



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

GUFF SHEET
3 September 2016

The past week:

On Saturday a small number took part in the third event of the Mokopuna Dash series. A special thanks to those who marked the course, recorded etc. Results are below.

At Cambridge on Sunday a number from the club contested one of events on their programme – either the half marathon which doubled as the Athletics Waikato BOP championships, the 10km or the 5km. Visit Cambridge Athletic and Harrier Club’s website for results.

All Whaka Forest users: please read below as it is very important

All Bike riders, Runners, Walkers, And Horse Riders



From 1 September Eight Mile Gate Road (from the gate at the Hill Road carpark to the intersection Tumunui) in Whakarewarewa Forest will be closed to all non-forestry use at all times.

This means no bicycles, running, walking or horse riding on the road, even during weekends. The gates will be open all days and at all times for logging trucks carting to Red Stag.

Signage will be erected at each end of the road to advise people not to enter and locked gates installed on the side roads. This is a permanent change. Timberlands Limited's security Contractor, First Security, will be monitoring the road.

The mountain bike and running/walking track crossing points along Eight Mile Gate Road will remain open.

Publicity:

Please note should you be involved in publicity relating to your Club, please mention the Club’s

name – the Lake City Athletic Club - and wear your club uniform if pics are likely to be taken. Thank you.

Forth coming events:

SATURDAYS



This Saturday 3 September -

Locally

Meet 1.45pm at the Neil Hunt Park for a Mokopuna Dash commencing 2.00pm. Event distances start from just less than 2km. Please bring a plate for afternoon tea. Duty officers: The winter season committee and their helpers.

Out of the city

Are the Athletics New Zealand road championships in Masterton. Good luck to those from the club that are taking part - Jason, Tony, Michael and Kathy

Saturday 10 September

– this is the morning of the club hosted Red Stag Redwoods Forest Relay. This Sunday 4 September is the last chance to get your name on one of the lists at the clubroom as a participant or a helper during the actual event. You cannot marshal and run or walk.

The teams will be selected and you will be advised your team and lap order after that. Note that the running/walking order you have been allocated cannot be changed after the teams have been submitted to the organisers. Those of you that are marshalling will be contacted. This will be either by phone or email - so check your emails daily.

Saturday 17 September

– The Club road championships for runners and walkers, at Waingaehe Park, Hannahs Bay. First event commences 1.15pm. Bring a plate for afternoon tea back at Neil Hunt Park clubrooms, please. Duty officer: The winter season committee and their helpers.

Saturday 24 September

– The Fenton Park Blast. Meet 1.45pm on Kain Ave for a 3km (1.5km for children) race around the streets of Fenton Park - 2.00pm start. Bring a plate for afternoon tea please. All those selected in a NZ Road Relay team are expected to take part. Duty officers: Tony Broadhead 027 492 7026 and Trevor Ogilvie 07 347 8181

SUNDAYS

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Those that walk

– Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the old City Focus, Tutaneikai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the old City Focus, Tutaneikai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Athletics New Zealand Road relay championships: please see the update below re team selection – it is important

Relay Teams

For those of you who have put your name down on the list in the club rooms to participate in this event, there are only **two** selection events left on the calendar, and you must have completed at least **four** to guarantee your selection for a team. The events are:

- Saturday 10th September: Red Stag Redwoods Forest Relay
- Saturday 17th September: Club Road Running Championships

If you are unable to meet the requirement of completing four selection events but would still like to be considered for a road relays team then you must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz).

1. Athletes must be current financial members of the Lake City Athletic Club.

2. Selections will in all cases be based on current form and **regular** participation.

Teams can get entered in each of the following grades if there are enough club members for a team:

- Walking
- Social/Corporate



- Senior Men
- Senior Women
- Masters Men (40+)
- Masters Women (35+)
- Masters Open 50+
- Masters Open 60+
- Junior Men (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)
- Junior Women (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)

As we are hosting this event, team members will be expected to provide assistance in some capacity (marshalling for example). For each team a team manager is required. Anyone interested in being a team manager must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz). If there is no manager for a grade then no team will be entered in that grade

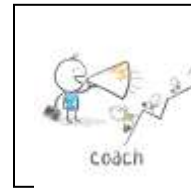
Vehicles and drivers wanted

Vans or the like plus their driver are wanted to transport team members Jackson Road and State Highway 36 back Hamurana Road and then to the Waerenga Road intersection. You will be required from approx. 8 am till 12pm. Fuel costs will be reimbursed. This is a job that a family member or friend could assist with. Please contact Chris Corney at 21 770366 or chris-donna@xtra.co.nz if you can assist or wish to discuss



Long distance running - coaching course:

A long distance running coach workshop /course is being organized on either 9 October or 6 November in the Waikato Bop region. Depending on a person's prior learning they will be afforded Athletics NZ level 1 or Level 2 coaching status. Please contact Alan McDonald 07 858 5388 , 027 475 7517 or alanm@sportsforce.org.nz if interested in attending and advising which day suits you. At the same time get costs and location of the course.



RESULTS

Mokopuna Dash - No 3 - 27 August 2016

	Place	Time	Distance
Conor Lysaght	1	8.36	1860 approx.
Maria Brunton	2	10.03	
Hannah Shilton	3	10.35	
James McGregor	4	10.44	
Bruce McGregor	5	12.53	
Tahlia Pearce	6	13.45	
Amber Lysaght	7	13.45	
Anna Martin	8	13.46	

Rinus Adriaansz (w)	9	15.16	
Keira Murphy	10	16.39	
Kathryn Murphy	11	16.40	
Lance Shilton	1	17.51	3720 approx.
John Harvey	2	22.55	
Mike Burkinshaw (w)	3	33.03	
Adrian Lysaght	1	21.11	5580 approx.
Fred Shilton	2	23.29	
Tania Smellie	3	26.57	
Campbell Horn	4	27.11	
Faith McGregor	5	27.34	
Jodie Hickson	6	27.34	
Peter Vyver	7	36.58	
Dianne Barratt-Kendell (w)	8	37.58	

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
 Mobile 027 464 8546

Sarah Wiwarena – Ph: 346 3289 (evenings):
 Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase