



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET

28 April 2012

The past week:

40 plus took part in either a 2.85km or 5km over the Trout Fly course on Saturday, many using the event as a final blowout before their event on the following weekend. Results are on the reverse.

Sunday morning saw the popular Champagne Breakfast at the clubrooms. Thanks to those brought the morning together – everyone in the kitchen, Beryl Cleland and the walkers that did the decorating and Elvis aka Tony the Pony, the entertainer. A great morning!

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

Last week an email with the club's 2012/2013 membership form attached was forwarded to those on the club's email membership list as at 31 March. Those not on email will be posted a membership form.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2012 to 31 March 2013. To do this please print off the form attached to the email and correctly fill in all required details.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz.

If paying by internet please use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf.

Also all members listed on the form aged 16 years plus must sign the declaration on the reverse.

Be safe – be seen:

With the dwindling light in the evenings it would be wise to wear reflective clothing or at least light or bright coloured clothing. If venturing into the Forest the wearing of head torches, if you have them, is recommended. Take care if out on the streets.

Athletics New Zealand 2012 Marathon championships:

Entries for the adidas Auckland Marathon, which is hosting the 2012 Athletics New Zealand Marathon Championships, are **almost full**. If you are intending to enter the NZ Marathon Champs in Auckland on 28 October 2012 please enter as soon as possible to secure a spot in the race. You are advised to enter online as soon as possible so they are not disappointed.

Check out www.aucklandmarathon.co.nz to enter

The Marathon Clinic:

Runners

A big thank you to those that put the breakfast on and helped - it was loads of fun!! The groups are now enjoying the flatter, shorter and easier runs we are forced to do due to tapering! And we are all looking forward to Saturday - everyone has done so well!!

From the runners marathon clinic we have 35 doing the marathon, 22 the half marathon and 13 running the 10km on Saturday.

I can't wait to see all those Lake City singlets out there, and look forward to the great support we receive on the course from supporters and marshal's. We wish everyone running or walking the best of luck on Saturday, enjoy it!!

Jodie Hickson

Walkers

First big news is congratulations to Linda Montgomery who competed in the London Marathon on Sunday 21st. Linda had to do the work on her own and finished in a creditable 6.48.54. It's so much easier to do the distance with your buddies.

Well the work has been done now and too late to do any more work. Don't forget to hydrate Wednesday thru to Saturday. Remember what Murray Fleming said, if you get thirsty it is too late to drink. Don't eat anything you don't normally eat. It is all up to you now so Good Luck to all competing on Saturday no matter what distance. You have done the work so enjoy yourselves.

Pat and Colin Smyth

Out of town event: (Cambridge cross-country Relay)

Saturday 12 May is the first winter season event out of town. This is the annual Cambridge cross-country relay where all abilities of athletes take part. The

details of the various team/grades are now at the Neil Hunt Park clubrooms. The day's activities commence at 1.00pm at the Cambridge Athletic Club grounds. This is a great introductory event for those that have not run cross-country before. Each person in a team runs a flat 3km lap, with a few jumps thrown in. Place your name on the list should you wish to take part. There is no local event this day.

Weekly events on the local scene:

SATURDAYS

This Saturday 28 April – No local club event this day. You will be either taking part or being a volunteer at the Lion Foundation Rotorua Marathon and associated events. Thanks to those who have volunteered their time over the weekend. Good luck to those either running or walking one of the events.

Saturday 5 May - Meet 1.45pm at the Neil Hunt Park clubrooms: Pack run/walks for adults and events for children. Please bring a plate for afternoon tea. Duty officers: Adults: Peter Quax - Ph. 345 4033 - Children: Siobhan Griffiths - Ph. 349 1379.

SUNDAYS

This Sunday – 8.30am at the Neil Hunt Park clubrooms, the big marathon cleanup

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Find a group that is compatible with your fitness and head off into the Forest. The first group heads off at 7.00am.

Those that walk – Meet 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Sarah Wiwarena 027 248 3874 (348 7674 home).

TUESDAYS

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.

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599 or at 5.25pm leaving at 5.30pm

Walkers - Meet 5.30pm opposite the Meat Shoppe in Tutanekai Street

THURSDAYS - weekly

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599 or at 5.25pm leaving at 5.30pm.

Walkers - Meet 5.30pm opposite the Meat Shoppe in Tutanekai Street

For your massage needs contact
Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002
Take your Lake City membership card to obtain
the discount on offer

RESULTS

21 April 2012

2.85km - Trout Fly course

Siobhan Griffiths	11.37
Charlotte Pearson	12.51
Lyn Towsey	14.53
Bob Towsey	15.04
Jade Mitchell	15.35
Nicole Hunt	15.43
Sheryl Pearson	15.48
Debbie Knight-Allen	16.39
Paula Bain	18.29
Steph Kidd	18.29
Nikki Mitchell	18.53
Janinie van der Vegte	20.18
Jordan Tapsen	20.33
Rachael Middleton	20.36
Shane Middleton	20.37
Brianna Cross	21.29
Harriet Dube	26.05

5km – Trout Fly course

Steve O'Callaghan	15.45
Nic Portas	16.06
Adrian Lysaght	16.52
Jason Steyn-Ross	17.13
Russell Clarke	19.34
Scott McAllister	20.36
Brad Griffiths	21.36
Gillian Shapley	21.50
Stevie Fiske	22.01
Walda Van der Merle	24.26
Arrie Van der Merle	24.34
Martin Harris	25.16
Kris Adriaansz	25.20
Phil Gulbransen	26.00
Karen Neu	26.35
Georja Kidd	26.51
Kelly Mitchell	26.55
Becky Bain	26.57
Peter Vyver	27.09
Olivia Goh	27.23
Sarah Bain	27.32
Kerris Browne	29.44
Javier Browne	30.32
Rachael Browne	30.34
Mike Burkinshaw	35.17
Christine Reed	35.22
Denise Caudwell (w)	35.35
Rinus Adriaansz (w)	38.50
Luanna George (w)	39.25
Mere Attwater (w)	39.41
Marieke Wass (w)	43.58
Maureen Heald (w)	43.58

London Marathon - 23 April 2012

- Dave Cronshaw - 503 overall, 49th male, 38th in 45-49 age group – time 2.49.39
- Linda Montgomery – 35951st overall, 12579th woman, 179th in 60-64 age group – time 6.48.54

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