



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

13 September 2014

### The past week:

It was quite on the local scene this past week. Out of town were the New Zealand road championships at the Lakes Industrial Estate, Tauranga.

Trevor Ogilvie added another New Zealand championship gold to his medal collection when he won the masters men 65 10000 metres. Tony Broadhead took out the silver in his 45 age group over 10000 metres, while Kathy Howard returned with a bronze for her 5000 masters women 60 event. Team's medals were also won by club members

Results are on the reverse.

### Whaka Forest

Please note that tree felling is resuming in the Radio Hut area. Please don't venture past any signs and tape in place, and if in the Forest during working hours watch out for logging trucks.

### Help Wanted: Children's Athletics

We need people to help train our parents in Track and Field events over 2 nights in October



We want parents to be taught basic skills that they can pass onto the children aged 5-11years. This would include the basic rules (how to avoid getting disqualified), what to look for /best way to teach each discipline and how to record the results, if time permits.

Time: 5.15pm - 6.15pm approx  
Dates: 14th & 21st October  
Place: No. 2 Grounds International Stadium

If you can help for these nights can you please email me at: [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz)

Thank you in advance  
Wendy Monk  
Children's Convener

### On the local scene and out of town:

#### SATURDAYS

This Saturday 13 September - Our own Red Stag Redwoods Forest Relay. The club teams have been selected

and entries from around the North Island are being received. Those of you that are available to help pre event please meet at the Neil Hunt Park clubrooms just after 7.00am. This to load the gear required to be taken to the course: mark the course: set up the start /finish area etc.

Those of you that have volunteered to be marshalls please report no later than 9.15am at the road crossing on Long Mile Road. This will be easy to find, because you will be stopped there by the likes of Moustache or Dennis. Please ask for Lynne Ogilvie and she will give you your marshall instructions. Those working in the start/finish area park your vehicle nose in on the road side by the Scion fence line (not in the Visitors car park) and track down Pam Kenny no later than 9.30am.

Those in a team note that the event commences 10.00am. Whoever is your team captain will need to collect the team's race pack no later than 9.30am. The club singlet is to be worn with black shorts.

Saturday 20 September - This club event has its headquarters are at Waingaehe Park, Hannahs Bay and is the club's road championship day. Don't be put off by the word championships. All members welcome to take part - runners, walkers no matter what your ability is. The afternoons programme is herewith. Plate for afternoon tea back at the clubrooms, please.

This is also the last day for those that have their name on the Takahe to Akaroa relay list to show the club selectors their form.

Sunday 16 November - This date is a little time away but note it is the day of Whakatane's off road Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. Don't want to do the full distance then make up a 2 person relay team - walk or run. There's also a 6km fun run/walk. Visit [sportsground.co.nz/whakataneahc](http://sportsground.co.nz/whakataneahc) for entry details

#### 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, others at varying times after 7.00am.

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.

**Pm**

Running Strength Circuit Class - 6pm at the Lake City Gym - for the duration of Term 3. Email direct to [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz) for fuller details.

**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

**AWBP Half Marathon Championships medals:**

Adrian Lysaght has the medals for those listed below and they can be collected from him at the Red Stag Redwoods Forest Relay – this Saturday.

Stephen Bjarnesen	3rd	Senior men
Melanie Thompson	2nd	Senior women
Charlotte Pearson	3rd	Senior women
Andrew Hickson	1st	Master men 40
Kerris Browne	1st	Masters women 45
Cindy Carpenter	1st	Masters women 55
Marion Roberts	1st	Masters women 60
Christine Kerrison	2nd	Masters women 60
Max Bragg	1st	Masters men 70
Peter Vyver	2nd	Masters men 70

**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

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.

