



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

5 April 2014

The past week:

The final Trout Fly event held last Thursday was huge. Results are herewith.

Both sections of the club's track and field have now wound up for this summer.

A special thanks is extended to those that have been involved in all or some of the above events as a volunteer. Volunteers are as crucial as the participants. Without volunteers events cannot be held!

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

Over the next week or so an email with the club's 2014/2015 membership form attached will be forwarded to those on the club's email membership list as at 31 March. Those not on the email list will be posted a membership form.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2014 to 31 March 2015. To do this please print off the form attached to the email and correctly fill in **neatly** all required details.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form (both sides) must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz. If paying by internet it is most important that you use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf. Also all members listed on the form **aged 16 years plus** must sign the declaration on the reverse.

Footnote: It is vital that all those who wish to be eligible for Athletics Waikato BOP championship titles on Marathon day (3 May) renew their membership promptly so it can be processed in time. It takes 3 to 4 weeks for this to happen.



What exercise happens over the winter months?

Other than the running/walking clinics current activities, club events are taking a rest for a few weeks.

Like previous years there is an extensive winter season programme being prepared. Events are in the main held on a Saturday afternoon in and out of town. In the early months they are mainly forest or countryside based, and the latter months from late July to October they are out on the streets. Distances range from around 2km thru to 10 to 15 km plus some half marathons.

There's something for all abilities: the young and old; runners and walkers; the fast and slow, some team events; some individual events.

As well as the Saturday events, the weekly Tuesday, Thursday and Sunday morning pack runs continue.

More on the Saturday events once the programme is finalized.

Keep the afternoon of Saturday 26 April free for the first event!

Old running shoes:

You may have heard about the Council collecting old shoes for a display for the 50th Rotorua marathon. There will be a box in the Neil Hunt Park clubrooms to collect shoes for the display. Apparently they are going to be spray painted and then placed around the central business area of the City.

Champagne breakfast - Sunday 27 April - 'Lake City hasn't got talent':

The club's tradition of the champagne breakfast the week before the marathon is still going strong. Again due to the numbers in the running clinic, other club members, walkers and those helping with the event, this year it will be held at Skyline Skyrides!!

For a cost of \$20 per head (adult and child price) you get a gondola ride up, fruit and cereals, cooked breakfast, glass of bubbles and even a gondola ride back down!! It is a bargain! For the entertainment, Tamati Coffey and Rachel Hunter (aka Chris Corney and Tony 'da Pony') will be hosting the champagne breakfast.

Each group gets a chance to dress up and win a prize. Also every group will have 2 minutes to get up and talk about what they have dressed up as, or sing, do a skit or whatever (groups don't have to get up if they don't want to). There will also be a sweepstake with about 8 runners, like last year.

Siobhan Griffiths will be taking names and payment for the champagne breakfast on these dates from the clubrooms:

- Tuesday 15th April from 6.30pm (after the run.....)
- Thursday 17th April from 4.45pm to 5.30pm
- Sunday 13th April from 6.30am - 7am

So bring along your \$20 - Skyline can only hold up to 300 people maximum, so if you get in too late, you may miss out! If you cannot make the above times at the clubrooms, then contact Siobhan on 021 1289925 or 07 349 1379 (hm) or email brad.siobhan@xtra.co.nz

Club uniforms:

The club singlets have arrived, in all sizes. Nikki Mitchell will be at the club rooms Tuesday and Thursday evenings from around 5.15pm (upstairs). Please bring the correct amount of cash or cheque if wanting to purchase on the day. Singlets and tee shirts are \$35. If you don't have them purchase black shorts in the style you desire from a retail outlet.

On the local scene:

SUNDAYS

Distance athletes

The running clinic –

- **Marathoners and half marathoners** meet at the Neil Hunt Park clubrooms at 6.50am leaving at 7.00am.
 - **10kers** – meet 7.25am at the Neil Hunt Park clubrooms leaving 7.30am unless advised otherwise
- For further information on the Clinic call Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

Others that run - 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 (the marathon walking clinic) – 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/Walkers – These sessions are at 7.30pm to 9.00pm at the Neil Hunt Park clubrooms. Email Sarah Lei at miltonhouse@yahoo.co.uk or phone 349 3558 or 027 228 5496 if further information required.

TUESDAYS

Distance athletes

Running clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

Other runners – 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.

THURSDAYS

Distance athletes

Running clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

Other runners – 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 by Planet Bike opposite Fern Drive on the Waipa Bypass Road.

