



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

4 October 2014

### The past week:

Saturday saw the Fenton Park 3km dash, a last minute blowout for those heading to the Takahe to Akaroa relay.

Thanks are extended to the duty officers of the day – Trevor and Tony, and Shaun for making his premises available.

The results are herewith.

### 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](mailto:wmoess@actrix.co.nz) Thank you in advance

Wendy Monk - Children's Convener

### 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](mailto:ohagan@visique.co.nz) or text to 0274 713220 to register interest

### Events on the local scene and out of town:

#### **SATURDAYS**

**This Saturday 4 October** – 4 teams of club members are heading to the Takahe to Akaroa relay in Christchurch's Port Hills. Good luck. Wear the club's colours with pride. Teams are herewith.

**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.

**Saturday 18 October** – the final event of the clubs winter programme. Note that meeting time is **9.30am** at the Neil Hunt Park clubrooms, with the 10km open handicap event starting at 10.00am. This is 10km in the Forest over a fairly tough course, with the person that the club handicapper considers will take the longest time to complete the course leaving first, with others following at intervals.

In the evening is the season's prize giving and social.

**Sunday 16 November** – This 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](http://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 bush, farm roads to finish by a stream reserve. The course is different from previous years.

Visit [www.kawerauharrierclub.co.nz](http://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 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](mailto:wmoess@actrix.co.nz) There is another 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

## 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.

## 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](mailto: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

### **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

### 3km Fenton Park Dash - 27 September 2014

#### 1km

Connor Lysaght 4.39

#### 3km

Steven O'Callaghan 8.56  
Adrian Lysaght 9.53  
Chris Corney 10.08  
Steven Bjarnesen 10.14  
Dave Cronshaw 10.38  
Jason Steyn-Ross 10.43  
Russell Clarke 10.54  
Andy Twiddy 11.00  
Gaine Petterson 12.16  
Faith McGregor 12.33  
Campbell Horn 12.47  
Jodie Hickson 13.28  
Phil Gulbransen 13.41  
Luanna George 15.21  
Peter Vyver 15.22

#### **Takahe to Akaroa teams** (names are in lap order)

##### Men open

Jason Steyn-Ross \*  
Stephen Bjarnesen  
Michael Voss  
Andy Twiddy  
Steven O'Callaghan  
Russell Clarke  
Gaine Petterson  
Matt Parsonage

##### Masters Men

Chris Corney  
Colin Earwaker  
Trevor Ogilvie  
Brad Griffiths  
Adrian Lysaght  
Andy Hickson  
Duncan Smith  
Tony Broadhead \*

##### Women open

Cati Pearson  
Charlotte Pearson  
Kate Rea  
Anna Telfer  
Steph McHale \*  
Tracey Hay  
Clare Barrett-Wood  
Melanie Thompson

##### Masters Women

Gillian Shapley  
Siobhan Griffiths \*  
Sian Twiddy  
Jodie Hickson  
Lorna Mills  
Faith McGregor  
Teresa Martin  
Sue Crowley

\* Denotes team captain/manager

**Message from Jodie:** I picked up someone else's Lake City hoodie by mistake at the Hannahs Bay run and someone must have my one. The one I picked up was a size small, and my one is also a small, has Lake City Rotorua embroidered on the back and my name written on the tag. If you have mine please let me know on 3453070 or 021 970482 and we can swap back. Thanks

#### **Queenstown: swap an entry**

I am hoping you could help me? I have a Queenstown marathon entry (November 22) which I am looking to trade for a half marathon entry, no extra cost. I just can't downgrade as the entries are sold out, I can only transfer to another person. Any one that wishes to trade please contact Sue Galpin - Tauranga jogger 021 0765069