



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

9 August 2014

### The past week:

It was around the streets of Matamata on Saturday for club members when they took part in the annual 3.3km Matamata Relay. 7 club teams took part with 2 placing first: 3 placing second: plus a third and sixth placing. Some taking part at Matamata joined other club members in Taupo for a half marathon or something shorter. Matamata results are below.

### The Neil Hunt Park clubrooms:

#### Ants:

**Please do not leave food scraps in the kitchen. Place them in the rubbish bin outside of the building – by the corner of the kitchen as the plague of ants has returned to the club rooms.** Over a number of days the building is going to be sprayed and this means at times there will be no access to the clubrooms for around 3 hours after the spraying. Signs will be in place advising not enter. For your own safety please do not enter the building when signs are about.

#### Lights:

Over the past weeks there has been more than one occasion that lights have been left on in different areas of the clubrooms. Please check that all lights have been turned off prior to leaving the clubrooms. Also make sure the door is fully closed.

## Lake City Athletic Club Inc

### The Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for Wednesday evening 20 August 2014, 7.30pm at the Neil Hunt Park clubrooms

Please refer to the club's website [www.lakecity.co.nz](http://www.lakecity.co.nz) for details of agenda, remits etc. Click on "Events"

### On the local scene and out of town:

#### SATURDAYS

**This Saturday 9 August** - The Mt Ngongotaha 6.4km run or walk. Meet 1.30pm at 396 Clayton Road to car pool to start - 2.00pm start. There is a shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea at venue. Duty officers: Chris and Kerris Browne - Ph. 348 0790.

**Athletics New Zealand Cross-country championships, Christchurch**

**Saturday 16 August** – the Athletics Waikato BOP run and race walk championships on a new course at "The Lakes", Tauranga. All welcome. This is an event the club selectors would like you to attend so they can observe where your fitness levels are at pre New Zealand Road relay championships. The days programme and entry details are below. Note early entry closes 12 August with the extra \$5.00 late fee kicking in after that date.

**Saturday 23 August** – No club organised event this day. Feel free to organise a pack run/ walk from the clubrooms.

**Sunday 24 August 2014 - Cambridge half marathon** –

This event incorporates the Athletics Waikato BOP half marathon championships. Early entry closes 17 August. Enter online at [www.enteronline.co.nz](http://www.enteronline.co.nz) or get an entry form from [www.cambridgeharriers.co.nz](http://www.cambridgeharriers.co.nz)

#### 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, 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.

##### Pm

Running Strength Circuit Class - 6pm at the Lake City Gym - for the duration of Term 3. This will cover strengthening exercises that runners need, especially those your physio/osteo has told you to do - glutes, hammies, quads, calves, shins, core, feet & ankles, some plyometrics and lots more. All abilities including beginners and existing runners/walkers/teens 14yrs+ welcome, but limited to the first 20 participants. Please email Kerris direct on [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz) to book your spot, or on her facebook page:

[https://www.facebook.com/joggingthepowerpole?ref\\_type=bookmark](https://www.facebook.com/joggingthepowerpole?ref_type=bookmark)  
 Non-club members get the first two sessions free, and then you are invited to join our club.

## 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

## Purge of key access codes at the Neil Hunt Park clubrooms

Over the next couple of weeks a purge of Clubroom keypad holders is being done. Those that are not financial by the end of July and currently have access to the clubs rooms via the keypad will have their number deleted. Also the list of holders will be looked at to establish if a holder is a regular attendee/helper at the Club

### 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 from 7.00am to 7.20am on a Sunday.

## Athletics Waikato Bay of Plenty run and race walk road championships - 16 August 2014 – Tauriko Industrial Estate, Tauranga

Start Time	Event No & Grade	Distance	Fee
Free style walk or non judge walk			
11.30am	<u>No 1</u>	10km	\$5.00
Race walk judged events			
11.30am	<u>No 2</u>		
	Men 20-24 yrs	10Km	\$15.00
	Women 20-34 yrs	10km	\$15.00
	Masters men 35 plus	10km	\$15.00
	Masters women 35 plus	10km	\$15.00
	Junior men 18-19 yrs	5km	\$12.00
	Junior women 18-19	5km	\$12.00
Running events – open to all runners			
Fee for club only or non-registered runner \$5.00 per person and if applicable \$5.00 extra late fee Fees for registered runners are below			
1.00pm	<u>No 3</u> Boys/girls 10 (10 & under)	2km	\$7.00
	<u>No 4</u> Boys/girls 12 (11, 12 yrs)	2km	\$7.00

1.10pm	<u>No 5</u> Boys/girls 14 (13,14yrs)	3km	\$8.00
1.30pm	<u>No 6</u> Youth Women (15, 16, 17 yrs)	5km	\$10.00
	<u>No 7</u> Women U20 (18, 19 yrs)	5km	\$12.00
	<u>No 8</u> Masters women (35 plus)	5km	\$15.00
2.00pm	<u>No 9</u> Youth Men U18 (15, 16, 17 yrs)	6km	\$10.00
	<u>No 10</u> Junior Men U20 (18, 19 yrs)	8km	\$12.00
	<u>No 11</u> Senior Men (20-34 yrs)	10km	\$15.00
	<u>No 12</u> Senior Women (20-34 yrs)	10km	\$15.00
	<u>No 13</u> Masters men (35 plus)	10km	\$15.00

The event is on a new course in the Tauriko Industrial Estate which is off State Highway 36 (the back road to Tauranga). The course is flat with gentle rises.