**RESULTS**

**New Zealand road championships, "The Lakes" Industrial Park, Tauranga – 6 September 2014**

**10000 metres**

*Senior Men*

1.	Callan Moody	Canterbury	30.06
10.	Steven O'Callaghan		31.46
35.	Jason Steyn-Ross		39.18

*Masters men*

35-39

1.	Greg Darbyshire	Auckland	33.41
2.	5. Adrian Lysaght		34.55

45-49

1.	Grant McLean	Wellington	33.45
2.	Tony Broadhead		34.30

65-69

1.	Trevor Ogilvie		38.25
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**5000 metres**

*Masters women*

60-64

1.	Judith Bradshaw	Hatea	23.22
3.	Kathy Howard		25.29
4.	Christine Kerrison		28.45

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**Road Race Events**

**Saturday 20 September 2014**

Waingaehe Park, Hannahs Bay, Rotorua

**Order of events**

• **1.30pm**

**Distance - 2000 metres**

Boys and girls 10 and under (5, 6, 7, 8, 9, 10)  
Boys and girls under 13 (11 and 12)

**Distance - 5000 metres**

Walk - all grades

• **1.55pm**

**Distance - 3000 metres**

Boys and girls under 15 (13 and 14)

**Distance - 5000 metres**

Youth Women under 18 (15, 16, 17)  
Junior Women under 20 (18, 19)  
Masters women – (35 plus)

• **2.20pm**

**Distance 6000 metres**

Youth Men under 18 (15, 16, 17)

**Distance 8000 metres**

Junior Men under 20 (18, 19)

**Distance 10,000 metres**

Women – senior (20–34)

Men - senior (20-34)  
Masters men (35plus)

**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 31/12/2014 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 paid up financial member prior to the event** of the Lake City Athletic Club Inc.
3. **There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!**
4. Please arrange for a family member to count your laps.
5. Please plan for afternoon tea at the Neil Hunt Park clubrooms.
6. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line. If you are not running or walking get involved by being a volunteer. Contact Lindsay Foster – 348 6818 if you can assist. He also needs assistance with the course set up. i.e. placement of road cones and signs.

**Neil Hunt Park clubrooms:**

In an endeavor to stop the plague of ants that have made the clubrooms their home please do not leave food on the kitchen bench or in the rubbish bin. Other words leave the bench clean and if need be empty the rubbish bin into the drum outside of the clubrooms. This is around the side of the building by the kitchen back door. The ant expert tells us there are two types of ants – those that like protein and those that like sugar.



**Red Stag Redwoods Forest Relay teams:**

	Team	Lap
<b>Composite</b>		
Peter Vyver		1
Peter Vyver		2
Waverley Newson		3
Heather Lang		4
Peter Bloore		5
<b>Masters Men</b>	<b>No 1</b>	
Tony Broadhead		1
David Cronshaw		2
Adrian Lysaght		3
Chris Corney		4
Andrew Hickson		5
<b>Masters men</b>	<b>No 2</b>	
Trevor Ogilvie		1
Brad Griffiths		2
Gaine Petterson		3
Gaine Petterson		4
Ray Hewlett		5

<b>Masters Women</b>	<b>No 1</b>	
Sue Crowley		1
Siobhan Griffiths		2
Lorna Mills		3
Sian Twiddy		4
Gillian Shapley		5
<b>Masters Women</b>	<b>No 2</b>	
Jodie Hickson		1
Faith McGregor		2
Faith McGregor		3
Mere Attwater		4
Sheryl Pearson		5
<b>Men Open</b>		
Steven O'Callaghan		1
Michael Voss		2
Jason Steyn-Ross		3
Stephen Bjarnesen		4
Russell Clarke		5
<b>Women open</b>	<b>No 1</b>	
Melanie Thompson		1
Charlotte Pearson		2
Cati Pearson		3
Clare Barratt-Wood		4
Tracey Hay		5
<b>Women open</b>	<b>No 2</b>	
Kate Rea		1
Teresa Martin		2
Nicola Fiskien		3
Amy Bray		4
Allison Scott		5