



**LAKE CITY**  
*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera  
Road, Lynmore, Rotorua

**GUFF SHEET**  
**18 June 2011**

**The week that was:**

Although the rain ceased for the Sala Street dash on Saturday, the course had few damp spots plus some mud. 38 lined up with one, two or three laps of the 1.7km loop being completed. Thanks to those who assisted on the afternoon with marshalling, recording etc. Results are on the reverse.

**Forth coming events in Rotorua:**

***This Saturday 18 June*** - Foster / Smyth / Lamason 10km Cross-country race. – **The first walker(s) leave 1.30pm. First runner(s) leaves 2.00pm.**

The event is an open handicap where the slower people head off first and the others at intervals determined by the club handicapper. There will be visitors from Tauranga and Kawerau taking part – their club handicapper will determine their handicaps and they will be slotted into the starting list. The 10km course is suitable for adults and strong teenagers.

Non-handicap shorter distance events for younger grades and those not wishing to tackle the longer distance will start at 2 00pm.

Trophy winners must be currently financial with the Club.

Sorry no dogs allowed onto the property. Also children need to be supervised.

Afternoon tea follows at Neil Hunt Park clubrooms. Duty officers: Lindsay Foster – Ph. 348 6818 - and his helpers

**What to do:**

**Prior to Saturday** – Place your name on the list at the Neil Hunt Park clubrooms either as a participant or helper or give Moustache a call on 348 6100.

**On Saturday** - Head to Wharenui Road Owata and drive **slowly** down the farm track to the woolshed. On arrival those doing the longer event need to check in to establish the start time allocated to them.

The New Zealand Secondary School Cross-country championships are at Ashburton. Good luck to club members representing their school in this hotly contested event.

**Saturday June 25** - Club Cross-country championships. Meet 1.45pm at Bishop's Farm, Whakatane Highway (State Highway 30). 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. The programme is on the reverse.

**Events out of Rotorua:**

**Saturday 2 July** - North Island cross-country championships, Spa Park, Taupo. Races for all grades and abilities. The programme is on the reverse.

**Sunday 3 July** - Kawerau Half Marathon, 12km fun run and 3km little trail run, Kawerau. Entry forms at clubrooms.

**Saturday 9 July** - 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.

**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 at 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](mailto: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.



## CROSS-COUNTRY CHAMPIONSHIPS

**Saturday 25 June 2011**

**Bishop's Farm, Whakatane Highway  
(State Highway 30) approx. 2km on  
the right from the Tauranga  
Whakatane turnoff – Te Ngae  
Junction**

### The programme is:

#### **2.00pm**

##### **Distance 4000 metres**

Women 16 (15 and 16)  
Men 16 (15 and 16)  
Women 19 (17, 18, and 19)  
Senior Women (20-34)  
Masters Women (35 plus)

#### **2.35pm**

##### **Distance 2000 metres**

Boys/girls 14 (13 and 14)  
Boys /girls 12 (11 and 12)  
Boys/girls 10 (5, 6, 7, 8, 9 and 10)  
Walkers (all grades)

#### **2.55pm**

##### **Distance 8000 metres**

Senior men (20-34)

##### **Distance 6000 metres**

Masters men (35 plus)  
Men 19 (17, 18, and 19)

### **Notes**

**1.** Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2011 except for Master grades, which is age on the day.

**2.** Members are only eligible to win championship places in their own grades, **and must be a financial member** of the Lake City Athletic Club.

**3. No dogs** permitted on the farm. Children to be supervised by their caregiver(s). Thank you!

**4.** Plate for afternoon tea at the venue please.

**5. Duty officer: Trevor Ogilvie – 347 8181.  
Contact Trevor to assist with course marking  
and Pam Kenny - 348 8448 if you can assist  
with recording, afternoon tea etc**

## **National Road Relays - Saturday 3 September 2011**

The club has started planning for this event... 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 - Friday 2nd September to Sunday 3 September. It will cost \$100 per person - this includes entry fee, travel and accommodation.

People wishing to be selected need to 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.

The list is now at the Neil Hunt Park clubrooms for you to make your commitment.