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance events - out of town:

Saturday 12 April – Te Awamutu Golf course Fun run/walk. 9.30am at Te Awamutu Golf club. 3km or 6km run/walk \$15.00: 12km run \$15.00: late fee an extra \$5.00: visit www.sportsground.co.nz/teawamutuathletics for full details

Senior track and field trophy winners – 2014:

Champion of Champions - Seniors 15 years plus

Overall points attained in the championship programme - **Steven O'Callaghan**

Keith Hay Homes – Men's middle distance

Points accumulated in middle distance championship events - **Steven O'Callaghan**

Sprint trophy – women's sprints

Points accumulated in sprint championship events - **Karyn McCready**

President's Trophy

12, 13, 14 years (male and female) for overall points attained in the championship programme - **Chris Werner**

Cool Spring Trophy

Best all round performances by a member aged 15 to 19 years in the championships – **Julian Smith**

Dorothy Malcolm Memorial Trophy

Person(s) who have made the greatest contribution to Wednesday evening's senior/teens track and field – **Rinus Adriaansz and Denise Caudwell**

Lake City Athletic Club – Coaches trophy

Greatest contribution to Club senior/teens track and field coaching involving club members – **Donnene van Fulpen**

RESULTS

Trout Fly -27 March 2014

5km:

1	Steven O'Callaghan	15.27 (BPY 0.22)
2	Adrian Lysaght	17.09 (PB =)
3	Tony Broadhead	17.15 (BPY 0.30)
4	Chris Corney	17.25
5	Kenny Brake	17.48
6	Stephen Bjarnesen	18.02 (PB 0.09)
7	Duncan Smith	18.10 (BPY 0.03)
8	Jason Steyn-Ross	18.14
9	Russell Clarke	18.19 (PB 0.24)
10	Sue Crowley	18.28
11	Dave Cronshaw	18.30 (BPY 0.37)
12	Andy Hickson	18.50
13	Shayne Hossack	19.22
14	Saul Webb	19.41
15	Graeme Moore	19.47 (PB 1.18)
16	Stephanie McHale	19.49 (PB 0.12)
17	Gregg Kidd	19.51 (PB 0.09)
18	Nic Leary	19.54 (PB 0.22)
19	Charlotte Pearson	20.38 (PB 0.10)
20	Erin Leahy	20.39

21	Gaine Peterson	20.39 (PB 0.12)	91	Robert Corbett	29.51
22	Melanie Thompson	20.54 (PB 0.50)	92	Stella Pinkney	29.54
23	Loma Mills	21.12	93	Lily Gordon	29.54 (PB 0.25)
24	Kare Rea	21.17	94	Stella Win	29.55 (PB 0.24)
25	Chris Lord	21.44	95	Barbara Baker	30.05 (PB 0.56)
26	Bruce Smith	21.51	96	Aroha Thompson	30.06 (PB 0.57)
27	Phil Gulbransen	21.51	97	Nicky Hayes	30.13
28	Campbell Horn	21.59	98	Peter Bloore	30.19
29	Kerryn Barker	22.01 (PB 0.08)	99	Judy Hewlett	30.25
30	Daniel O'Connell	22.09 (PB 0.05)	100	Molly Sinclair	30.40
31	Lindsay Foster	22.37 (PB 1.26)	101	Karen Morton	30.46 (PB 5.54)
32	Sarah Lei	22.41 (BPY 0.03)	102	Liz Crozier	31.02 (PB 7.35)
33	Dave Fischer	22.51	103	Emma Van Twuiver	31.13
34	Grant Utteridge	22.59	104	Erin Dender	31.19
35	Craig Pollard	23.06 (PB 1.49)	105	Jemmel Ruland	31.19
36	John Harvey	23.14	106	Shirley Brown	31.42 (PB 2.04)
37	Mason Dean	23.36	107	Rachel Cavanaugh	32.19
38	Antony Buckley	23.38	108	Liam Murphy	32.20
39	Nicola Fisken	23.40	109	Lou Lord	32.21 (PB 0.23)
40	Amanda Heaphy	23.47 (PB 0.53)	110	Keith Walmsley	32.28
41	Graeme Pearson	23.49	111	Tai Taitoko	32.47
42	Stevie Fiske +pram	24.21 PB + pram 1.45)	112	Annabel Fordyce	32.54
43	Toni Vince	24.22	113	Celene Aitchinson	32.54
44	Amy Bray	24.41 (PB 0.03)	114	Tania Pinfod	32.55
45	Tash Cianci	24.48	115	Kirsty Peterson	33.11 (PB 0.52)
46	Ed Osborne	24.49 (PB =)	116	Denise Caudwell (w)	36.07
47	Sam Pinkney	25.06	117	Maree Heaphy	37.20
48	Gerald Pinkney	25.07	118	Marama Christie	37.20
49	Natalie Pinkney	25.12 (PB 0.06)	119	Lana Martin	37.20
50	Dan Morrison	25.15	120	Isobel Taylor	38.28
51	Natalie Scott	25.16	121	Rinus Adriaansz (w)	40.34
52	Phil Kerrison	25.17	122	Sonya Hunt (w)	40.34
53	Jo Dudson	25.17	123	Sherry Te Kiri (w)	40.34
54	Kimberley Everson	25.19			
55	Rachael Catley	25.55 (PB 1.16)			
56	Joanne Tombleson	26.00	2.88km:		
57	Maelene Bell	26.02	1	Sam Rossiter	11.17
58	Ben Kearney	26.26	2	Kurt Rice	11.30
59	Sam Atkinson	26.49	3	Kaya Corporaal	11.59
60	Kathryn Murphy	26.53 (PB 0.14)	4	Gareth Upston	12.56
61	Justine Sinclair	27.06	5	Kaleigh Aitchinson	13.27 (PB 0.11)
62	Turia Jones	27.07	6	Martin Harris	13.45 (PB 0.15)
63	Tai Puku	27.10	7	Zak Harris	14.00
64	Jared Sinclair	27.21	8	Luanna George	14.30
65	Oliver Kearney	27.22	9	Conor Lysaght	14.35 (PB 0.07)
66	Idris Sosaia	27.34	10	Amber Lysaght	14.37
67	Teri Tomoana	27.35	11	Faye Brown	14.41
68	Lyn Reardon	27.48	12	Debbie McLenaghan	15.06 (PB 1.45)
69	Frank Timoti	27.58	13	Jack Peterson	16.12
70	Peter Vyver	27.59	14	Freya Lord	16.15
71	Yvonne Mansell	28.07 (PB 1.14)	15	Blair Sutton	6.26
72	Kerris Browne	28.14 (PB 0.25)	16	Eleanor Crowley	16.26
73	Moana Tapsell	28.16	17	Christine Crowley	16.43
74	Louise Rickard	28.16 (PB 1.43)	18	Harry Koller-Schultz	16.48
75	Jule Parry	28.24	19	Angela Koller-Schultz	16.48 (PB 0.26)
76	Kate Kearney	28.25	20	Michelle Morse	17.12 (PB 2.08)
77	Wayne Mansell	28.27	21	Matt Fisken (+pram)	17.13
78	Allison Scott	28.28 (PB 1.57)	22	Oliver Atkinson	17.15
79	Stephanie Thompson	28.37 (PB 1.43)	23	Christian Walmsley	17.16 (PB 1.21)
80	Olivia Booten	28.39	24	Jyrome Walmsley	17.16
81	Andrea Pollard	28.39 (PB 1.36)	25	Caitlin Lang	17.22 (PB 6.32)
82	James Watson	28.51	26	Richard Lang	17.22
83	Shirley Day	28.51 (PB 0.18)	27	Kasper Grunwell	17.39 (PB 1.53)
84	John Holmes	29.16 (PB 2.34)	28	Joel Sutton	17.57
85	Joanna Wilce	29.17 (PB 0.35)	29	Sam Cheesman	18.05
86	Viv Sutton	29.18	30	Logan Burrell	18.07
87	Ann Eastcott	29.23 (PB 0.20)	31	Jana Furstenberg	18.26
88	Ramari Te Kowhai	29.30	32	Kelly Van Der Vegte	18.26
89	Anastasia Rickard	29.32	33	Amy Mitchell	18.26
90	Allison King	29.37 (PB 1.21)	34	Hayden Martin	18.46
			35	Sean Martin	18.48 (PB 6.43)

