



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET
21 May 2011

The week that was:

5 club teams joined 30 other teams from throughout the Athletics Waikato BOP region when they contested the annual Cambridge cross-country relay on Saturday. Many from the club had their first taste of taking part in an open cross-country event, and from comments heard they enjoyed themselves. Results are on the reverse.

Sunday was the Haggis Hustle over the Tihi-o-Tonga countryside. Those that could not attend missed a great morning in the countryside, plus an excellent brunch at the host's property. Thanks Lindsay and Helen for marking the course the day before and your hospitality on the morning. Also thanks to Shaun and John for collecting the markers.

Forth coming events in Rotorua:

THIS 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.

What to do - on arriving at the clubrooms check out your start time on the list on displayed there. If your name is not there see Pam Kenny. After the briefing we will move to the events start. As this is an open handicap event the person(s) the club handicapper considers will take the longest time to complete the 2.5km heads off first with others following at intervals. Note the start time allocated to you, watch the big display clock for it (at the start line) and then head off around the course. The theory of the exercise is that all should return to the finish line around the same time.

SATURDAY 28 MAY - For those not heading to the Tauranga cross-country races

meet 1.45pm at the Neil Hunt Park clubrooms for a run / walk.

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 at 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 SUNDAY 22 MAY

The Solid Energy Half Marathon and associated events at Huntly. This event incorporates the Athletics Waikato BOP 1/2 marathon championships. Good luck to those from the club heading to Huntly.

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 below.

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.

Selected:

Ryan Howe has been selected to represent New Zealand at the Oceania Regional track and field champions, Apia, Samoa 21-23 June 2011. Ryan will be contesting the 100 metres, long jump and relay events. Ryan, all the best with your pre competition training.

Results:

Cambridge Cross-country relays – 14 May 2011

Composite

1. Te Aroha		48.59
7. Lake City Rotorua		
Peter Vyver	16.00	
John Harvey	14.19	
Kerris Browne	18.37	
Max Bragg	17.14	66.10

Masters Men

1. Hamilton City Hawks		44.03
5. Lake City Rotorua		
Adrian Lysaght	11.37	
Andy Belcher	13.29	
Chris Browne	12.54	
Tony Broadhead	11.23	49.23

Men Open

1. Hamilton City Hawks		40.30
3. Lake City Rotorua		
Nick Pannett	10.20	
Nick Pannett	10.54	
Andrew Twiddy	13.30	
Jason Steyn-Ross	11.13	45.57

Masters Women

1. Hamilton City Hawks		41.00
3. Lake City Rotorua		
Rachel Browne	19.44	
Mere Attwater	18.38	
Toni Mills	15.27	53.49

Women Open

1. Tauranga Ramblers		36.26
5. Lake City Rotorua		
Hannah Barker	11.55	
Olivia Goh	18.34	
Jeanene Lysaght	20.35	51.04

Do you want to become a faster and more efficient runner?

If yes read on.....

RATS have approached us as they have invited Ali Dennis to provide a running seminar for all level of athletes and we are able (if we have enough interested members) to do one the following day.

Lake City Athletic Club planned date is Sunday 12th June.

We need a minimum number of 15 to do this workshop and it will run from 0900-1230hrs. Ali will do a number of drills to review your running gait, style etc and give advice on how you can improve your technique. Have a look at his website for more info www.fitnessgoals.co.nz

The seminar will cost \$130.00, which includes a DVD (worth \$59.00).

Please e-mail me if you are interested and would like to attend. If you would like to attend but are not able to on the Sunday 12th June but could on sat 11th June I will pass your name onto RATS in case they have any spare places.

