



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**  
**24 September 2016**

**The past week:**

Of course the weather was wet, cold and windy on Saturday. Why? It was the afternoon of the annual club road championships at Hannahs Bay. The number of pleasant days this event has had at the venue can be counted on one finger!

This week it's a big, big thank you to those that braved the weather to act as a volunteer: Especially Lindsay and Helen who travelled from the sunny Whakatane region to be duty officers for the event. Also thanks are extended to those who competed in not very pleasant conditions. Lindsay sends a personal thanks to all who assisted him. Results are below.

**Note: daylight saving - commences this Sunday**

**All Whaka Forest users:** please read and

**respect below as it is very important**

*All Bike riders, Runners, Walkers, And Horse Riders*



From 1 September Eight Mile Gate Road (from the gate at the Hill to the intersection with SH5 near Tumunui) in Whakarewarewa Forest will be closed to all non-forestry use at all times.

This means no bicycles, running, walking or horse riding on the road, even during weekends. The gates will be open all days and at all times for logging trucks carting to Red Stag.

Signage will be erected at each end of the road to advice people not to enter and locked gates installed on the side roads. This is a permanent change. Timberlands Limited's security Contractor, First Security, will be monitoring the road.

The mountain bike and running/walking track crossing points along Eight Mile Gate Road will remain open.

There are reports of runners still using 8 Mile Gate Road. Let's hope they are not club members.

**Forth coming events:**

**SATURDAYS**



**This Saturday 24 September** – The Annual Fenton Park Blast. Meet 1.45pm on Kain Ave for a 3km (1.5km for children) race around the streets of Fenton Park - 2.00pm start. Bring a plate for afternoon tea please. **All those selected in a NZ Road Relay team are expected to take part.** Duty officer: Tony Broadhead 027 492 7026.

**Saturday 15 October** – yes it's some weeks away, but please note the event scheduled on the winter season programme out at the Blue Lake on this day has been cancelled but the winter season prize giving and social will be held in the evening.

**SUNDAYS**

**Distance athletes**

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. 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

**TUESDAYS**

**Walkers**

**Am** - Meet at 8.00am at the Neil Hunt Park clubrooms  
**Pm** - Meet 5.30pm at the old City Focus, Tutaneikai Street.

**Distance athletes**

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

**WEDNESDAYS**

**Am** - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. 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 old City Focus, Tutanekai Street.

### Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

## Athletics New Zealand Road relay championships: 1 October 2016 - Rotorua

Those club members participating in a team please note the correct club uniform is required to be worn. That is the Lake City singlet and black shorts. Don't get your team disqualified because of the wearing of an incorrect uniform. If you don't have a club singlet see below as to who to contact re purchasing one. Also don't leave it until the day before.

The club selected teams are below. Team Captains denoted by (C). Leg order is not fixed and can be changed. The best time to do this is at the managers meeting on Friday, 30 September. Team captains are advised to attend this meeting. Any queries to [Adrian.lysaght@xtra.co.nz](mailto:Adrian.lysaght@xtra.co.nz)