36	Michael Rossiter	18.48
37	Lucas Joy	18.59
38	Jacson Lalich	19.18
39	Kelli Lalich	19.18
40	Roger Allsopp	19.23
41	Juliet Fordyce	19.40
42	Brett Fordyce	19.58
43	Treye Geater	20.19
44	Natasha Timms	20.20
45	Harry Cheesman	20.30
46	Neveiah Te Tuhi	20.45
47	Cody Rawiri	20.48 (PB 3.08)
48	Jo Cheesman	21.12
49	Nicki Mitchell	21.15
50	Jesse Izzillo	21.16
51	Yugi Ogawa	21.16
52	Jordan Van Der Vegte	21.34 (PB 2.37)
53	Mya Mitchell	21.47 (PB 2.09)
54	Nikki Spedding	21.47 (PB 2.25)
55	Cory Izzillo	22.25
56	Lorna Dobson	22.25
57	Debra Kiddie-Ruland	22.36
58	Chrissie Aratema	22.41
59	Jessica Martin	23.15
60	Teresa Martin	23.16
61	Mandy Maulder	23.24 (BPY 0.10)
62	Sequoia Dobson	23.36
63	Sam Henderson	24.41 (PB 0.11)
64	Jasper Dobson	24.45
65	Ian Dobson	24.45
66	Jacque Mitchell	24.46
67	Dave Rossiter	24.47
68	Donna Izzillo	25.20
69	Pettnapah Tawhai	25.21
70	Maggie Thompson	25.21
71	Huia Murray	26.51
72	Ashleigh Randell	27.11 (PB 1.01)
73	Claire Randell (in pram)	27.11
74	Justine Randell (+pram)	27.11
75	Sam Burrell	28.37
76	Sharon Burell	28.37
77	Jade Mitchell (w)	30.09
78	Kelly Mitchell (w)	30.15
79	Kathy Jackson (w)	30.21
80	Tamzin Joy	30.59
81	Rina Joy	30.59

For your massage needs contact
Toni of 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.

***Around the Lake.....The Story of the
Rotorua Marathon***

Readers of the recent Weekender publication will
have noted that there is a book being written on
the history of the Rotorua Marathon. Author,
Simon Earle, has detailed the events history,
interviewed winners etc, to make what will be a
great read. The book will be available on
marathon weekend or can be ordered through
www.rotuamarathon.co.nz – click on
merchandise