



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

31 May 2014

### The past week:

A small number headed to the Tauranga cross-country event on Saturday. Results are herewith.

Sunday saw the annual Haggis Hustle on a new course on farmland at the top of Utuhina Road. Thanks to our hosts of the morning, Lindsay and Helen Foster for their hospitality and the 2 hours plus they took to mark the course. Also a very special and grateful thanks to the farm Trust and the farm manager whose farmland we had the privilege to run or walk over.

### Think Tank:

At the direction of the Club's Executive a "Think Tank evening" focusing on the future of the Club's summer Teens and Adults track and field activities is to be held on Wednesday evening 9 July 2014, 7.30pm at the Neil Hunt Park clubrooms – off Tarawera Road



Ideas have been bandied around on how to increase participation etc., but the Executive wish to hear member's ideas/thoughts before the future of this side of the Club is decided upon.

Note the above date in your diary and come along and share your ideas.

### On the local scene:

#### **SATURDAYS**

**This Sunday – Queens Birthday weekend** - Meet at 1.45pm for informal pack runs/walks from the Neil Hunt Park clubrooms. Other words organize the groups etc yourself.

**Saturday 7 June** – the annual Foster Smyth, Lamason open handicap 10km approx. cross-country event. Yes this event is going ahead, but at a new venue so take note of the following.

New venue

New course

The event is based out of town with a drive of 40/45 minutes to a club member's farm at 157 Dudley Road, Kaharoa, which is off State Highway 36, the back road to Tauranga. Dudley Road is on your right about 2km after the narrow one way bridge.

The first person(s) who the club handicapper considers will take the longest time to complete the course will leave the start line at 1.15pm, with others leaving at his predetermined time. There is a list at the clubrooms for you to indicate your participation

and whether you are going to run or walk the course. If you are walker and likely to break into a trot for some the course please class yourself as a runner.

Two of the trophies are for those running (the Foster Shield for the first male runner across the line: the Smyth Trophy for the first female runner to finish: and the Lamason Trophy for the first walker. Trophies will only be awarded to current financial members.

Not walking or running then put your hand up to help with marshalling, recording etc.

A plate for afternoon tea at the venue will be appreciated.

As this is a working farm please respect the property. Children to be kept under control and not be allowed to play in the woolshed or on farm equipment.

#### **No dogs to come onto the property**

Duty officers: Colin Smyth 027 4999 471: Lindsay Foster 348 6818

**Saturday 14 June** – Meet 1.45pm for the 3km Sala Street dash on the grass area south of Palmers Garden Centre. There a 1km event for the littlies. Again volunteers are required to make the event happen: Duty officer Pam Kenny - 07 348 448. A cuppa back at the clubrooms follows.

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** - 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, Tutaneikai 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.

## THURSDAYS

### Distance athletes

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

## Whaka Forest:

This is a must read for those that run or walk in the Forest. Please note the following applies:

For around six months sections of The Redwoods Forest will be temporarily closed off to recreational forest users while harvesting of large stands of radiata pine is carried out.

Initially the Radio Hut loop area at the top of Nursery Hill will be closed. Later, tree felling work will move to the opposite side of Nursery Road through until the end of October.

This will result in a number of roads and mountain biking, walking and horse tracks being temporarily out of commission at various times during the harvesting period.

While Genesis and Exit mountain bike tracks will be out of use until they can be reinstated after works are completed, most other tracks will remain available for use throughout weekends, and before 7.00am and after 4.00pm weekdays.

It is vitally important that forest users adhere to restrictions on forest warning signs and comply with directions from forestry staff on-site. Logging trucks will be operating in the forest, along two main access roads. People using the forest will need to exercise extreme care as the area being harvested is quite unstable, and forestry staff will be operating potentially dangerous machinery and vehicles in places where sight lines are often compromised. Even travelling at reduced speed, big logging trucks can't react quickly and safely when carrying heavy loads.

Don't put yourself or forestry workers at any risk by ignoring the warning signs. So the message is 'stay informed, follow directions, be alert and be safe.'

