



LAKE CITY
Athletic Club INC

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

GUFF SHEET
11 June 2011

The week that was:

A wet event on Saturday. 26 headed off via the perimeter streets of the Rotorua Golf Course and then the Tree Trust to the Tihi-O-Tonga countryside and back to Old Taupo Road via Otonga and Springfield Roads. Another 6 took in the golf course circuit.

Thanks to our hosts of the day, Peter and Jan Vyver, and all those who braved the weather either as a participant, marshal or recorder.

Forth coming events in Rotorua:

This Saturday 11 June - Meet 1.45pm in Sala Street (by Scott Street) for a dash on the grass - 2.00pm start. Event followed by a cuppa and bikkies at the Neil Hunt Park clubrooms. Duty officer: Pam Kenny - Ph. 348 8448.

A number of marshalls will be required for this event. Let Pam know if you are able to assist in this area.

What to do: Come earlier and made yourself familiar with the course which is approx 1.7km per lap. Run or walk 1 lap, 2 laps or 3 laps.

Note that where there are double markers you must run or walk between these. Where there is a single marker you can run or walk 5 metres either side of it. The markers can be red cones, round disks or an arrow.

Events on the local scene:

Saturday 18 June - Foster / Smyth / Lamason Cross-country races - First walker(s) leave 1.30pm. First runner(s) leaves 2.00pm. Meet end Wharenui Road. Handicap cross-country race of approx. 10km. Inter club day with clubs from Athletics Waikato BOP region. Shorter distance event for younger grades and those not wishing to tackle the longer distance. The 10km course is suitable for adults and strong teenagers. Afternoon tea follows at

Neil Hunt Park clubrooms. Duty officers: Lindsay Foster - Ph. 348 6818 - and his helpers

What to do: Place your name on the list at the Neil Hunt Park clubrooms either as a participant or a helper.

New Zealand Secondary School Cross-country championships, Ashburton.

Saturday June 25 - Club Cross-country championships. Meet 1.45pm at Bishop's Farm, Whakatane Highway. First event gets underway 2.00pm. Please bring a plate for afternoon tea at venue. Duty officers: Trevor Ogilvie Ph. 347 8181 and Tony Broadhead.

Looking further ahead:

JULY

Sat 2 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.

Sun 3 Kawerau Half Marathon, 12km fun run and 3km little trail run, Kawerau

Sat 9 Athletics Waikato BOP Cross-country championships, Te Rapa, Hamilton. Races for all grades and abilities. This event is open to all - club only athletes and Athletics NZ registered athletes. Only Athletics NZ registered athletes can take championship places. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.

Sat 16 Blue Lake Blat. Two runner relay teams. Walkers one individual lap. Meet 1.45pm by the Blue boat ramp - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance.

Sat 23 Mt Ngongotaha 6.4km run or walk. Meet 1.30pm at 396 Clayton Road to car pool to start - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance.

Athletics New Zealand Cross-country championships, Christchurch.

Sat 30 Matamata 3km Road relay, Matamata. Club day away - no event locally. Teams of all abilities taking part from the Waikato BOP region. **Note:** Event guideline of fitness for New Zealand Road Relay.

AUGUST

Sat 6 Athletics Waikato BOP Road championships, "The Lakes" Tauranga. Races for all grades and abilities. This event is open to all - club only athletes and Athletics NZ registered athletes. Only Athletics NZ registered athletes can take championship places. **Note:** Event guideline of fitness for New Zealand Road Relay. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.

Sat 13 Minster Cup 10km estimated time run or walk. Meet 1.45pm at TITC off Waipa Mill Bypass Road - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance.

Other events on the local scene:

SUNDAYS

Those that run - groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some at 8.00am and possibly some in

between. Find a group that is compatible with your fitness and head off into the Forest.

Those that walk – Meet 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

For the beginner - Meet 4.00pm at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

General fitness sessions – (Coach controlled). Between 1.00pm to 2.00pm general fitness sessions for teens (12 plus) and adults is at the clubrooms gym. There is also a 2nd session on a Thursday evening between 6.00pm to 7.00pm. The second session each week is by Koha to the Coach. Contact: Dan Beazley - Ph: 350 2473.

TUESDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Hennessey's Irish Bar, 1208 Tutaneikai Street, Rotorua.

THURSDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Hennessey's Irish Bar, 1208 Tutaneikai Street, Rotorua.