Early entry closes **Tuesday 12 August**. Forward these to Athletics Waikato-Bay of Plenty Administrator P O Box 46, Hamilton 3240. You can enter online at:

<http://www.enteronline.co.nz/index.cfm?page+EventsDetails&ID=5098>

Event and entry details are also at the Neil Hunt Park clubrooms

When entering no matter what system used please quote:

- First name and surname
- Club = Lake City-Rotorua
- Age group/grade/ and the event number of event entering – Ages are: those 35 plus age on the day, all others age as at 31 December 2014.
- Date of birth
- Fee Paid - Cheques to be made payable to Athletics Waikato Bay of Plenty Inc.

**All entries after Tuesday 14 August will be \$5.00 extra per person.** There will be no refund of entries after the early entry closing date. Entries accepted on the day for an extra \$5.00 per person. These events are open to club/social members as well as Athletics NZ / Athletics Waikato BOP registered but only Athletics NZ / Athletics Waikato BOP registered athletes can take a championship place.

This course is being used for the Athletics New Zealand running and race walk road championships 6 September. Visit Athletics New Zealand website [www.athletics.org.nz](http://www.athletics.org.nz) for event and entry details. Note entry close midnight Sunday 24 August.

Also note this event is a guideline of fitness for club members seeking to be a club team member at the NZ road relay in Christchurch 4 October.

## RESULTS

### Matamata relay – 2 August 2014 – 3.3km around streets of

#### Matamata

#### Walkers

1.	Lake City – Rotorua	73.33
	Jeanene Lysaght	24.03
	Rinus Adriaansz	26.30
	Leanne Leggett	23.00

#### Super Vet (60+)

1.	Tauranga Ramblers	55.48
2.	Lake City- Rotorua	58.47
	Trevor Ogilvie	11.52
	John Harvey	14.21
	Phil Kerrison	15.21
	Peter Vyver	17.13

#### Masters Women 1

1.	Hamilton Hawks	51.11
2.	Lake City – Rotorua No 1	57.18
	Lorna Mills	12.47
	Sian Twiddy	13.22

Teresa Martin	15.24	
Jodie Hickson	15.45	
6. Lake City-Rotorua - No 2		72.21
1. Toni Mills	16.05	
2. Christine Kerrison	18.37	
3. Sheryl Pearson	19.15	
4. Mere Attwater	18.24	

#### Open Women

1. Hamilton Hawks	47.37
2. Lake City – Rotorua	53.00

Melanie Thompson	12.52
Charlotte Pearson	13.05
Cati Pearson	13.41
Erin Leahy	13.22

#### Open Men

1. Lake City-Rotorua	54.50
Steven O'Callaghan	10.16
Steven O'Callaghan	10.51
Matt Parsonage	10.37
Jason Steyn-Ross	11.35
Steve Bjarnesen	11.31

#### Masters Men

1. Hamilton Hawks	57.21
2. Lake City –Rotorua	58.14
Adrian Lysaght	10.49
Tony Broadhead	10.49
Andy Hickson	12.04
Trevor Ogilvie	12.09
Brad Griffiths	12.23

#### Taupo Half Marathon – 3 August 2014

The following summary of results etc has been supplied:

1st half marathon – Matt Parsonage 1.15.30  
 1st half marathon (women) – Sue Crowley 1.24.22  
 19 Lake City walkers took part – 5 under 3 hours  
 7 plus masters and senior women in the 10km event  
 7 busy club members had a double header weekend: Matamata and Taupo: Great commitment

#### Novice, Veteran, Costello and Tihi-O-Tonga Trophies

After taking some time to establish the various categories that those taking part fall into the following winners have been found:

Novice Cup – Stephen Bjarnesen  
 Veteran Cup – Gillian Shapley  
 Costello Cup – Kelly Mitchell  
 Tihi-O-Tonga Trophy – Jan Adolph

## National Road Relays, Christchurch, 4 October

We still require team members, in particular for the Open Masters 60+ and Masters Men 40+ teams if we are going to send these teams. If you are interested put your name down on the lists at the club rooms or contact Adrian Lysaght (027 615 3496).

For those club members that have already put their name down for selection in a road relay team you need to do the following if you have not already done so:

- The deposit (\$200) should now be paid
- upgrade from social to competitive membership (\$55) as soon as possible

Payment can be made online using the account details on the Lake City registration form located on the Lake City website (click [here](#) ). Remember to email lakecity@xtra.co.nz to inform us of any payment.

## Unclaimed club championship certificates:

The following have at the Neil Hunt Park clubrooms certificates that mainly relate to the 2013 half and full marathon club championships. Please check to see if your name is here and uplift the certificate. They are on the table by the stairs.

Lee Alexander, Martin Carlyle, Phil Chandler, Scott Curran, Olivia Dhanjee, Christian Gamble, Bridget Gifford, Sarah Lei, Raina Meha, Eddie Meijer, Rachael Middleton, Lorna Mills, Maree Mackenzie, Sarah Nuttall, Bernie Priestly, Mei Rakuraka-Foser, Ruby Ryan, Bonnie Sanford, Eilish Satchell, Katie Tapsell, Casey Thorby, Tom Tierney, Jamie Turner

## Race walkers course for officials:

Athletics Auckland will hold a walks officials course (C&B) for all Auckland, Northland and Waikato/BOP for new and current officials on

- Saturday 20<sup>th</sup> September 2014
- Mt Smart Stadium – Athletics Lounge (above the finish line)
- Start 10am
- Biscuits and Tea/Coffee will be supplied.
- Lecturer – Tony Sargisson

Registrations are available through the Member Management System.

<https://eventdesq.imgstg.com/index.cfm?fuseaction=Main&EventDesqID=8546&OrgID=5369>

\$10 for members of the association: \$20 for non members

Attendees will be able to practice their judging skills during the Athletics Auckland Road Relays during the walk event in the afternoon if they wish.