



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

GUFF SHEET
27 September 2014

The past week:

The customary weather that goes with the road championships out at Hannahs Bay prevailed on Saturday. This being strong winds and rain but luckily not as much rain as the previous year.

Again it was small numbers in attendance. Who knows why? Voting, the weather, family, forgot to look at the guff sheet/winter programme, work?

Considerable time was spent complying with traffic management requirements, course set up etc. Thanks to all that braved the weather and assisted in some way with the event as marshalls, course set up, recorders etc.

The results are herewith.

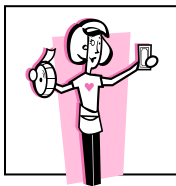
Whaka Forest

Tree felling is happening in the region of the Radio Hut area. Please don't venture past any signs and tape in place, and if in the Forest during working hours watch out for logging trucks.

As the sides of the Forest roads and tracks are being mown please keep well clear of the mower as it can throw stones, sticks etc

Help Wanted: Children's Athletics

We need people to help train our parents in Track and Field events over 2 nights in October



We want parents to be taught basic skills that they can pass onto the children aged 5-11years. This would include the basic rules (how to avoid getting disqualified), what to look for /best way to teach each discipline and how to record the results, if time permits.

Time: 5.15pm - 6.15pm approx

Dates: 14th & 21st October

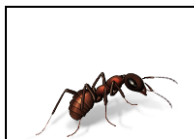
Place: No. 2 Grounds International Stadium.

If you can help for these nights can you please email me at wmoess@actrix.co.nz Thank you in advance

Wendy Monk - Children's Convener

Neil Hunt Park clubrooms:

In an endeavor to stop the plague of ants that have made the clubrooms their home please don't leave food on the kitchen bench or in the rubbish bin. Other words leave the bench clean and if



need be empty the rubbish bin into the drum outside of the clubrooms. This is around the side of the building by the kitchen back door. The ant expert tells us there are two types of ants – those that like protein and those that like sugar.

Want to learn about the rules and regs of track and field?

Below are details of upcoming courses that will assist in this area.

Sunday 2 November - in the Common Room, Porritt Stadium, Hamilton starting 9.30am with the written assessment possible after lunch - *track events*.

Sunday 16 November - in the Common Room, Porritt Stadium Hamilton starting 9.30am with the written assessment possible after lunch – *jump and throw events*

Some practical demonstrations will take place as well as theory presentations

Cost \$10.00 per person. Rule books will be available for purchase - \$15.00

Contact Heather O'Hagan email to ohagan@visique.co.nz or text to 0274 713220 to register interest

Events on the local scene and out of town:

SATURDAYS

This Saturday 27 September – The day of a short sharp 3km blowout on the streets of Fenton Park. Meet at Davidson's in Marguerita Street at 1.45pm then to walk to the venues start. A plate for afternoon tea at Davidsons will be appreciated. This event is a great last blow out for those heading to Christchurch for the Athletics NZ road relay the following weekend.

Saturday 11 October – Meet 1.45pm at the Neil Hunt Park clubrooms for the Amazing Race. This is a great event, where you are teamed up then given instructions on the tasks needing to be performed. Come along for an afternoon of bonding, and laughs with fellow club members.

Sunday 16 November – This date is a little time away but note it is the day of Whakatane's off road Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. Don't want to do the full distance then make up a 2 person relay team – walk or run. There's also a 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details

Sunday 30 November – The Hidden Trails town and country half marathon, 11km fun run walk and junior 4km run. This Kawerau based event winds its way through the trails of the Native Reserve of Monika Lanham Reserve then onto the Tui Glen Station Otaranga farm roads to finish down the Stoneham Walk Ruarunga stream reserve. The course is different from previous years.

Visit www.kawerauharrierclub.co.nz for further information.

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, others at varying times after 7.00am.

Those that walk - Meet just prior to 7.00am from Sunday 28 September 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

Children's summer athletics - The weekly Tuesday sessions at the International Stadium, No 2 ground, Devon Street West, commence October 14 at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz

There is a pre-season registration day on Sunday 12 October - (1.00pm to 3.00pm) at the Neil Hunt Park clubrooms off Tarawera Road.

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 Neil Hunt Park clubrooms from 30 September.

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.

THURSDAYS

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

5:45pm

Introduction to Running Techniques run by ANZ Coach Kerris Browne every Thursday at the Neil Hunt car park. Session will include introduction to Chi and POSE running techniques to reduce knee injury, as well as the conventional running techniques. How and Why of hill reps, springs, speed work, fartlek, tempo runs and time trials (will include the Trout Fly). Suitable for beginner joggers to improver runners - **nobody** is left behind! Contact 021 753691, email swingmills@xtra.co.nz, or

check out Jogging the Power pole facebook page:
<https://www.facebook.com/groups/joggingthepowerpole/>

Walkers

Am - Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms from 2 October

Get Set Go day: Monday 20 October 2014

Sport BOP and Athletics NZ are holding in Rotorua at the Lakefront the above day. They are seeking volunteer club members to assist the coaches at each Get-Set-Go station. There will be up to 500 children (year 1 and 2) attending. Some of the main tasks will be keeping the children at their designated stations until it is time to rotate. Below is a rough time line of the day.

8am - 9.30am Set Up, Volunteer Training / Event Briefing

9.30 - 10.00am Schools/ guests arrive - Valerie Adams

10.00 - 10.15 Introduction / Welcome / mass warm up /

10.15 - 12.15 Rotation of activity Stations (10) +'

(11 stations / 10 min per station)

12.15 - 12.30 Ending Activities / Thank you's

Afternoon: Opportunity for Community Engagement activities

Children in class groups of approx. 25 will 'travel' along a *sporting pathway*, playing and having fun at each activity which has a specific skill focus. Each activity station will be managed by a 'Get Set Go Coach'

If you can assist on this day (morning) please contact Pam Kenny - 07 348 8448 or kennys@xtra.co.nz

Whirinaki walk - Sunday 5 October 2014

The club's walking group has arranged a trip to the Whirinaki Forest on the above Sunday. There are still a limited number of seats available on the bus - first come first served basis. If interested in joining the trip please contact Pat Smyth 027 334 1425. There is a cost for the bus. The walk is approx. 4 hours - the lunch break is not included in that time. You need to bring lunch and appropriate clothing. Please note this is a walk.

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

Nikki Mitchell - Ph: 349 2920 (evenings):

Mobile 027 464 8546

Sarah Wiwarena - Ph: 348 7674 (evenings):

Mobile 027 248 3874

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 Road championships – Hannahs Bay – 20 September 2014

Boys 12 and Girls 12 – 2000 metres

Place	Name	Age	Time	
1.	Conor Lysaght	8	9:01	
2.	Luice Crombie	11	9:02	(Visitor)
3.	Ronan Griffiths	11	9:09	
4.	Anja Crombie	9	10:05	(Visitor)
5.	Kyle Hetherington	8	11:02	
6.	Amber Lysaght	6	11:25	

Walkers - 5000 metres

1.	Leanne Leggett	45	36:51
2.	Marieke Wass	50	39:04
3.	Dianna Van den Akker	50	39:04

Runners - 5000m (Masters Women)

1.	Siobhan Griffiths	40	20:42	
2.	Sian Twiddy	35	21:18	
3.	Gillian Shapley	40	21:21	
4.	Jodie Hickson	40	23:29	
5.	Noreen Crombie	45	23:50	(Visitor)
6.	Teresa Martin	40	25:16	
7.	Kathryn Murphy	40	28:34	
8.	Stephanie Thomson	45	29:43	

Runners - 10000 metres

1.	Steven O'Callaghan	MO	34:55
2.	Michael Voss	MO	35:28
3.	Adrian Lysaght	40	35:49
4.	Stephen Bjarnesen	MO	38:25
5.	Andy Hickson	40	38:28
6.	Jason Steyn-Ross	MO	38:55
7.	Sue Crowley	40	39:39
8.	Andy Twiddy	35	40:06
9.	Duncan Smith	50	41:22
10.	Russell Clarke	MO	41:54
11.	Brad Griffiths	40	42:00
12.	Melanie Thompson	WO	42:03
13.	Gaine Petterson	40	42:44
14.	Clare Barratt-Wood	WO	45:26
15.	Campbell Horn	60	45:27
16.	Lindsay Foster	55	47:09
17.	John Harvey	60	47:10
18.	Ray Hewlett	65	51:05
19.	Peter Vyver	70	55:55

Toni Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002

Take your Lake City membership card to obtain the discount on offer

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
Or 07 347 8380

On Mondays they have a free sports injury drop in clinic between 4.00pm and 5.00pm at their Eruera Street clinic

Supplement your outdoor training by doing indoor work at Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the 20% discount off full prices. Note the 20% discount does **not** apply to any discounted prices or specials that may be running

Check out www.go360.co.nz for prices, classes, opening times etc.