



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

1 October 2011

The week that was:

The new road champs 8 Mile Gate Road course in Whaka Forest was trailed by a small number on Saturday. Again thanks to those who attended to the administrative side of the event. Results are on the reverse.

Forth coming events in Rotorua:

This Saturday 1 October –

(Wanna be track runners) – Head to the Neil Hunt Park clubrooms by 9.00am for an introduction to track running. The session covers drills, stretches, warm-up etc. Bring running gear and warm clothing. Queries to Peter Quax at quax@xtra.co.nz or 345 4033 in the evenings.

(Children's summer athletics registration) - From 11.00am to 1.00pm at the Lake City clubrooms, Neil Hunt Park, off Tarawera Road.

(Harriers) - Meet 1.30pm at the clubrooms for an open handicap 10km run or walk on a course based in Whaka Forest. A shorter event will be held for the younger grades and those not wishing to tackle the 10km. A plate please for afternoon tea at the clubrooms. Duty officer is Moustache Ventelou – 349 6100. Marshalls etc. will be required this day, so give Moustache a call if you can assist. 2.00pm event start time.

Ekiden Relay – Thursday 6 October, Saturday 8 October.

The list is now at the clubrooms for you to place your name on. Volunteer at this club fundraising event. Thursday evening is goodie bag filling, and on Saturday marshalling around the Lake Rotorua course, or timing and recording at the Village Green finish line. This is an easy way for members to contribute to the club's financial base by giving of their time for a few hours – either Thursday evening or on Saturday, or both. If you can't get to the clubrooms give Shaun O'Donnell a call on 347 1195 (evenings) or 0274 966 316.

Saturday 15 October - The final event of the winter season. Meet. 1.30pm at 396 Clayton Road for the Jubilee Jaunt. Duty officers - Chris and Kerris Browne – 348 0790.

The season's prize giving will be held in the evening. Details of this function to be advised.

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 **7.00am** at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

For the beginner - Meet 3.00pm 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

TUESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.30am, Smallbone Park, Devon West Street, Rotorua. Led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Distance athletes

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

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms.

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 the Neil Hunt Park clubrooms.

Walker's marathon clinic - October 9 2011:

This is the start of the walker's marathon clinic for the 48th Lion Foundation Rotorua Marathon.

- Start time 7.00am from the Neil Hunt Park clubrooms
- You must be able to walk for 1 hour comfortably
- Come and join with a happy group, that are led by pack leaders that know the Forest
- Contact Colin Smyth – 0274 999 471 or Pat Smyth 0273 341 425 or Sarah Wiwarena 027 248 3874 (348 7674 home for further information. **All welcome.**

Logging in Whaka Forest Update:

Julianne, manager, of the Redwoods Visitors Centre gives an update on the logging activities in the Forest.

"There is still quite a bit of work left to be done. The crew has moved on to a new skid site on Tokorangi Pa Road and is working in a very tight space. But this enables them to bring logs down rather than up the hill which is a lot faster. The other skids still have logs left to be trucked out and butt wood to be cleared, so there will still be activity on these skid sites until they are cleared. They are anticipating another 3 - 4 weeks work during which time they will be operating over a weekend (likely to be the 8/9 Oct).

So again please steer clear of these areas during working hours until the work is finished".

Other words do not venture into the closed areas and watch out for trucks etc. on Nursery Road.

Results:

Provisional results - Club road championships – 24 September 2011 - 8 Mile Gate Road – course

V = visitor

2000 metres

Girls 10

Tegan Fookes	(V)	9.46
Zoe Stubbing		12.41

Girls 12

Ella Fookes	(V)	8.03
Hanna Stubbing		8.23

Boys 10

Javier Browne		8.36
Oliver Smyth		10.58

Boys 12

Cameron Chandler	(V)	8.34
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5000 metres

Girls 16

Amber Johnston	(V)	22.33
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Masters women

40-44

Rachel Browne		29.30
Kerris Browne		31.12

45-49

Mere Attwater		26.27
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55-59

Ann Eastcott	(V)	32.14
Janet Tutt		34.02

60-64

Christine Reed		38.59
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6000 metres

Men 16

William Guy	(V)	26.15
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10000 metres

Women 20-34

Olivia Goh		63.32
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Men 20-34

Steven O'Callaghan		32.48
Nick Portas		34.56
Jason Steyn-Ross		36.15

Masters men

35-39

Adrian Lysaght		36.02
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50-54

Paul Carpenter		50.39
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55-59

Phil Kerrison		51.14
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60-64

Trevor Ogilvie		37.32
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65-69

Peter Vyver		53.50
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32km Rarotonga Road Race

The club colours were worn by a number of members at the annual Rarotonga Road race on the weekend. After a 4.30am start (in the dark), Tony Broadhead worked his way through the field to finish overall second in 2.19.00 and was first in the 40 plus age group. Stephanie Pearson was the second female overall and Ben McHale easily won the 10km event.

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

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