



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

5 July 2014

### The past week:

This weekend's event, the River Trail Trot, involved two team captains picking their teams from the assembled athletes. Erin Leahy was the captain of the Hair Cuts while Jason Steyn-Ross was the captain of Here's Hoping. Each team member had to accumulate points for their team on the Atiamuri section of the Waikato River Trials by completing one of nine different distance options within 30 minutes. Points were awarded as follows:

- 1 point per kilometre
- 5 points for 1st place for each distance option
- 3 points for 2nd place for each distance option
- 1 points for 3rd place for each distance option
- 5 points for walking
- -5 points for taking longer than 30 minutes

As Here's Hoping had one more member than the Hair Cuts, the captain of Here's Hoping, Jason, had to choose someone to be a joker from the Hair Cuts. The joker would earn double points. Mark Geddes was chosen as joker, and this choice back-fired on Here's Hoping as Mark scored a hefty 12 points which was doubled for his team, the Hair Cuts. Erin's team, the Hair Cuts, ended up defeating Jason's Here's Hoping 106.5 points to 95 points. Luanna George was the biggest individual point's scorer with 13.5. Sound's confusing? Come along next year to find out more and enjoy the fun. On the way home everyone stopped at the Pukeko & Bull (aka The Bull Ring) for hot chips and a cold or hot beverage. John Harvey made it three victories in a row in the afternoon: being in the winning River Trail Trot team and winning both the doubles and singles matches on the pool table. Thank you to all the participants for turning up, Tineke O'Callaghan for event time keeping, and Amber, Maisie and Lydia for relocating tripping hazard rocks away from the start/finish area.

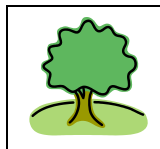
This was the third time this club event was held: in 2012 Kerris Browne's team won, in 2013 Lindsay Foster's team won. Maybe in 2015 we could have a battle between the three previous years' winning captains: Erin, Lindsay and Kerris! Over the three year history of the event, Steven O'Callaghan has always been on the winning team while Peter Vyver and Russell Clarke have always ended up on the losing team - clues for team selection next time? Results herewith.

**Adrian Lysaght**

A big thanks to Adrian and his helpers that put on this event.

### Whaka Forest:

Tree felling in the vicinity of Radio Hut



Road has ceased meantime. If running/walking in this area, please take extreme care as the area that has been harvested is still quite unstable.

## 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. **Please note any resolutions or general business items need to be in the hands of the Club Secretary, no later than Monday 28 July.** These can be emailed to [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz) or posted to P O Box 2136, Rotorua 3040

### On the local scene:

#### SATURDAYS

**This Saturday 5 July** - Those not travelling to Taupo feel free to organise a pack run/ walk from the clubrooms.

Out of town are the North Island Cross-country champs, Thermal Park, Spa Road, Taupo. There are races for all grades and abilities. The days programme and entry details are on the next page.

**Saturday 12 July** - The Galatea Gallop. Meet at Neil Hunt Park clubrooms to carpool to venue. Further details to be advised. Duty officer: Sjors Corporaal - Ph. 366 4773.

**Saturday 19 July** - This day the Lake City and Athletics Waikato BOP Cross-country championships at Bishop's Farm Whakatane Highway (State Highway 30)

The events will be contested over the full championship distances and have races for all grades and abilities. A walk event is on the programme.

**The days programme, how to enter and entry fee payable is attached. It is strongly recommended that you enter no later than the early entry closing - Tuesday 15 July. Entry fee must be with the completed entry form.**

This club organised event requires assistance from club members as marshalls, recorders, taking late entries, course marking/pack up etc. At the clubrooms is a list to indicate if you can assist on the day, together with individual entry forms. Even if you are participating on the day there's are tasks that need doing before and after the event.

This is the 2nd of club events where the club selectors will be observing club members fitness for future relay teams. Remember you have to show your form in at least 4 (four) events before team selections are made

**Duty officers: The winter season committee - but they need help!**

Note that all the club winter events are open to runners and walkers, the fast and the slow, the young and the old! Come along and keep your fitness base up over the winter months.

## SUNDAYS

**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, 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.

## THURSDAYS

### Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road.

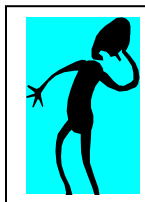
### Walkers

**Am** - Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

**Pm** - Meet 5.30pm at the City Focus, Tutanekai Street, Rotorua

## Think Tank: - This is Wednesday 9 July - Next week

At the direction of the Club's Executive a "Think Tank evening" focusing on the future of the Club's summer Teens and Adults track and field activities is to be held on Wednesday evening 9 July 2014, 7.30pm at the Neil Hunt Park clubrooms - off Tarawera Road. Ideas have been bandied around on how to increase participation etc., but the Executive wish to hear member's ideas/thoughts before the future of this side of the Club is decided upon.