### Short Course Teams (6 legs)

#### Walkers

1	Mike Wharton
2	Alan Ryan
3	Glennis Hennessy
4	Rinus Adriaansz
5	Gay Timpany (C)
6	Diane Barratt-Kendell

#### Social

1	To Be Confirmed
2	Tracey Hay
3	Peter Vyver
4	Bruce Easton
5	Amy Bray
6	Megan Grant (C)

#### Masters 60

1	Phil Gulbransen (C)
2	Trevor Ogilvie
3	Ray Hewlett
4	Ray Lichtwark
5	Campbell Horn
6	Colin Earwaker

### Long Course Teams (7 legs)

#### Masters Women A

1	Sian Twiddy
2	Tania Smellie
3	Kerryn Barker
4	Gillian Shapley
5	Sue Crowley
6	Sarah Lei
7	Johanna Ottosson (C)

#### Masters Women B

1	Dee Horne
2	Kathryn Murphy
3	Anita Gibb
4	Kelly Mitchell
5	Faith McGregor
6	Rhonda Herring
7	Jodie Hickson (C)

#### Masters Men A

1	Dave Cronshaw
2	Bruce Edwards
3	Kerry Robinson
4	Brendon Keenan
5	Tony Broadhead (C)
6	Adrian Lysaght
7	Jason Cameron

#### Masters Men B

1	Alan Crombie
2	Gaine Petterson
3	Fred Shilton
4	Andrew Jamieson
5	To be confirmed
6	Chris Lord
7	Mike Bray

#### Senior Men

1	Matt Parsonage (C)
2	Carl Fischer
3	Jason Steyn-Ross
4	Stephen Bjarnesen
5	Sam Osbourne
6	Andrew Twiddy
7	Steven O'Callaghan

### NZ Road Relays – Volunteers

Thank you to all club and family members who have put your names on the list in the club rooms. You will be contacted over the next week to let you know the time you are required and the position you have been allocated. We still need more Marshalls so if you or any friends and/or family are available you can contact Shirley in the evening on 3454145 or [shirley.watson@wave.co.nz](mailto:shirley.watson@wave.co.nz)

# RESULTS

## Club Road championships – Hannahs Bay – Rotorua – 17 September 2016

Running		
<u>10 and under boys – 2000 metres</u>		
Conor Lysaght		8.26
Cody Shilton		10.22
James McGregor		11.43
<u>10 and under girls- 2000 metres</u>		
Emma Hickson		9.29
Amber Lysaght		10.29
Hannah Hickson		13.23
Keira Murphy		14.37
<u>11/12 boys- 2000 metres</u>		
Lance Shilton		8.24
Harlyn Pearce	V	11.38
<u>11/12 girls – 2000 metres</u>		
Anja Crombie		8.59
Hannah Shilton		10.05
<u>13/14 girls – 3000 metres</u>		
Maria Brunton		14.38
<u>Masters women – 5000 metres</u>		
<u>40-44</u>		
Gillian Shapley		22.04
Jodie Hickson		22.10
Kerryn Barker		22.39
<u>45-49</u>		
Faith McGregor		24.16
Kathryn Murphy		25.23
<u>50-54</u>		
Rhonda Herring		28.40
<u>Men 20 – 10000 metres</u>		
Michael Voss		32.18
Tom Reynolds	V	34.46
Carl Fischer		35.15
Steven O'Callaghan		35.25
Ben McHale	V	35.31
Matthew Morrau	V	36.22
Stephen Bjarnesen		38.38
Warren Blunt	V	47.56
<u>Masters men – 10000 metres</u>		
<u>35-39</u>		
Matt Parsonage		35.38
<u>40-44</u>		
Adrian Lysaght		37.07
Andrew Hickson		38.29
Andrew Jamieson		40.42
Gaine Petterson		40.47
Fred Shilton		40.50
<u>45-49</u>		

Tony Broadhead		37.05
Kerry Robinson		38.00
Alan Crombie		39.41
Daniel Gapes		41.16
<u>50-54</u>		
Chris Corney		37.42
Peter Roy		43.20
Chris Lord		46.49
<u>55-59</u>		
Bruce Edwards		38.10
Mike Bray		38.57
<u>60-64</u>		
Phil Gulbransen		46.56
<u>65-69</u>		
Campbell Horn		47.49
Ray Hewlett		51.44
<u>70-74</u>		
Ray Litchwark		48.33
Peter Vyver		61.23
<u>Women open – 10000 metres</u>		
Sue Crowley		39.03
Johanna Ottosson		40.26
Charlotte Pearson		42.56
Tracey Hay		43.33
Amy Bray		51.45
<b>Walk – 5000 metres</b>		
<u>Men 60-64</u>		
Rinus Adriaansz		42.33
<u>Men 65-69</u>		
Alan Ryan		41.34
<u>Women 50- 54</u>		
Gay Timpany		42.39
<u>Women 55-59</u>		
Dianne Barratt-Kendall		33.27

### 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 organize 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