General fitness sessions – (Coach controlled) Between 6.00pm to 7.00pm general fitness sessions for teens (12 plus) and adults is at the clubrooms gym. There is a 2nd session on a Sunday between 1.00pm to 2.00pm. The second session each week is by Koha to the Coach. Contact: Dan Beazley - Ph: 350 2473.

Update - Whaka Forest:

Harvesting is continuing in the Forest. Please respect the closures and watch out for traffic (trucks) on the various roads.

Children's Cross Country 'Pack Run' Parent Helpers please:

This is the first year, for many a year, that the club has added extra Saturday 'Pack Runs' for cross country, even when there are no formal events, or adult athletes are out of town at events.

This was done to create a consistent schedule right through winter, so every Saturday has a training event, and to get more people (especially

children) coming on a regular basis.

Our numbers of Children attending winter cross- country has picked up nicely. It's great to see so many active kids, and even better to see new parents coming along and joining in!

However, those organising the Children's pack runs are runners themselves, and do like to have a turn doing the adult runs as well.

So we need more parents to 'take turns' with the kids events please. Even if you take just one run, that shares it out amongst the parents. Kerris will provide all the info; help with how to set up a route, and make sure you can get arrows/cones etc from the clubrooms.

Email Kerris on swingmills@xtra.co.nz or Ph: 3480790 or 021 753691 if you can take one of these spots left.

July 2nd July 9th July 30th

Aug 6th Aug 20th

Sep 3rd

Oct 8th

Results:

Novice, Veteran Costello and Tihi-O-Tonga 7km sealed handicap - 4 June 2011

3km approx.

Jeanene Lysaght	W20	23.46
Devyn Jones	B10	26.36
Javier Browne	B9	26.37
Jude Carpenter	B9	26.38
Pippa Sparrow	G8	27.09

7km

		Finish Time	
Colin Earwaker	M50	25.44	
Adrian Lysaght	M35	27.40	
Leighton Warren	M19	29.49	
Siobhan Griffiths	W35	31.46	
Brad Griffiths	M35	33.00	
Gillian Shapely	W35	33.53	
John Harvey	M55	35.12	
Shaun O'Donnell	M50	35.26	Veteran Cup
Phil Gulbransen	M55	35.47	
Mark Geddes	M50	36.40	
Sarah Lei	W35	37.22	
Toni Mills	W35	37.43	
Jodie Hickson	W35	38.02	Novice Cup
Kathy Howard	W60	38.43	
Peter Vyver	M65	39.23	
Martin Harris	M60	40.37	
Peter Bloore	M60	41.09	
Cindy Carpenter (v)	W50	46.18	
Rachel Browne	W40	49.35	
Olivia Goh	W20	50.26	
Sue Sparrow	W45	51.58	
Leanne White (v)	W35	52.05	
Max Bragg	M65	53.02	
Ann Ibbotson (v)	W35	53.03	
Rinus Adriaansz	M50 (w)	61.48	Tihi-O-Tonga Cup
Michelle Phelan (v)	W40	70.16	
Doris Bragg	W65	70.17	

National Road Relays - Saturday 3 September 2011

The club has started planning for this event...

The plan is to send four teams of eight to the event, which is being held on 3rd September in Auckland, hosted by Pakuranga Athletic Club. The relay is run over some very scenic countryside. Total distance is 64.3kms with the laps varying between distances of 5.6-10.5kms, some of which can be very hilly!

It's a great opportunity to go away and get to know other club members. We plan on leaving Rotorua on Friday 2nd September returning to Rotorua on Sunday 4th September.

We would like to enter Senior Men, Masters Men, Senior Women and Composite Grade teams. We will need a minimum of 10 women to field these teams (8 in the senior women team & minimum of 2 in the composite team). Over the last number of years we have been unable to field a women's team but due to more female members we will be able to do it this year.

We need you to tell us if you would like to be considered for selection, with a promise that if you are selected you will be able to travel and be away on these dates. It will cost \$100 per person - this includes entry fee, travel and accommodation.

There is an expectation that people wishing to be selected come and run in the Saturday club events. That way the selectors can pick the team fairly - positioning runners on the laps that would suit them best. Please let Siobhan know if you would like to be considered for this event – email her brad.siobhan@xtra.co.nz or text on 021 1289925. Thanks.

***For your physio needs contact
The Physiotherapy Clinic –***

***inquiry@physiotherapyclinic.co.nz
or 07 347 8380***