## **Results:**

### **Sala Street Dash – 11 June 2011**

#### **1.7km approx. lap (1 lap)**

Javier Browne	B9	7.56
Matthew Wynyard		9.24
Ronan Griffiths		10.00
Kate Lillie		11.12
Pippa Sparrow	G8	11.40
Aria Browne (w)	G11	21.48
Novalee Petersen		22.24

#### **3.4km approx. (2 laps)**

Trevor Ogilvie	M55	12.32
Sam Rossiter	M20	13.18
Tom Burgess	M20	13.38
Peter Quax		13.49
Siobhan Griffiths	W35	14.03
Logan Marten	M35	14.23
Gillian Shapley	W35	14.56
Kelly Dolton	W20	15.05
John Harvey	M55	15.19
Shaun O'Donnell	M50	16.21
Sarah Lei	W35	16.58
Kirsty Lickfold	G13	20.06
Mere Attwater	W45	20.13
Finn Lillie	B7	21.43
Rachel Browne	W40	21.57
Olivia Goh	W20	21.59
Mathew Lillie		22.08
Sue Sparrow	W45	23.07
Mike Burkinshaw	M70	24.10
Helen Perkins	W50	25.19
Doris Bragg	W65	27.45

#### **5.1km approx. (3 laps)**

Stephen O'Callaghan	M20	17.50
Jason Steyn-Ross	M20	18.37
Dave Fischer	M55	22.40
Mark Geddes	M50	25.08
Toni Mills	W35	26.02
Martin Harris	M60	26.28
Lindsay Foster	M55	27.31
Max Bragg	M65	28.06
Cindy Carpenter	W50	30.13
Kerris Browne	W40	32.25

## 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.

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](mailto: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, August 6th,  
August 20th, October 8th

### **Additional Notices**

1. Would the person who left the notice re the leak in the clubrooms please contact Shaun O'Donnell on 027 496 6316.
2. The Foster Smyth event this Saturday is being run / walked over the traditional course – not the one used last year.
3. Wishing to subscribe to Athletics News Zealand media releases and Enews then go to [www.athletics.org.nz](http://www.athletics.org.nz) and under 2XU logo (on the right corner of the home page) click on "subscribe to media releases and Enews"
4. The Athletics Waikato BOP cross-country (9 July, Hamilton) and road championships (6 August, Tauranga) have now been opened up to all, just like the Rotorua Marathon. The catch is to take a championship place you need to be a fully Athletics NZ registered.
5. Somebody paid their \$50.00 membership by internet on the 12<sup>th</sup> May into the Club's account but didn't put in any details Please contact Phil Kerrison - 345 5709 (evenings).
6. Keep Wednesday 17 August free. This is the date of the Club's AGM – 7.30pm at the Neil Hunt Park clubrooms.

## North Island cross-country – Spa Park, Taupo – 2 July 2011

Programme

### Event#

No 1.	10.00am	5k	non competitive walk	\$10.00
No 2.	11.00am	1k	Girls 10	\$5.00
No 3.	11.10am	1k	Boys 10	\$5.00
No 4.	11.20am	2k	Girls 12	\$5.00
No 5.	11.30am	2k	Boys 12	\$5.00
No 6.	11.45am	3k	Girls 14	\$10.00
No 7.	11.55am	6k	Men 50 plus	\$20.00
No 8.	12.15pm	5k	Women 35 plus	\$20.00
No 9.	12.40pm	5k	Men 16 & 19	\$20.00
No 10.	1.00pm	3k	Boys 14	\$10.00
No 11.	1.15pm	4k	Women 16 & 19	\$20.00
No 12.	1.35pm	6k	Men 35-49	\$20.00
No 13.	2.00pm	5k	Women 20-34	\$20.00
No 14.	2.25pm	9k	Men 20-34	\$20.00

### Send entry to:

NIXCC -Taupo Harriers P O Box 1112 Taupo with your name, race day age, date of birth, race grade, advising if you are Athletics NZ registered or non registered as well as the number of the event you are competing in. Please make cheques payable to Taupo Harrier Club.

Entry closes Monday 27 June. Entries after this date will be deemed to be a late entry with an extra \$10.00 fee payable. Late entry closes at 11.00am on the day.

Race numbers must be uplifted by 11.00am on race day.

Age is taken as at 31 December 2011 except for those 35 plus which is age on the day.

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

**[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380**

