



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

GUFF SHEET

25 July 2015

The past week:

Last Saturday it was out of the City for club members, when they headed to the Narrows Christian Camp, Tamahere, near Hamilton for the annual Athletics Waikato BOP cross-country championships.

After a downpour, high winds and the need to move cows from the course the days racing got underway, the first event in the rain. As the afternoon wore on the sun shone and the last race only had to contend with mud in parts and slippery downhill sections.

11 medals came the way of the club. Well done everyone. Medal winners and those that finished a bit further down in the results are listed below.

Forth coming events:

SATURDAYS

This Saturday 25 July – The Jungle Joust. Meet 1.30pm at Arias Farm, 396 Clayton Road for a short walk to the start at 2.00pm. 7km on Mt Ngongotaha DoC track. Shorter 3km distance for younger grades and those not wishing to tackle the longer distance. Event suitable for runners, walkers and supervised children. Bring a plate for afternoon tea, please. Duty officers: Chris and Kerris Browne (Ph. 348 0790).

Saturday 8 August - Matamata 3.3km Road relay, Matamata. This is a Club day away - no event locally. Teams of all abilities from the Waikato BOP region will be taking part. Details of the event are awaited from the host Club. In due course there will be a list and at the Neil Hunt Park clubrooms for you to indicate your intention to be considered as a member of a run or walk team. Note this is an event where the club selectors will be looking at performances for future relay team selections.



SUNDAYS

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, Tutanekai 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, Tutanekai 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 NZ Road Relay - 3 October - Christchurch:

Those club members interested in putting their name forward for selection in a team please contact Adrian Lysaght (club selector's convener) – Adrian.lysaght@xtra.co.nz phone 027 615 3496 or place your name on the list at the Neil Hunt Park clubrooms.

There are a few details that you should note before contacting Adrian or placing your name on the list.

For you to be considered for selection for a team you must:

- Be a current club member (membership paid for 1/4/2015 to 31/3/2016).
- Intend to compete at least 4 of the 8 selection events (denoted * on the winter programme)
- Be available to travel to Christchurch on Friday 2 October
- Be prepared to book and pay for your own flights to/from Christchurch if selected
- Be prepared to contribute to an even share towards team van petrol costs if selected.

The Lake City Athletic Club may contribute towards entry fee, van hire and accommodation. The level of contribution is to be confirmed.

Long Mile Road:

There are still comments being made about runners and walkers being all over Long Mile Road in the evenings. Please remember the Long Mile is classed as a public road, and that you are required to run/walk facing traffic and only two abreast. It is also timely to remind members that the road into Neil Hunt Park is also a public road and that road rules apply.



Incentive prize:

If you have not taken part in an event prior to the next one on 8 August you will not qualify for the draw. You need 4 events to qualify for the draw including a championship event.

- 8 August – Matamata relay
- 16 August - Athletics Waikato BOP road championships, Tauranga
- 12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.

At the Neil Hunt Park clubrooms:

There is a huge assortment of plates, dishes etc that have been left after functions at the clubrooms. They are on the table by the stairway. Please up lift the one that belongs to you.



Please check to see if your name is below:

If your name is below there is either (or both) a Lake City Athletic club championship certificate or Athletics Waikato BOP medal for you. The medal relates to Athletics Waikato BOP marathon championships which were run within the Rotorua Marathon. The medals with the recipient's name on them are either in the container on the table inside the door, or in your membership card envelope. Check below to see if you are a winner.

Certificates:

Clare Barratt-Wood	Shiloh Bell	JJ Botha
Steve Bradley	Natasha Cianci	Dave Cronshaw
Sue Crowley	Tania Fiskén	Mark Geddes
Alan Gordon	Ricky Haverkamp	Nic Leary (2)

Carole Limbrick-Hill	Len Pemberton	Eddie Meijer
Don Morrison	Allan McGregor	Grant McKinnon
Craig Pollard	Kate Rea	Louise Rickard
Fred Shilton	Justine Sinclair	Marc Teakel
Ed van den Broek		

Medals:

Jan Adolph	Stephen Bjarnesen	Kerris Browne
Jenny Burns	Noreen Crombie	Shirley Day
Luanna George	Ally Gibbons	Tracey Hay
Ray Hewlett	Michael Ludbrook	Linda Montgomery
Alison Shirley	Melanie Thompson	Megan Twist
Marieke Wass	Sarah Wiwarena	

Membership cards/medals:

Louise Donaldson	John Edwards	Alison King
Kaye King	Sarah Manders	Ryan McLean
Marion Roberts	Robyn Skelton	Ben Smit
Vicki Wheeler		

RESULTS

Wellington Marathon and associated events - 5 July 2015

Marathon - run

Ann Eastcott	4.53.31
Alison King	5.19.07

Marathon - walk

Debbie Cronin	6.43.26
Gay Timpany	7.11.26

Half Marathon - run

Phil Gulbransen	1.41.55
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Half Marathon - walk

Andy Eastcott	3.27.27
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Apologies to any club member overlooked.

Athletics Waikato Bay of Plenty cross-country championships – The Narrows Christian Camp – Hamilton - 18 July 2015

2000 metres

Boys 10 and under

1. Elliott Pugh	Tauranga	8.47
11. Conor Lysaght		11.27

Girls 10 and under

1. Eve Flint	Tauranga	9.45
6. Amber Lysaght		13.52

Girls 12 and under

1. Hannah Gapes		8.59
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4000 metres - walk

1. Helen Foster		33.47
2. Gay Timpany		35.22
3. Jeanene Lysaght		36.14

6000 metres

Masters women

60-64

1. Kathy Howard		36.33
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8000 metres

Women 20-34

1. Alice Mason	Hamilton	31.46
3. Amy Bray		43.02

Men under 19

1. Michael Voss 27.41

Masters men

35-39

1. John Charlton Cambridge 31.45

2. Andy Twiddy 35.51

40-44

1. Michael Pugh Tauranga 28.07

5. Adrian Lysaght 30.18

7. Gaine Petterson 38.28

45-49

1. Kent Hodgson Hamilton 29.38

2. Tony Broadhead 30.05

50-54

1. John Crane Hamilton 30.01

2. Chris Corney 32.35

55-59

1. Colin Earwaker 31.21

60-64

1. Gavin Smith Tauranga 33.22

5. Lindsay Foster 38.45

7. Phil Gulbransen 40.50

65-69

1. Trevor Ogilvie 33.05

70-74

1. Bob Allwood Cambridge 43.26

2. Peter Vyver 50.17

12000 metres

Men 20-34

1. Lance Brew Hamilton 45.40

2. Carl Fischer 46.26

5. Jason Steyn-Ross 51.22

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.