



Website: www.lakecity.co.nz
Email: lakecity@xtra.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

2 August 2014

The past week:

The event with the unusual named trophy was held on Saturday. This being the Minster Cup 10km estimated time event based from the TITC at Waipa. Where does the cup name come from? It was donated in 1947 to the then Rotorua Athletic, Harrier and Cycling Club by a local Rotorua menswear business that sold Minster suits. The event now has 2 additional trophies kindly donated to the club by Phil and Christine Kerrison. The inaugural winners of these trophies, for the two 5km estimated time events were: Runners – Kathy Howard: Walkers – Denise Caudwell. The Minster Cup was taken out by Steven O'Callaghan.

Christine and Phil the duty officers of the day did their usual excellent job of putting on the event. Thanks Christine and Phil and those that gave you assistance. Special thanks must go to the Forest owners, Timberlands, the Redwoods Visitors Centre and the Timber Industry Training Centre - all allowing us to use their properties. Results are on the reverse

The Neil Hunt Park clubrooms:

Ants:

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 see the attachments detailing the agenda and remits received

On the local scene and out of town:

SATURDAYS

This Saturday 2 August – There is no local event this Saturday. This is the day of the popular Matamata relay over a 3.3km flat lap of the Matamata Township. The club teams have been selected and entered and are included in this publication.

Please note the following: your club uniform of the club singlet and black shorts are to be worn. The first runner/walkers leave the Matamata Domain at 1.00pm, so you all will need to be there no later than 12.30pm to collect race numbers.

If you have not heard from your team captain please Adrian Lysaght 027 612 3496 or adrian.lysaght@xtra.co.nz

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. 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. All welcome

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 or get an entry form from 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. Kerris will be covering all those 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 to book your spot, or on her facebook page:

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 fabulous 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 key pad 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

<u>Start Time</u>	<u>Event No & Grade</u>	<u>Distance</u>	<u>Fee</u>
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 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.

Club selected Matamata Relay teams:

Walkers

1. Denise Caudwell
2. Rinus Adriaansz
3. Leanne Leggett

Super Vet (60+)

1. Trevor Ogilvie
2. John Harvey
3. Phil Kerrison
4. Peter Vyver

Masters Women 1

1. Lorna Mills
2. Sian Twiddy
3. Teresa Martin
4. Jodie Hickson

Masters Women 2

1. Toni Mills
2. Christine Kerrison
3. Sheryl Pearson
4. Mere Attwater

Open Women

1. Melanie Thompson
2. Charlotte Pearson
3. Cati Pearson
4. Erin Leahy

Open Men

1. Steven O'Callaghan
2. Matt Parsonage
3. Jason Steyn-Ross
4. Steve Bjarnesen
5. Andy Twiddy

Masters Men

1. Adrian Lysaght
2. Tony Broadhead
3. Andy Hickson
4. Chris Corney
5. Brad Griffiths

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:

- pay a deposit (\$200) by the end of the month
- 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

RESULTS

Minster Cup – Estimated time - 26 July 2014. Based at TITC Waipa, the course took in Fern Drive, Tadama Road, Long Drive, and Poplar Avenue. 5km for one lap

2km: Children supporting race:

1 Conor Lysaght	9.02
2 Amber Lysaght	26.26

5km:	Time	Est.time	Diff
1 Andy Hickson	21.36	-	-
2 James McKellar	24.59	27.00	-2.01 (visitor)
3 Jodie Hickson	25.48	25.13	+0.35
4 Kathy Howard	26.07	25.35	+0.32 1st - Kerrison Trophy (runner)
5 Alison Scott	28.01	30.30	-2.29
6 Kathryn Murphy	31.56	-	-
7 Lou Lord	35.22	38.00	-2.38
8 Denise Caudwell (w)	40.16	40.00	+ 0.16 1st - Kerrison Trophy (walker)
9 Mike Burkinshaw (w)	40.19	40.53	-0.34
10 Helen Foster (w)	40.21	41.00	-0.39
11 Jeanene Lysaght (w)	40.49	42.38	-1.49
12 Rinus Adriaansz (w)	44.12	50.00	-5.48
13 Maureen Heald (w)	44.13	45.00	-0.47
14 Doris Bragg (w)	45.26	50.00	-4.34

10km:	Time	Est.time	Diff
1 Stephen O'Callaghan	34.58	34.55	+ 0.03 1st - Minster Cup
2 Adrian Lysaght	36.20	36.00	+ 0.20
3 Tony Broadhead	38.08	36.52	+ 1.16
4 Dave Cronshaw	38.38	37.45	+ 0.53
5 Jason Steyn-Ross	39.06	38.50	+ 0.16
6 Chris Corney	39.24	38.20	+ 1.04
7 Sue Crowley	40.09	39.00	+1.09
8 Trevor Ogilvie	40.16	40.00	+ 0.16
9 Stephen Bjarnesen	41.18	41.00	+ 0.18
10 Russell Clarke	42.12	42.30	+ 0.18
11 Andrew Twiddy	42.33	40.00	+ 2.33
12 Brad Griffiths	43.09	44.00	- 0.51
13 Lorna Mills	43.28	45.00	- 1.32
14 Siobhan Griffiths	43.37	44.00	- 0.23
15 Kate Rea	44.31	48.05	- 3.34
16 Tracey Hay	45.42	47.01	- 1.19
17 Gillian Shapley	46.34	46.45	- 0.11
18 Chris Lord	48.12	48.00	+ 0.12
19 Lindsay Foster	48.14	48.00	+ 0.14
20 Kimberley Evison	49.01	50.00	- 0.59
21 Matt Avis	50.01	55.00	- 4.59 Visitor
22 John Harvey	50.15	48.40	+1.35
23 Sarah Lei	50.16	50.00	+ 0.16
24 Amy Bray	52.30	58.00	- 5.30
25 Teresa Martin	53.54	58.00	- 4.06
26 Max Bragg	54.56	59.00	- 4.04
27 Chris Bycroft	57.01	50.32	- 6.29
28 Peter Vyver	57.34	58.00	- 0.26
29 Luanna George	58.33	60.00	- 1.27
30 Vicky Wheeler	59.55	74.00	- 14.05
31 Peter Bloore	61.33	58.00	+ 3.33
32 Sheryl Pearson	71.10	75.00	- 3.50