



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
 Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
 Clubrooms: Neil Hunt Park off Tarawera Road  
 Lynmore – Rotorua

**GUFF SHEET**  
**8 October 2016**

**The past week:**

What a big day in Rotorua last Saturday when the club hosted the Athletics New Zealand Road Relay. Well done everyone, whether a participant, a volunteer or an organizing committee member. Yes, there may have been some small glitches but the positive aspect of the event outweighed these. Roll on to the 2017 event again in Rotorua.

Participation wise, the club came away with a 2nd in the Masters Men 60 plus section and 3rd in the Masters women’s section. Club results are below.

At New Plymouth on Sunday Michael Voss took out their half marathon in 1.09.45 from former Rotorua Marathon winner Sam Wreford of Timaru – 1.11.27.

**Forth coming events:**

**SATURDAYS**

**This Saturday 8 October –**  
 The Forest 10km open handicap run/walk. Note the start time is 10.00am for the first participants to leave on Long Mile Road and then to head into the Forest. **Note the start time**



**Saturday 15 October –** This is the evening of winter season’s prize giving and social at the Neil Hunt Park clubrooms. Please see the attached flyer for details and the catering requirements

**SUNDAYS**

**Distance athletes**  
 Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

**Those that walk –** Meet at the Neil Hunt Park clubrooms just prior to 7.00am. 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 Neil Hunt Park clubrooms  
**Distance athletes**  
 Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

**Children’s athletics –** their weekly sessions start this Tuesday 11 October. Arrive 4.45pm at the International Stadium No 2 ground Devon Street West. Registration is now available – online at [www.lakecity.co.nz](http://www.lakecity.co.nz). Contacts Sarah 027 347 8115 or Jessica 027 602 1396

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

**All Whaka Forest users:**

please read and

**respect below as it is very Important**

Eight Mile Gate Road (from the gate at the Hill Road carpark to the intersection with SH5 near 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 Timber. Signage has been 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.

# RESULTS

## Athletics New Zealand Road Relay Championships – 1 October 2016 - Rotorua

|                             |       |      |         |
|-----------------------------|-------|------|---------|
| <b>Walkers</b>              |       |      |         |
| Trentham                    |       | 1st  | 4.52.11 |
| Lake City-Rotorua           |       | 4th  | 5.54.30 |
| Gay Timpany                 | 71.04 |      |         |
| Rinus Adriaansz             | 68.55 |      |         |
| Glennis Hennessy            | 27.49 |      |         |
| Alan Ryan                   | 49.45 |      |         |
| Mike Wharton                | 68.16 |      |         |
| Diane Barratt-Kendell       | 68.37 |      |         |
| <b>Social</b>               |       |      |         |
| North Harbour Bays          |       | 1st  | 2.56.54 |
| Lake City-Rotorua           |       | 9th  | 3.33.38 |
| Amy Bray                    | 42.35 |      |         |
| Tracey Hay                  | 39.35 |      |         |
| Peter Vyver                 | 21.07 |      |         |
| Bruce Easton                | 27.26 |      |         |
| John Harvey                 | 41.06 |      |         |
| Megan Grant                 | 41.43 |      |         |
| <b>Senior Men – B Grade</b> |       |      |         |
| Scottish No 2               |       | 1st  | 3.38.58 |
| Lake City-Rotorua           |       | 5th  | 3.50.02 |
| Steven O'Callaghan          | 30.25 |      |         |
| Carl Fischer                | 30.46 |      |         |
| Jason Steyn-Ross            | 34.06 |      |         |
| Stephen Bjarnesen           | 34.10 |      |         |
| Matt Parsonage              | 33.29 |      |         |
| Andrew Twiddy               | 33.20 |      |         |
| Sam Osborne                 | 33.40 |      |         |
| <b>Masters Men A</b>        |       |      |         |
| Wellington Harriers         |       | 1st  | 3.46.05 |
| Lake City-Rotorua           |       | 5th  | 3.52.44 |
| Dave Cronshaw               | 32.26 |      |         |
| Bruce Edwards               | 32.28 |      |         |
| Mike Bray                   | 34.32 |      |         |
| Adrian Lysaght              | 31.12 |      |         |
| Tony Broadhead              | 34.46 |      |         |
| Brendon Keenan              | 32.05 |      |         |
| Jason Cameron               | 35.09 |      |         |
|                             |       |      |         |
| <b>Masters Men B</b>        |       |      |         |
|                             |       | 11th | 4.34.00 |
| Daniel Gapes                | 36.35 |      |         |
| Gaine Petterson             | 36.09 |      |         |
| Chris Lord                  | 41.12 |      |         |
| Peter Roy                   | 36.15 |      |         |
| Alan Crombie                | 39.31 |      |         |
| Chris Bycroft               | 43.22 |      |         |
| Andrew Jamieson             | 40.49 |      |         |
|                             |       |      |         |

|                        |       |     |         |
|------------------------|-------|-----|---------|
| <b>Masters 60</b>      |       |     |         |
| Wellington Harriers    |       | 1st | 3.09.22 |
| Lake City-Rotorua      |       | 2nd | 3.20.08 |
| Phil Gulbransen        | 39.02 |     |         |
| Trevor Ogilvie         | 37.48 |     |         |
| Ray Hewlett            | 18.21 |     |         |
| Ray Lichtwark          | 27.52 |     |         |
| Campbell Horn          | 37.41 |     |         |
| Colin Earwaker         | 39.18 |     |         |
| <b>Masters Women A</b> |       |     |         |
| Scottish               |       | 1st | 4.26.49 |
| Lake City-Rotorua      |       | 3rd | 4.37.08 |
| Sian Twiddy            | 39.41 |     |         |
| Tania Smellie          | 39.32 |     |         |
| Kerryn Barker          | 40.27 |     |         |
| Gillian Shapley        | 38.15 |     |         |
| Sue Crowley            | 38.30 |     |         |
| Sarah Lei              | 39.25 |     |         |
| Johanna Ottosson       | 41.16 |     |         |
| <b>Masters Women B</b> |       |     |         |
|                        |       | 6th | 5.24.18 |
| Dee Horne              | 42.25 |     |         |
| Jodie Hickson          | 41.15 |     |         |
| Rhonda Herring         | 52.48 |     |         |
| Faith McGregor         | 41.06 |     |         |
| Kathryn Murphy         | 51.18 |     |         |
| Kelly Mitchell         | 39.04 |     |         |
| Anita Gibb             | 56.16 |     |         |

### 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