



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,  
Rotorua

## GUFF SHEET

26 July 2014

### The past week:

Someone in the Club must be on good terms with the weather God, as he, or is it she, turned on a fabulous day for the combined Athletic Waikato BOP and Club cross-country championships out at Bishop's Farm on Saturday. Unfortunately towards the end of the day it turned a bit chilly.

The day was a great success and it is a credit to those club members (and non club members) that made it all happen: those that spent most of Friday setting up the course/finish area: those that fronted up on Saturday doing various tasks: The Club is also indebted to the Bishop family for allowing us to use their farmland. Well done to all!

Results are on the reverse.

### The Neil Hunt Park clubrooms:

#### Ants:

The plague of ants has returned to the club rooms. Over a number of days the building is going to be sprayed and this means at times there will be no access to the clubrooms for around 3 hours after the spraying. Signs will be in place advising not enter. For your own safety please do not enter the building when signs are about.

#### Lights:

Over the past weeks there has been more than one occasion that lights have been left on in different areas of the clubrooms. Please check that all lights have been turned off prior to leaving the clubrooms. Also make sure the door is fully closed.

## Lake City Athletic Club Inc

### The Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for Wednesday evening 20 August 2014, 7.30pm at the Neil Hunt Park clubrooms.

**Please note any resolutions or general business items need to be in the hands of the Club Secretary, no later than this coming Monday 28 July**

These can be emailed to [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz) or posted to P O Box 2136, Rotorua 3040

### On the local scene:

#### SATURDAYS

**This Saturday 26 July** – The Minster Cup 10km estimated time run or walk. Meet 1.45pm at TITC off the Waipa Mill Bypass Road - 2.00pm start. Don't be late as you need to estimate, before the start, the time you think you will do the event in. No watches to be worn. The 2 lap course takes in Forest roads like Fern Drive, Tadema and Long Roads and Poplar Avenue. A shorter distance event for younger grades and those not wishing to tackle the longer distance will be held.

There are trophies at stake for financial club members. The Minster Cup is for those doing the 10km. There are now two trophies for the one lap 5km event - one for the runners and the other for walkers. These two trophies have been generously donated by Phil and Christine Kerrison.

#### Note:

Please bring a plate for afternoon tea at Planet Bike. Coffee and tea is available for purchase, so have some cash with you.

Duty officers are Phil and Christine Kerrison. They require assistance with course set up on Saturday morning – meet at the clubrooms 11.15am to collect and transport gear etc to the course and then mark the course. They also want assistance on Friday evening at the clubrooms to sort out the gear. Please call 027 261 0322 or 345 5709 and leave a message if you can assist

**Saturday 2 August** – This is the day of the popular Matamata relay over a 3.3km flat lap of the Matamata township and is another event that the club selectors will be looking at the form of those that have indicated they wish to be considered for a New Zealand Road championship relay team.

The details of the Matamata relay and the list to indicate your availability will be at the Neil Hunt Park clubrooms. Before placing your name on either of the lists (there will be one for runners and another for walkers) please check your diary to make sure you have no other commitments on 2 August. There is nothing more frustrating for the club selectors than to have to re jig teams at the last minute and find other runners or walkers, because someone has over committed themselves.

If you are unable to get to the clubrooms please contact Adrian Lysaght 027 6125 3496 or [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz)

Unfortunately all names need to be advised by midday this Sunday (27 July) as entries need to be in midweek.

Note that all the club winter events are open to runners and walkers, the fast and the slow, the young and the old! Come along and keep your fitness base up over the winter months.

#### 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, other at varying times.

**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, Tutanekai 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. Kerris will be covering all those strengthening exercises that runners need, especially those your physio/osteo has told you to do - glutes, hammies, quads, calves, shins, core, feet & ankles, some plyometrics and lots more. All abilities including beginners and existing runners/walkers/teens 14yrs+ welcome, but limited to the first 20 participants. Please email Kerris direct on [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz) to book your spot, or on her facebook page:

[https://www.facebook.com/joggingthepowerpole?ref\\_type=book](https://www.facebook.com/joggingthepowerpole?ref_type=book) mark. Non-club members get the first two sessions free, and then you are invited to join our fabulous club!

