



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET
24 September 2011

The week that was:

What a day in the Redwoods on Saturday! The highlight being the club's top men's team taking overall line honours. The top three placing teams all finished within 41 seconds, the closest finish for a few years. This is only the 3rd time a Rotorua based team has taken the top honour. Previous winning years were in the inaugural event in 1979 and in 1999. Well done guys. Other top 3 placing Club teams were; Masters men No 1 2nd, Women open and Masters women both 3rd. Results are on the reverse. 111 teams across the various grades entered with 107 starting.

This event cannot be held without volunteers, and when the call is made for assistance club members, their family members and "friends of the Club" willing stepped up to make it all happen. Many of those who actually took part in the event assisted pre and post event. A huge thanks is extended to all that contributed to another successful event.

Forth coming events in Rotorua:

This Saturday 24 September - The Club road champs. The course is 1km out and 1km back, hence a 2km loop on the 8 Mile Gate Road. To get to the start head along the Waipa Mill Bypass Road, past the weighbridge and park under the trees by the barrier arm on 8 Mile Gate Road. The programme is on the reverse.

Saturday 1 October – (Children's summer athletics registration) from 11.00am to 1.00pm at the Lake City clubrooms, Neil Hunt Park, off Tarawera Road.

(Harriers) Meet 1.30pm at the clubrooms for an open handicap 10km run or walk on a course based in Whaka Forest. A shorter event will be held for the younger grades and those not wishing to tackle the 10km. A plate for afternoon tea please at the clubrooms. Duty officer is Moustache Ventelou – 349 6100. Marshalls etc. will be required this day, so give Moustache a call if you can assist. 2.00pm event start time.

Ekiden Relay – Thursday 6 October, Saturday 8 October. Volunteer at this club fundraising event. Thursday evening is goodie bag filling, and on Saturday marshalling around the Lake Rotorua course, or timing and recording at the Village Green finish line. This is an easy way for members to contribute to the club's financial base by giving of their time for a few hours – either Thursday evening or on Saturday, or both. **The list is now at the clubrooms for you to place your name on.** If you can't get to the clubrooms give Shaun O'Donnell a call on 347 1195 (evenings) or 0274 966 316.

Saturday 15 October - The final event of the winter season. Meet. 1.30pm at 396 Clayton Road for the Jubilee Jaunt. Duty officers - Chris and Kerris Browne – 348 0790.

The season's prize giving will be held in the evening. Details of this function to be advised.

Saturday 1 October
Introduction to track running session
facilitated by Peter Quax.

This will cover drills, stretches, warm up etc, all with the view to helping you run faster and hitting the track without getting injured. Everyone welcome, and encouraged to attend.

First one will be held at the Clubrooms on Saturday 1 October. Kick off time on the Saturday will be 9.00am. Those attending to be in running gear, and something warm.

Any queries, Peter Quax can either be emailed quax@xtra.co.nz or 345 4033 in the evenings

Other events on the local scene:

SUNDAYS

Those that run - groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some at 8.00am and possibly some in between. Find a group that is compatible with your fitness and head off into the Forest.

Those that walk – Meet 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

For the beginner - Meet **3.00pm** at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

TUESDAYS

All athletes – Speed work and core strength session for those over 15 years, **6.30am**, Smallbone Park, Devon West Street, Rotorua. Led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms.

THURSDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms.

Walker's marathon clinic - October 9 2011:

This is the start of the walker's marathon clinic for the 48th Lion Foundation Rotorua Marathon.

- Start time 7.00am from the Neil Hunt Park clubrooms
- You must be able to walk for 1 hour comfortably
- Come and join with a happy group, that are led by pack leaders that know the Forest
- Contact Colin Smyth – 0274 999 471 or Pat Smyth 0273 341 425 or Sarah Wiwarena 027 248 3874 (348 7674 home for further information. **All welcome.**

Results:

Red Stag Redwoods Forest Relay – 17 Sept ember 2011

Men Open

1. Lake City Rotorua	1.22.16
Steven O'Callaghan	15.47
Nick Pannett	15.53
Ben McHale	17.00
Sjors Corporaal	16.13
Jason Steyn-Ross	17.23

Masters Men

1. Hamilton Hawks	1.29.20
2. Lake City Rotorua No 1	1.30.47
Tony Broadhead	18.05
Trevor Ogilvie	18.07
Chris Corney	19.05
Adrian Lysaght	17.43
Bruce Edwards	17.47
7. Lake City Rotorua No 2	1.56.58
Peter Quax	19.27
John Harvey	21.37
Paul Carpenter	24.04
Peter Bloore	25.51
Peter Vyver	25.59

Women Open

1. Hamilton Hawks	1.37.09
3. Lake City Rotorua	1.45.06
Hannah Barker	19.17
Siobhan Griffiths	20.58
Stephanie Pearson	20.28
Charlotte Pearson	22.17
Kelly Dalton	22.06

Masters Women

1. Feilding Moa	1.46.17
3. Lake City Rotorua No 1	2.02.40
Gillian Shapley	21.53
Jodie Hickson	24.34
Nicola Buckley	23.49

Cindy Carpenter	27.03
Sarah Lei	25.21
7. Lake City Rotorua No 2	2.27.28
Sheryl Pearson	29.35
Judith Tomasevich	29.59
Kerris Browne	30.12
Mere Attwater	27.33
Rachael Browne	30.09

Male Youth

1. Egmont Athletics	43.10
27. Galatea	62.33
Kaya Corporaal	13.28
Alie Corporaal	15.27
Kate Huxford	17.48
Shannon Huxford	15.50

Lydiard's Legends Marathon – Waitakeres (Auckland) -17 September 2011

Marathon

1. Scott Winton (Auckland)	2.37.55
142. Colin Smyth	6.24.01
142. Denise Caudwell	6.24.01

Half marathon

1. Stephen Lett (Auckland)	1.12.58
320. Pat Smyth	3.07.20
320. Jan Adolph	3.07.20

ROAD CHAMPIONSHIPS

This Saturday 24 September 2011

8 Mile Gate Road - off Waipa Mill Bypass Road

A 2km-loop course is being trailed this year.

That is 1km out 1km back

The programme is:

2.00pm

Distance 2000 metres

Run

Boys/girls 10 (5, 6, 7, 8, 9, 10)

Boys /girls 12 (11 and 12)

Distance 5000 metres

Walk

All grades

2.20pm

Distance 3000 metres

Run

Boys/girls 14 (13 and 14)

Distance 5000 metres

Women 16 (15 and 16)

Women 19 (17, 18, 19)

Masters Women (35 +)

2.45pm

Distance 6000 metres

Run

Men 16 (15 and 16)

Distance 8000 metres

Run

Men 19 (17, 18, and 19)

Distance 10000 metres

Run

Men 20 to 34

Women 20 to 34

Masters men (35 +)

NOTES

Each race time represents a group of races. Participants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/11 except for Master grades, which is age on the day

Members are only eligible to win championship places in their own grades, **and must be financial members** of the Lake City Athletic Club.

Hopefully no traffic will be on the course. However there may be cyclists. All participants must take care.

Please arrange for a family member or friend to count your laps.

Event followed by tea and bikkies at the Neil Hunt Park clubrooms

**For your physio needs contact
The Physiotherapy Clinic –**

**inquiry@physiotherapyclinic.co.nz
or 07 347 8380**