



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

6 September 2014

The past week:

It was out to the Blue Lake on Saturday for the annual Blue Lake Blat. Like many of the club's winter events the number in attendance was mediocre.

Thanks are extended to those that assisted in some way with the event – marking the course, recording, and looking after the most important part – the afternoon tea.

On the local scene and out of town:

SATURDAYS

This Saturday 6 September - The Athletics New Zealand road championships at "The Lakes" industrial area Tauranga. Those from the club that have been selected to wear the Athletics Waikato BOP colours note that the AWBOP singlet is to be worn with black shorts. Have a good run.

On the local scene feel free to organize a pack/run walk from the clubrooms.

Saturday 13 September - Our own Red Stag Redwoods Forest Relay. This off road event is based on the Long Mile Road, with the course taking in trails/tracks in the Redwoods Memorial Grove and Scion Archive Nursery area. As the teams are being selected this coming Sunday, please get your name on the list at the club rooms to indicate if you are wishing to be part of a running or walking team, and/or can assist as a volunteer – marshalling on the course / or at the finish line etc. Club uniform to be worn this day – that is the club singlet and black shorts.

The event commences 10.00am and in the main will be over by just after the noon. Fuller details on the event are at the clubrooms – where you record your name, or can be viewed on the club's website under Events. Prior to the 10.00am start there's lots of set up work to be done – course marking, start/finish area etc. More on this next week.

Unable to get to the clubrooms then:
If running or walking: contact Adrian at 027 615 3496
or adrian.lysaght@xtra.co.nz
Volunteering: then contact Pam Kenny at 07 348 8448
or kennys@xtra.co.nz

Please do all of the above no later than the evening of
Saturday 6 September

Saturday 20 September – This club event has its headquarters are at Waingaehe Park, Hannahs Bay and is the club's road championship day. Don't be put off by the word championships. All members welcome to take part – runners, walkers no matter what your ability is. The afternoons programme will be published next week

This is also the last day for those that have their name on the Takahe to Akaroa relay list to show the club selectors their form.

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. If you 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

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 7.30am 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, Tutanekai 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.

Pm

Running Strength Circuit Class - 6pm at the Lake City Gym - for the duration of Term 3. Email direct to swingmills@xtra.co.nz to book your spot, or check out face book page: https://www.facebook.com/joggingthepowerpole?ref_type=bookmark

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

Peter Snell and the Kiwis who Flew! A recently published book

For those of you interested in our sports history there has been a great read published called “Peter Snell and the Kiwis who Flew!” The book covers the late 1950’s to 1965 era of our sport and features world class New Zealand runners of that time: Peter Snell, Murray Halberg, Bill Baillie, John Davies, Barry Magee, Neville Scott, Marise Chamberlain and others. The book is available through Paper Plus and/or Whitcoulls, Rotorua. It is a substantial over-size book of 305 pages, with 124 photos, some in colour. The cost is \$45.00

To those of you that were involved in the era the book covers it is recommended to you – a great trip down memory lane. Those that were not then read about our sports history and the running greats of that era. There are even a couple of local names mentioned.

AWBP Half Marathon Championships medals:

Congratulations to the undermentioned who medalled at the Athletics Waikato BOP half marathon championships held in conjunction with the Cambridge Half Marathon on 24 August. Adrian Lysaght has the medals and they can be collected from him at the Red Stag Redwoods Forest Relay – 13 September.

Stephen Bjarnesen	3rd	Senior men
Melanie Thompson	2nd	Senior women
Charlotte Pearson	3rd	Senior women
Andrew Hickson	1st	Master men 40
Kerris Browne	1st	Masters women 45
Cindy Carpenter	1st	Masters women 55
Marion Roberts	1st	Masters women 60
Christine Kerrison	2nd	Masters women 60
Max Bragg	1st	Masters men 70
Peter Vyver	2nd	Masters men 70

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

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.

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 you 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.