Signs with maps and information are being placed at main entry points to the forest and additional information is also available on The Redwoods website [redwoods.co.nz](http://redwoods.co.nz) and Facebook page. Popularly known as The Redwoods, the Tokorangi Forest is bound by Tarawera, Long Mile, Radio Hut and Tokorangi Pa roads. The land is privately owned by iwi, through Central North Island Iwi Holdings Ltd, and managed on the company's behalf by Rotorua District Council

## Outside events course:

Heather O'Hagan, Athletics Waikato BOP official's education officer is looking at holding a course relating to the organization of road/cross-country events. Learn how to mark

a course, finish area requirements, timekeeping, marshalling, traffic management requirements etc, etc.

The course maybe in Rotorua, Tauranga or Cambridge. The date and venue to be confirmed. At the moment she is seeking expressions of "Interest", so if you are interested contact Heather at email [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)

This is also a good refresher course for those that have attended a similar course.

## 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 around 7.20am on a Sunday.

## Lake City Runners Wanted:

### 2014 Athletics NZ National Road Relay Championships

This year the national road relay championships are again being held on the historic Takahe to Akaroa course, near Christchurch, on Saturday 4th October. This is a great club event and a highlight of the season.

Depending on interest from YOU, the club members, Lake City will consider sending teams in the following grades: Senior Men, Senior Women, Masters Men (40+), Masters Women (35+), Open Masters 50+, Open Masters 60+.

Each team will consist of eight runners (five for 60+), each running a different leg. Legs range in distance from 6.8km to 10.7km on roads with varying terrain.

Club members interested in competing must put their name on the noticeboard lists at the clubrooms. Alternatively contact Adrian Lysaght (email: [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz) or phone/text: 027 6153496.

### To be selected in a team, club members must meet the following criteria:

- be Athletics New Zealand Registered and a financial member of the Lake City Athletic Club.
- pay a \$200 deposit by 31/07/2014. Lake City contributes a significant amount to towards the team costs (flights, accommodation, and van hire and entry fees) but club members are expected to pay a share which will probably be about \$250 per person. Club members that miss selection will have their deposit refunded.
- demonstrate fitness to the club selectors by competing in at least 4 of the 8 events indicated in the [winter programme \(click here to follow link to it\)](#). If unable to compete in these



events contact a club selector as good results in other events may be considered.

If you require further information or have any question, please contact Adrian Lysaght (email: [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz) or phone/text: 027 6153496.

## RESULTS

### Tauranga Cross-country – 24 May 2014 – Waipuna Park - Welcome Bay

#### Boys - 950 metres – 10 and under

1.	Ian Pugh	Tauranga	3.38
12.	Connor Lysaght		4.09

#### Girls - 950 metres - 10 and under

1.	Summer Tanner	Tauranga	3.41
25.	Maisie O'Callaghan		6.07
27.	Lydia O'Callaghan		8.02

#### Girls 14 - 2950 metres

1.	Araleah Tippins	Tauranga	11.58
5.	Tegan Fookes		13.06

#### Women Under 18 – 4060 metres

1.	Grace Ritchie	Hamilton	16.32
2.	Ella Fookes		17.18

#### Senior women - 4060 metres

1.	Sally Gibbs	Tauranga	15.14
2.	Erin Leahy		17.28
3.	Kate Rea		18.36

#### Masters women - 4060 metres

1.	Sue Crowley		15.56
----	-------------	--	-------

#### Senior men - 8060 metres

1.	Steven O'Callaghan		28.42
----	--------------------	--	-------

#### Master men – 8060 metres

##### 35-49

1.	Michael Pugh	Tauranga	29.00
5.	Tony Broadhead		31.05
6.	Adrian Lysaght		32.10

##### 50 plus

1.	Terry Furnage	Tauranga	33.38
15.	Max Bragg		43.28
16.	Peter Vyver		47.05



The 2013 Club masters men's team at Christchurch Takahe to Akaroa Relay



The 2013 Club masters w men's team at Christchurch Takahe to Akaroa Relay

