



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

GUFF SHEET

23 August 2014

The past week:

The Athletics Waikato BOP road championships were conducted at Tauranga on Saturday. A number of medals came back to Rotorua. Well done all. The results are below.

On the local scene and out of town:

SATURDAYS

This Saturday 23 August - No club organised event this day. Feel free to organise a pack run/walk from the clubrooms.

This Sunday 24 August - Cambridge half marathon and associated events. Good luck to those from the club taking part in one of the day's events

Saturday 30 August - The day of the Blue Lake Blat. Meet 1.45pm by the Blue Lake Ski Club clubrooms. Don't be late as teams have to be made up. This year's format will be a little different from previous years. Bring a plate for afternoon tea at the Neil Hunt Park clubrooms.

Saturday 6 September - The Athletics New Zealand road championships at "The Lakes" Tauranga. Note entry closes midnight Sunday 24 August and must be done online. On the local scene feel free to organize a pack/run walk from the clubrooms.

Saturday 13 September - Our own Red Stag Redwoods Forest Relay. This off road event is based on the Long Mile Road, with the course taking in the Redwoods Memorial Grove and Scion Archive Nursery area. The list will soon be at the club rooms to indicate if you wish to be part of a running or walking team, and/or can assist as a volunteer – marshalling on the course / or at the finish line etc.

Sunday 16 November - Yes, 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. If you 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 for entry details

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, Tutanekei 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. Email direct to swingmills@xtra.co.nz to book your spot, or check out face book page:

https://www.facebook.com/joggingthepowerpole?ref_type=bookmark

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, Tutanekei Street, Rotorua

Unclaimed club championship certificates:

The following have at the Neil Hunt Park clubrooms certificates that mainly relate to the 2013 half and full marathon club championships. Please check to see if your name is here and uplift the certificate. They are on the table by the stairs.

Lee Alexander, Martin Carlyle, Phil Chandler, Scott Curran, Olivia Dhanjee, Christian Gamble, Bridget Gifford, Sarah Lei, Raina Meha, Eddie Meijer, Rachael Middleton, Lorna Mills, Maree MacKenzie, Sarah Nuttall, Bernie Priestly, Mei Rakuraka-Foser, Ruby Ryan, Bonnie Sanford, Eilish Satchell, Katie Tapsell, Casey Thorby, Tom Tierney, Jamie Turner

RESULTS

Athletics Waikato BOP road championships, The Lakes industrial area, Tauranga – 16 August 2014

Under 10 Boys 2000 metres

- | | | | |
|----|---------------|-----|------|
| 1. | Ian Pugh | Tga | 7.50 |
| 3. | Conor Lysaght | | 9.00 |

Masters women 5000 metres

60-64

- | | | | |
|----|--------------------|--|-------|
| 1. | Kathy Howard | | 25.09 |
| 2. | Christine Kerrison | | 28.55 |

Open men 10000 metres

- | | | | |
|----|--------------------|-------|-------|
| 1. | Tim Stewart | Hawks | 31.57 |
| 2. | Steven O'Callaghan | | 32.18 |
| 6. | Jason Steyn-Ross | | 37.52 |
| 7. | Stephen Bjarnesen | | 39.19 |
| 8. | Russell Clarke | | 42.28 |

Master Men 10000 metres

35-39

- | | | | |
|----|----------------|--|-------|
| 1. | Adrian Lysaght | | 34.55 |
|----|----------------|--|-------|

40-44

- | | | | |
|----|--------------|--|-------|
| 3. | Andy Hickson | | 38.41 |
|----|--------------|--|-------|

45-49

- | | | | |
|----|----------------|--|-------|
| 2. | Tony Broadhead | | 34.41 |
| 6. | Chris Corney | | 37.06 |

50-54

- | | | | |
|----|---------------|--|-------|
| 1. | Dave Cronshaw | | 36.56 |
|----|---------------|--|-------|

55-59

- | | | | |
|----|----------------|--|-------|
| 3. | Lindsay Foster | | 46.01 |
|----|----------------|--|-------|

65-69

- | | | | |
|----|----------------|--|-------|
| 1. | Trevor Ogilvie | | 38.19 |
|----|----------------|--|-------|

Open women 10000 metres

- | | | | |
|----|------------------|--|-------|
| 5. | Melanie Thompson | | 42.30 |
| 6. | Kate Rea | | 45.08 |

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.

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.

Toni Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002

Take your Lake City membership card to obtain the discount on offer