## THURSDAYS

### Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the 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, Tutanekai Street, Rotorua

## Purge of key access codes at the Neil Hunt Park clubrooms

Over the next couple of weeks a purge of Clubroom keypad holders is being done. Those that are not financial by the end of July and currently have access to the clubs rooms via the key pad will have their number deleted. Also the list of holders will be looked at to establish if a holder is a regular attendee/helper at the Club

## 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.

## RESULTS

### Club cross-country and Athletics Waikato BOP cross-country championships, Bishops Farm, State Highway 30, 19 July 2014

**Abbreviations** - CO- club only members; UA (unattached member) LC – Lake City: TR – Tauranga Ramblers: TA -Te Aroha: WK - Whakatane: HH -Hamilton Hawks: C – Cambridge: F - Frankton: TAW – Te Awamutu; TH – Thames: MM - Matamata

### 4000m – walk

			Club champs
Women 35: Jeanene Lysaght	(LC)	33.10	1st
Women 60: Julie O'Connell	(LC)	38.59	1st
Women 70: Robyn Bishop	(LC)	38.59	1st
Women 75: Beryl Cleland	(LC)	38.59	1st
Men 50: Mark Geddes	(LC)	28.13	1st
Men 55: Rinus Adriaansz	(LC)	33.11	1st

### 2000 metres- run

#### Boys 10:

Ian Pugh	(TR)	8.03	
Heath Potton	(UA)	8.37	
Elliott Pugh	(TR)	8.47	
Kyle Aitken	(CB)	9.19	
Daniel Sinclair	(UA)	9.22	
Donovan Farrell	(HH)	9.33	
Conor Lysaght	(LC)	9.35	1st
Daniel Hossack	(UA)	12.50	

#### Girls 10:

Ruby Sinclair	(UA)	10.52	
Kyra Addison	(TR)	11.30	
Amber Lysaght	(LC)	12.41	1st
Amelia Hossack	(UA)	16.52	

#### Boys 12:

Dylan Williams	(TA)	7.58	
Kevin Paulsen	(WK)	8.00	
Max Voss	(LC)	8.34	1st
Javier Browne	(LC)	8.57	2nd
Declan Croxon	(UA)	9.46	
Ronan Griffiths	(LC)	10.08	3rd
Richard Callaghan	(UA)	15.52	

#### Girls 12:

Charli Miller	(HH)	8.04	
Hannah Gapes	(LC)	8.17	1st
Sophie Young	(C)	8.22	
Lucy Farrell	(HH)	8.40	
Laura Graham	(UA)	9.13	
Kate Bradley	(F)	9.23	
Millie Tisch	(TR)	9.35	

**3000 metres - run****Boys 14:**

Samuel Tanner	(TR)	11.06	
Josh Tisch	(TR)	12.09	
Karl Bradley	(F)	13.23	
Joseph Sinclair	(UA)	13.42	

**Girls 14:**

Arleah Tippins	(TR)	12.13	
Mia Pugh	(TR)	12.44	
Sophie Sandford	(TR)	12.58	
Tegan Fookes	(LC)	13.45	1st
Brooke Sweeney	(TA)	14.17	
Eliana Slaney	(C)	15.28	
Ella Speers	(C)	15.28	

**4000m - run****Youth Women**

Paige Satchell	(UA)	15.43	
Emerson Deverall	(HH)	15.54	
Grace Ritchie	(HH)	16.16	
Gina Butler	(TAW)	16.46	
Jessica Bitcheno	(TR)	16.55	
Ella Fookes	(LC)	17.16	1st
Jordan Hitchcock	(HH)	18.03	
Chnae Todd	(TAW)	18.41	
Tayla Sweeney	(TA)	19.52	
Aria Browne	(LC)	26.41	2nd

**6000m -run****Youth Men:**

Michael Voss	(LC)	20.54	1st
Harry Ewing	(HH)	21.11	
Isaiah Priddey	(HH)	22.19	
Matthew Scott	(HH)	22.20	
Connor Tristram		23.13	
Finn Myles	(HH)	23.35	
Sam Montgomerie	(HH)	23.53	
Taine Sweeney	(TA)	26.28	
James Young	(UA)	27.02	
Eamon Walsh	(LC)	29.07	2nd
Johnny Beaver	(TAW)	30.13	

**Junior Women:**

Anneke Grogan	(TR)	24.04	
Megan Bethell	(TAW)	27.32	

**Masters women:****Women 35:**

Sarah Lei	(CO - LC)	30.47	1st
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**Women 40:**

Sue Crowley	(LC)	24.16	1st
Siobhan Griffiths	(LC)	26.35	2nd
Teresa Martin	(LC)	33.16	3rd
Vicky Wheeler	(LC)	35.25	4th

**Women 45:**

Bridget Deverall	(HH)	26.11	
Karyn McCready	(HH)	29.36	
Kerris Browne	(LC)	39.35	1st

**Women 50:**

Bridget Ray	(UA)	26.39	
Maureen Leonard	(HH)	26.51	

**Women 60:**

Kathy Howard	(LC)	32.52	1st
Robyn Winter	(WK)	40.49	
Christine Reed	(TR)	46.21	

**8000m - run****Junior Men:**

Jacob Priddey	(HH)	28.17	
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**Masters Men:****Men 35:**

Adrian Lysaght	(LC)	29.48	1st
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**Men 40:**

Russell Lake	(TR)	29.41	
Brad Griffiths	(CO - LC)	35.46	1st
Chris Browne	(LC)	37.35	2nd

**Men 45:**

Kent Hodgson	(HH)	29.36	
John Caie	(TR)	30.11	
Marc Scott	(HH)	31.34	
Tony Broadhead	(LC)	31.36	1st
Paul Signal	(CO - C)	34.55	
Gilbert MacDonald	(UA)	49.28	

**Men 50:**

Terry Furmage	(TR),	33.05	
Ross Butler	(TWA)	33.12	
Murray Green	(TWA)	35.57	
David James	(TR)	37.20	
Craig Wilson	(F)	37.29	
Steve Dent	(TR)	37.37	

**Men 55:**

Kevin Knowles	(HH)	32.52	
Rodney Poulgrain	(TH)	33.35	
Lindsay Foster	(LC)	39.29	1st

**Men 60:**

Gavin Smith	(TR)	34.38	
Dennis Maddern	(TR)	38.02	
John Harvey	(CO- LC)	39.54	1st
Phil Kerrison	(LC)	44.54	2nd

**Men 65:**

Trevor Ogilvie	(LC)	32.47	1st
Murray Clarkson	(TR)	38.32	
Robin Reed	(TR)	38.33	

**Men 70:**

Robert McPherson	(TR)	42.51	
Max Bragg	(LC)	43.52	1st
Peter Vyver	(LC)	46.15	2nd

**Men 75:**

George Caddie	(MM)	57.44	
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**Senior Women:**

Sally Gibbs	(TR)	31.16	
Kerry White	(TA)	32.05	
Emily Roughan	(HH)	32.35	
Nic Leary	(CO - LC)	35.15	1st
Kate Rea	(LC)	36.46	2nd
Tracey Hay	(LC)	37.42	3rd
Kimberley Evison	(LC)	39.55	4th

**12000m -run****Senior Men:**

Tim Stewart	(HH)	42.26	
Jai Davies-Campbell	(UA)	44.10	
Jason Steyn-Ross	(LC)	50.47	1st
Sunil Fernandez	(HH)	50.48	
Stephen Bjamesen	(LC)	52.18	2nd
Russell Clarke	(LC)	55.09	3rd
Shayne Hossack	(LC)	55.51	4th