



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

GUFF SHEET

26 September 2015

The past week:

On Saturday most headed out to Hannahs Bay with the expectation of the traditional squally weather that has gone with past road championship events. All were pleasantly surprised to be confronted with a warm spring afternoon and little wind.

Again it's thanks to those that stepped up to assist duty officer – Lindsay Foster – with the event. There was one small hiccup with the timing of the first event but this has been resolved and times are below.

Wednesday evening summer track and field:

A meeting is being held this **coming Monday 28 September 2015, 7.00pm**, at the Neil Hunt Park clubrooms for people interested in being part of a group to organize the Club's Wednesday evening summer track and field activities for those 12 years and above. Should little interest be shown there is the likely hood of this section of the club not going ahead this summer.

Forth coming events:

SATURDAYS

This Saturday 26 September is the Fenton Park Blast. Meet 1.45pm on Kain Ave for a 3km run or walk around the roads of Fenton Park. There is a 1.5km for children. 2.00pm start.

Please note that when an event is being held on the road, do not cut corners - that is stay on the roadway. Moving onto the footpath or grass unless specifically directed to do so could result in disqualification. If there are double cones on the course run/walk between them.

All those selected in a NZ Road Relay team are expected to take part.

Bring a plate for afternoon tea at a venue to be advised.

Duty officers: Tony Broadhead (Ph. 027 6376273) and Trevor Ogilvie (Ph. 347 8181)

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 - Sarah Wiwarena - 07 346 3289 ah or 027 347 8115

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 Neil Hunt Park clubrooms

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 Neil Hunt Park clubrooms

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

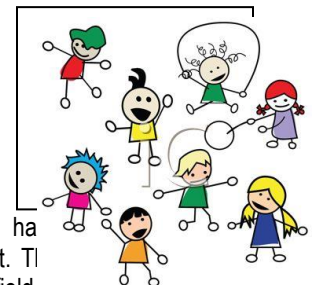
Volunteers Needed!!

We need volunteers to help run the Summer Children's Athletic programme on a Tuesday evening starting 13 October. Based on

2014/2015 season numbers we have had between 20 and 30 helpers a night. They need guidance in track and/or field events to confidently and safely teach the children ranging in ages from 2-11 years.

If you have had experience in discus, shot put, high jump, long jump and/or track events we would love to hear from you!!

Also, if you are handy on the BBQ we are looking for people to go onto the BBQ roster too.



If you can help please contact: Kerri Lohead Children's
Secretary: lakecityca@gmail.com or 0272 773 180

Daylight saving:



Forward this
Sunday
morning!



LAKE CITY
Athletic Club INC

Children's Athletics

Registration will be held at the
Lake City Clubrooms,
Neil Hunt Park, Tarawera Rd.

Sunday 27 September
1pm-4pm

Running, jumping & throwing for the
whole family, from 2yrs to 11 years. Fun,
Entry-level training for beginners, with
lots of practical coordination skills.

Children 2-11yrs

Starts Tuesday 13th October -5.15pm

International Stadium, Ground 2
www.lakecity.co.nz
lakecityca@gmail.com
Ph/text: **0272 773 180** Kerri



RESULTS

Club road championships – 19 September 2015 – Hannahs Bay, Rotorua

Results provisional - membership status to be confirmed

2000 metres

Boys under 12 (11, 12 yrs)

Luke Crombie 8.02

Boys 10 and under

Conor Lysaght 8.33

Kyle Hetherington 9.06

James McGregor 11.34

Bruce McGregor 12.58

George McGregor 13.33

Girls 12 (11, 12 yrs)

Maria Brunton 8.45

Girls 10 and under

Anja Crombie 9.21

Emma Hickson 10.18

Freya Lord 10.19

Amber Lysaght 10.53

Maisie O'Callaghan 11.29

Hannah Hickson 13.24

Keira Murphy 16.14

5000 metres

Walk

Men

65-59

Alan Ryan 42.44

Women

50-54

Helen Foster 38.27

60-64

Denise Caudwell 37.05

Run

Women

35-39

Sian Twiddy 20.56

Jeanene Lysaght 31.15

40-44

Gillian Shapley 21.03

Siobhan Griffiths 21.28

Kerryn Barker 22.29

45-49

Kathryn Murphy 26.53

50-54

Dee Horne 25.41

Rhonda Herring 27.04

Mere Attwater 28.46

60-64

Kathy Howard 26.07

10000 metres - run

Men 20-34

Steven O'Callaghan 35.14

Jason Steyn-Ross 40.09

35-39

Andy Twiddy 42.52

40-44

Adrian Lysaght	35.38
Andy Hickson	38.39
Gaine Petterson	40.40
<u>45-49</u>	
Alan Crombie	40.54
Chris Lord	48.22
<u>50-54</u>	
Dave Cronshaw	37.46
<u>55-59</u>	
Mike Bray	40.18
<u>60-64</u>	
Lindsay Foster	44.02
Phil Gulbransen	45.13
Phil Kerrison	53.35
<u>65-69</u>	
Ray Hewlett	46.23
Mike Hale	51.54
<u>70-74</u>	
Peter Vyver	58.20
10000 metres - run	
<u>Women</u>	
<u>20-34</u>	
Sue Crowley	39.07
Lydia Hale	39.37
Megan Grant	40.14
Nic Leary	40.24
Charlotte Pearson	44.20
Clare Barrett-Wood	46.46

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: 346 3289 (evenings):

Mobile 027 347 8115

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