30:55	5000
Linda Johnston	20	31:46	5000
Cody Shilton	21	34:12	5000
Fred Shilton	22	34:15	5000
Diane Barratt-Kendall	23	36:09	5000
Gay Timpany	24	39:19	5000
Christine Hocking	26	44:04	5000
Linda Montgomery	27	44:05	5000
Rinus Adriaansz	25	44:05	5000
Zeon Hetherington	28	45:27	5000
Alan Ryan	29	45:45	5000