



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

3 May 2014

The past week:

The very well attended Champagne Breakfast for the running and walking marathon clinics was held on Sunday morning at Skyline Sky Rides. There was plenty of entertainment and it was proved that some club members have more than running or walking talent.

Saturday saw the first event of the club's winter season. The event was held on the Trout Fly course. Results are below.

All events need people to bring them together – marshalling, marking the course, recording, putting the results together, in the kitchen etc. etc. Thanks are extended to those that helped with one or more of the events in some way over the weekend.

This weekend: **The big 50 event – the 50th Rotorua Marathon -**

This Friday 2 May – those that have volunteered to assist on this day please see the attached and note the time you have indicated you are going to report at the Energy Events Centre in the Government Gardens. When you get there ask for Charlotte Pearson at registration or Pam

This Saturday 3 May

Good luck to all to taking part in one of the events on this day. Wear your Lake City singlet and you will get great encouragement from the locals - even more if they see your name on your race number.

This Sunday Morning 4 May - In the Redwoods, starting 8.00am is a "Post race marathon shuffle". Should you be interested in "hosting" visitors to Rotorua around the Redwoods, please place your name on the list at the clubrooms. The marathoners won't be moving very fast – some may even elect to walk. A chance to sell Rotorua and the fabulous areas we have to run in.

Also on this morning is a big cleanup of the drink station gear, 8.30am at the clubrooms - "many hands make light work".

On the local scene:

SATURDAYS

This Saturday 3 May - The Rotorua Marathon which incorporates the Club and Athletics Waikato BOP marathon championships

Saturday 10 May - the first out of town event - the Cambridge cross-country relay. This is a team event raced over 3km on flat-park like cross-country. Place your name on the list at the clubrooms should you wish to be part of a run or walk team. This needs to be done by **Sunday 4 May**. Contact person Adrian Lysaght – Ph: 027 615 3496.

See below for the social function at the clubroom on this evening.

Saturday 17 May - Family event for running and walking clinic and other club members. Meet 1.45pm at the Neil Hunt Park clubrooms for a 2.00pm start. Pack runs for adults and a treasure hunt for the children. A plate for afternoon tea please. Contact person Adrian Lysaght – Ph: 027 615 3496

SUNDAYS

Distance athletes

The running clinic –

Those that run - 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 (the marathon walking clinic) – Meet just prior to 7.00am 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 – As Sarah Lei is away for the next 3 weeks there will be no Yoga classes on Monday evenings. The classes will resume again Monday 5 May, just in time for a good stretch out after the marathon. The classes run from 7.30pm to 9.00pm with no run beforehand.

TUESDAYS

Distance athletes

Other runners – 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 – From 6 May meet 5.30pm at the City Focus, Tutaneikai Street

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

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

Walkers

Am – From 8 May meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – From 8 May Meet 5.30pm at the City Focus, Tutaneikai Street

Post marathon social event - Saturday 10 May from 7.30pm

To celebrate our successes, share our achievements, catch-up with everyone, look back at how far we have come, and plan the next big thing to tick off - we have a Saturday night social function at the clubrooms for everyone!! Like previous years there is a dress theme (so you can start planning your outfit now):

Virgin - If this was your first attempt at this distance, wear **WHITE**.

Race Car - If you got a PB this year (faster time), wear **RED**.

Downhill - If you were slower this year, wear **BLUE**.

Damaged - If you did not run or had to pull out due to injury, wear **PURPLE**.

Hi Vis - If you are family/friends/supporters, wear **YELLOW** or **ORANGE**.

It is **BYO**; the bar will not be open. Please also bring a plate of finger food.

Club uniforms:

The Club now has Club sweatshirts and beanies available to try-on and order. Stocks are not being kept of these items, so if you would like one please come and order one - Payment when ordering please. (Please bring along the correct money as we do not always have change.) Sweatshirt - \$50.00; Beanie - \$17.00.

It is suggested that you leave the ordering of these until after this coming weekend, and then arrange at time to meet Nikki at the clubrooms preferably a Tuesday/Thursday evening Ph: 349 2920; Mobile 027 464 8546. Remember Nikki also likes to run so no orders after 5.25pm please and that she lives on the opposite side of the city from the clubrooms.

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

The club's 2014/2015 membership form was attached to previously forwarded Guff sheets. Forms are also available from the clubrooms.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2014 to 31 March 2015. Please fill in **neatly** all required details - there's two sides of the form that need to be completed.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form (both sides) must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz. If paying by internet it is most important that you use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf. Also all members listed on the form **aged 16 years plus** must sign the declaration on the reverse.

RESULTS

Opening day 26 April 2014 - Trout Fly Course

5.00km:

1	Steven O'Callaghan	16.41
2	Adrian Lysaght	17.00 (PB 0.09)
3	Colin Earwaker	17.47 (BPY =)
4	Russell Clarke	18.20
5	Steve Bjarnesen	18.35
6	Andy Hickson	19.08
7	Jason Steyn-Ross	19.23
8	Clive Dugdale	20.14
9	Brad Griffiths	21.08
10	Sian Twiddy	21.10
11	Shayne Hossack	21.17
12	Tracey Hay	21.21 (PB 0.37)
13	Steven Gray	21.46
14	Erin Leahy	22.19
15	Ben Keamey	22.40 (PB 3.46)
16	John Harvey	22.42
17	Lindsay Foster	25.17
18	Joe Sivell	25.18
19	Jamie Quinao	26.11
20	Julie Chiquet	26.11
21	Oliver Keamey	26.35 (PB 0.47)
22	Joe Veninga	26.47
23	Maree Rodgers	29.49
24	Rachel Middleton	30.07
25	Frances Fordyce	30.07
26	Tamzin French	30.27
27	Allison King	30.27
28	Katrina Gray	31.14
29	Mereanna Morrison	31.18
30	Nicky Hayes	31.22
31	Linda Firth	31.23
32	Dan Morrison	31.24
33	Bryan Watson (w)	36.02
34	Kerris Browne (w)	36.02

2.88 km:

1	Phil Gulbransen	12.13
2	Chris Lord	12.14
3	Luanna George	14.19 (PB 0.02)
4	Kyle Hetherington	14.13
5	Oliver Atkinson	16.14
6	Ronan Griffiths	16.15
7	James Watson	17.08
8	Lucas Joy	20.17
9	Rina Joy	20.20 (PB 10.39)
10	Sam Atkinson (w)	25.46

1.40km:

1	Connor Lysaght	6.14
2	Matthew Gray	7.30
3	Bella Wyatt	8.16
4	Shaun Wyatt	8.16
5	Zara Gray	9.33
6	Poppy Paterson	11.13
7	Gaine Paterson	11.13
8	Freya Lord	12.25

9	Emma Hickson	12.27
10	Kerra Murphy	17.39
11	Kathryn Murphy	17.39
12	Zeon Hetherington	19.39
13	Troy Hetherington	20.00
14	Sharissa Hetherington	20.00

For your massage needs contact
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
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 you 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 for prices,
classes, opening times etc.

***Around the Lake.....The Story of the Rotorua
Marathon***

This well written interesting read on the Rotorua
Marathon will be for sale at the Rotorua Marathon's
Expo this Friday and Saturday.

It has details of the events history, interviews with
the winners etc.

Author Simon Earle is having a booth at the Expo.

Cost \$40.00