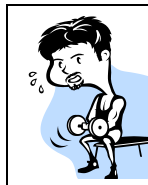


## The clubroom gym:

There have been occasions where young persons have been in the gym without supervision. Parents/caregivers please note the following

**"No persons under the age of 16 years to be in the club room gym without supervision"**

Thanks - The Executive Committee"



## The Club website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

We are in the process of updating the club's website, and would appreciate your feedback on the current site. Please take the time to complete the survey which is attached with this week's guff sheet and make comments as they will help us in deciding on the changes. Thanking you for taking the time, and emailing it back to us as soon as you can as per instructions on the survey form.

## NORTH ISLAND CROSS-COUNTRY RACES

**This Saturday 5 July 2014  
Spa Thermal Park, Taupo**

### PROGRAMME

#	Grade	Distance	Start time	Entry fee
1.	Walkers	5000m	9.30am	\$10.00
2.	Girls 10 and under	1000m	10.30am	\$5.00
3.	Boys 10and under	1000m	10.40am	\$5.00
4.	Girls 12 (11, 12)	2000m	10.50am	\$5.00
5.	Boys 12 (11, 12)	2000m	11.00am	\$5.00
6.	Master's men 50+	6000m	11.10am	\$20.00
7.	Masters women 35+	5000m	11.35am	\$20.00
8.	Girls 14 (13, 14)	3000m	12.00noon	\$10.00
9.	Boys 14 (13, 14)	3000m	12.15am	\$10.00
10.	Masters men 35-49	6000m	12.30pm	\$20.00
11.	Women U18 (15, 16, 17)	4000m	1.00 pm	\$20.00
12.	Men U18 (15, 16, 17)	5000m	1.15 pm	\$20.00
13.	Women U20 (18, 19)	4000m	1.35pm	\$20.00
14.	Men U20 (18.19)	5000m	1.50pm	\$20.00
15.	Senior women (20-34)	4000m	2.10pm	\$20.00
16.	Senior Men (20-34)	8000m	2.30 pm	\$20.00

Late entry fee surcharge of 50% per athlete on the day. No late entry accepted after 11.00am on the day. Race pack/number to be uplifted by 11.00am on the Saturday

Please ensure you are entering in the correct age group - ages as at 31 December 2014 except for master graded athletes - **age on race day**.

## Coaching course - for officials and event organizers

(run by Heather O'Hagan the Athletics Waikato BOP Officials co-ordinator)

For anyone interested in attending an outside events course, 2 courses have been organised:

1. Tauranga at Waipuna Park, Sunday 13 July starting at 9.30am, exams after lunch.

Anyone interested please contact Heather O'Hagan on 0274 713220 or email her at [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)

The NZ Road Champs are in Tauranga in September - an ideal chance to get a National Champs on your officiating log.

Anyone interested in sitting a higher grade exam for track and field please contact Heather to arrange this.

Don't be put off by the word "exams". The introductory course and the exam are very basic.

There are also other coaching courses available - 5/6 July at Tauranga a Run, jump throw course. 27 to 29 September a Run jump Throw faciliator course in Auckland. Further details can be obtained by contacting your club secretary on [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)

## 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

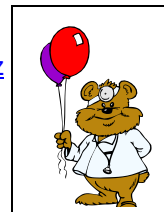
**Sarah Wiwarena** – Ph: 348 7674 (evenings): Mobile 027 248 3874

**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.

## Pacers: Rotorua running festival – 23 November 2014

If you want to be a half marathon pacer at the above event please contact Rob Docherty at [rob@runningevents.co.nz](mailto:rob@runningevents.co.nz)  
You will get free entry to the event and a balloon(s).



## RESULTS

### Waikato River Trail Trot – 28 June 2014

Full Name	Team	Note	Time	Distance (m)	Points				Total
					Distance	Placing	Walking	Over 30min	
Conor Lysaght	The Hair Cuts		15:34	3000	3	5			8
Lorna Mills	The Hair Cuts		21:17	5000	5	5			10
Linda Johnston	Here's Hoping		22:25	3000	3	3	5		11
Mere Attwater	Here's Hoping		22:52	4000	4	5			9
Oliva Goh	Here's Hoping		23:18	3000	3	1	5		9
Luanna George	The Hair Cuts		24:33	3500	3.5	5	5		13.5
Russell Clarke	Here's Hoping		25:30	6000	6	5			11
Leanne Leggett	The Hair Cuts		26:07	3500	3.5	3	5		11.5
John Harvey	The Hair Cuts		26:25	5500	5.5	5			10.5
Mark Geddes	The Hair Cuts	Joker	26:59	4000	4	3	5		12
Paul Carpenter	Here's Hoping		28:07	5500	5.5	3			8.5
Trevor Ogilvie	Here's Hoping		28:16	7000	7	5			12
Steven O'Callaghan	The Hair Cuts		28:33	8000	8	5			13
Adrian Lysaght	Here's Hoping		29:10	8000	8	3			11
Cindy Carpenter	The Hair Cuts		29:25	5000	5	3			8
Jason Steyn-Ross	Here's Hoping	Captain	29:31	7000	7	3			10
Sue Crowley	Here's Hoping		29:34	7500	7.5	5			12.5
Erin Leahy	The Hair Cuts	Captain	29:43	7000	7	1			8
Peter Vyver	Here's Hoping		30:58	5000	5	1		-5	1

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](mailto: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 your 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](http://www.go360.co.nz) for prices, classes, opening times etc.