



**LAKE CITY**  
*Athletic Club* INC

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

## QUFF SHEET

14 May 2011

### The week that was:

A quite week after the previous marathon weekend.

Saturday's Redwoods ramble and post marathon rave and had a good number in attendance. Following the ramble through the Redwood Grove the opportunity was taken to sit and relive the previous Saturday's efforts at the marathon.

Our trackie Ryan Howe was a member of the New Zealand track and field 4 x 100-metre relay team at the Golden Grand Prix track and field meeting, Kawasaki, Japan on 8 May. The team placed 7th in a time of 41.80.

### Forth coming events in Rotorua:

#### ***THIS SATURDAY - 14 MAY***

Meet at the Neil Hunt Park clubrooms 1.45pm for a pack run/ walk in the Forest.

#### ***THIS SUNDAY - 15 MAY***

Forego this Sunday's morning run or walk in Whaka Forest by having a change of venue. Meet 9.30am at 1 Haratua Place (the top of Uthina Road) for run or walk in the Tihio-Tonga countryside. **Please bring a plate for brunch around 10.30.** Duty officer: Lindsay Foster - Ph: 348 6818.

***SATURDAY 21 MAY*** - Meet 1.45pm at Neil Hunt Park clubrooms for a 2.5km open handicap Cross-country event in the Scion Archives Nursery area - 2.00pm start. Please bring a plate for afternoon tea. To make this event happen marshalls and recorders are required as well as people to set up the course. Give the day's duty officer a call if you can assist. Duty officer: Trevor Ogilvie - Ph. 347 8181.

### 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 [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 Tutanekai 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 Tutanekai 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.

### Whaka Forest:

Please note that in the actual Redwood Grove the removal of trees is happening. Take a few seconds to read the sign that has been placed at the start of Long Mile Road advising of any closures etc.

### Events out of Rotorua:

#### ***THIS SATURDAY 14 MAY***

5 teams from the club are heading to the Cambridge cross-country relays. The event starts 1.00pm at the Cambridge Athletic Club grounds adjacent to SH1 - the Highway to Hamilton. Many of the team members are first timers at an open cross-country event. Good luck and enjoy.

#### ***SUNDAY 22 MAY***

The Solid Energy Half Marathon and associated events at Huntly. Visit [www.huntlyhalf.co.nz](http://www.huntlyhalf.co.nz) for entry details. The late entry fee applies after 11 May. This event incorporates the Athletics Waikato BOP 1/2 marathon championships.

## **SATURDAY 28 MAY**

The Tauranga open cross-country races at Waipuna Park, Kaitemako Road off Welcome Bay Road, Tauranga. This is the first open cross-country event of the season for individuals. Races for all grades. The programme is opposite.

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

After 6 months hard work, the Website Team is proud to share the new Lake City website, live for your viewing pleasure. They have modernised the site, creating an inviting, casual atmosphere designed to draw in new members and keep existing members updated.

Take time out and have a look at it. You will be pleasantly surprised.

### **Champagne Breakfast Competition:**

The total combined finishing time for Judith Tomasevich, Linda Montgomery, Jason Steyn-Ross, Merle Amos and Olivia Goh was 26 hours, 54 minutes and 42 seconds. Competition winners were:

1st place - Trevor Ogilvie 26:59:20 (\$150)  
2nd place - Ray Hewlett 27:10:02 (\$50)  
3rd place - Colin Smyth 26:36:46 (\$30)

### **The Neil Hunt Park clubrooms:**

With the growing number of younger members taking part in the clubs winter activities, the club's Executive would appreciate that caregivers ask the children they are responsible for, not to go upstairs into the gym area, or climb the banking at the rear of the clubrooms. Thank you.

Also if you are using the clubrooms, and the last to leave make sure all the lights are off, all doors closed, the blinds drawn down.

The plague of ants in the kitchen area is being dealt with but to help with the eradication of them, please do not leave food scraps etc in the area.

The vacuum cleaner is now in the room to your right as you walk to the toilets etc.

## **Tauranga cross-country:**

- Saturday 28 May 2011. The days programme is:

11.00am	Walk in the Park	4000 m	\$12.00
12.30pm	Boys and Girls 10 and under	1000m	\$6.00
12.40pm	Boys and girls 11,12	2000m	\$6.00
12.55pm	Girls 13,14	3000m	\$7.00
1.15pm	Boys 13,14	3000m	\$7.00
1.30pm	Women 20-34	4000m	\$15.00
	Women 15,16	4000m	\$12.00
	Women 17,18,19	4000m	\$12.00
	Masters Women 35 plus	4000m	\$15.00
1.45pm	Men 15,16	6000m	\$12.00
	Men 17,18,19	6000m	\$12.00
2.15pm	Men 20-34	8000m	\$15.00
	Master Men 35 plus	8000m	\$15.00

**Notes:** Ages at 31/12/2011 except for master graded athletes, which is age on the day.

Early entry closes Tuesday 24 May. After that date an additional late fee of \$2.00 applies to the fees listed above. Entry can be made on the day.

Enter yourself advising the event and grade you are competing in and forward to Athletics Tauranga P O Box 2376, Tauranga, 3140, together with the appropriate entry fee. Cheques to be payable to Athletics Tauranga Inc.

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

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

