



# 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 20 August 2011

### The week that was:

Thanks to the duty officers of the day, Phil and Christine Kerrison, and their helpers who put together an well-organised event on Saturday. This was the Minster Cup estimated time event out in Whaka Forest, in an area that many had not ventured to previously. The trophy at stake goes to the closest to their estimated time in the 10km event, and this year there was joint winners, Bruce Edwards and Robin Reed, both 4 seconds away from their estimated time. Results are on the reverse.

### Forth coming events in Rotorua:

**This Saturday 20 August** – Meet 1.45pm at Neil Hunt Park clubrooms for a run or walk.

**Saturday 27 August** - Meet 1.45pm for 1.0km, 2.5km and 5km road event at Waingaehe Park, Hannah's Bay. First event commences 2.00pm Walkers please note you have a choice of distances – either a 2.5km at 2.00pm or 5km at 2.30pm. Complimentary sausage sizzle back at Neil Hunt Park clubrooms. Duty officer is Lindsay Foster - Ph. 348 6818. The programme of start times etc is on the reverse. This event is a good sharp workout for those heading to the New Zealand road relay championships at Auckland the following weekend.

### Events out of Rotorua:

**This Saturday 20 August** - New Zealand road championships, Wellington. Best wishes to those from the Club taking part in the championships

**Saturday 27 August** – Inaugural half marathon & 10km run/ walk at Cambridge. Early entry closes 20 August. Visit [www.cambridgeharriers.co.nz](http://www.cambridgeharriers.co.nz) for more details.

**Saturday 3 September** – New Zealand road relay championships Auckland. It is understood that 4 teams from the club are being entered.

### 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 027 334 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](mailto: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 Paper Plus, 1304 Tutanekai Street, Rotorua - the Central Mall end.

#### **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 Paper Plus 1304 Tutanekai Street, Rotorua - the Central Mall end.

### Future local distance events:

**Sunday 4 March 2012** – The Kingsgate Hotel Rotorua half marathon, plus 10km, 5km, run or walk, plus Little Devils 3km or 1.5 km fun run. These are all based in our fabulous Whakarewarewa Forest.

**Saturday 28 April 2012** – The 48th Lion Foundation Rotorua Marathon and associated half marathon and 5km and quarter marathon fun runs/walks.

### Results:

#### **Minster Cup – 10km estimated time - Whaka Forest 13 August 2011**

|                       | Real Time | Est Time | Diff  |      |
|-----------------------|-----------|----------|-------|------|
| 1. Steven O'Callaghan | 33.41     | 34.17    | -0.36 | 7th  |
| 2. Tony Broadhead     | 35.58     | 32.00    | +3.58 | 21st |
| 3. Adrian Lysaght     | 36.06     | 36.50    | -0.44 | 8th  |
| 4. Chris Corney       | 36.14     | 38.56    | -2.42 | 16th |
| 5. Dave Cronshaw      | 36.36     | 39.00    | -2.24 | 14th |
| 6. Duncan Smith       | 38.06     | 45.00    | -6.54 | 25th |
| 7. Logan Marten       | 41.29     | 44.30    | -3.01 | 18th |
| 8. Chris Browne       | 43.35     | 44.44    | -1.09 | 10th |

|                       |       |       |       |      |
|-----------------------|-------|-------|-------|------|
| 9. Kelly Dalton       | 43.39 | 43.30 | +0.09 | 3rd= |
| 10. Russell Clarke    | 44.30 | 48.00 | -3.30 | 20th |
| 11. Gillian Shapley   | 46.44 | 55.30 | -8.46 | 29th |
| 12. Bruce Edwards     | 46.56 | 47.00 | -0.04 | 1st= |
| 13. Peter Quax        | 47.01 | 47.10 | -0.09 | 3rd= |
| 14. John Harvey       | 47.28 | 47.00 | +0.28 | 5th  |
| 15. Campbell Horn     | 47.31 | 47.00 | +0.31 | 6th  |
| 16. Robin Reed        | 48.16 | 48.20 | -0.04 | 1st= |
| 17. Shaun O'Donnell   | 49.38 | 57.00 | -7.22 | 26th |
| 18. Jodie Hickson     | 50.11 | 57.49 | -7.38 | 27th |
| 19. Lindsay Foster    | 51.18 | 53.00 | -1.42 | 11th |
| 20. Paul Carpenter    | 51.31 | 55.00 | -3.29 | 19th |
| 21. Toni Mills        | 51.59 | 56.00 | -4.01 | 22nd |
| 22. Martin Harris     | 52.35 | 55.30 | -2.55 | 17th |
| 23. Peter Vyver       | 53.37 | 56.00 | -2.23 | 13th |
| 24. Peter Bloore      | 55.39 | 57.30 | -1.51 | 12th |
| 25. Mere Attwater     | 58.34 | 63.00 | -4.26 | 24th |
| 26. Olivia Goh        | 60.41 | 65.00 | -4.19 | 23rd |
| 27. Judith Tomasevich | 62.00 | 70.00 | -8.00 | 28th |
| 28. Kerris Browne     | 65.01 | 64.00 | +1.01 | 9th  |
| 29. Rachael Browne    | 66.36 | 64.00 | +2.36 | 15th |

#### 5km Supporting race (1 lap)

|                         |       |       |        |      |
|-------------------------|-------|-------|--------|------|
| 1. Nick Pannet          | 15.52 | 17.00 | -1.08  | 1st  |
| 2. Tom Holland          | 21.48 | 20.00 | +1.48  | 5th  |
| 3. Kathy Howard         | 24.16 | 25.30 | -1.14  | 2nd  |
| 4. Cherie May           | 30.14 | 40.00 | -9.46  | 8th  |
| 5. Narell Loper         | 30.42 | 42.00 | -11.18 | 9th  |
| 6. Sue Sparrow          | 33.31 | 50.00 | -16.29 | 10th |
| 7. Janet Tutt           | 34.39 | 41.00 | -5.21  | 7th  |
| 8. Rebecca Sparrow      | 35.34 | --    | --     | --   |
| 9. Mike Burkinshaw (w)  | 37.45 | 41.00 | -3.15  | 6th  |
| 10. Helen Perkins (w)   | 38.37 | 40.00 | -1.23  | 4th  |
| 11. Jeanene Lysaght (w) | 38.38 | 40.00 | -1.22  | 3rd  |

#### 1km Children Supporting race

|                   |      |
|-------------------|------|
| 1. Aria Browne    | 4.24 |
| 2. Pippa Sparrow  | 4.34 |
| 3. Connor Lysaght | 4.47 |
| 4. Talya Pierce   | 4.49 |



## Road Race Events

Saturday 27 August 2011

Waingaehe Park, Hannahs Bay, Rotorua

### Order of events

- **2.00pm - 2500 metres**  
Men and women – 15,16  
Women - 17,18,19  
Masters women – (35 plus)  
Walkers – all grades (**Walkers note that if you wish to walk 5km your start time is 2.30pm.**)
- **2.20 pm - 1000 metres**  
Boys and girls 10 and under  
Boys and girls 11,12  
Boys and girls 13,14
- **2.30pm - 5000 metres**  
Men – 17,18,19  
Women – senior (20 – 34)  
Men - senior and masters (35 plus)  
Walkers - all grades

1. Volunteers are required to marshal, record results, and to set up the course etc. Please contact Lindsay Foster - 3486818 - the duty officer of the day if you can assist.

2. A sausage sizzle and cuppa will be held back at the Neil Hunt Park clubrooms

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

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