



LAKE CITY
Athletic Club INC

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

GUFF SHEET
28 May 2011

The week that was:

40 plus turned out for the 2.5km open handicap event on an excellently marked course in the Scion tree area adjacent to Te Ngae Road. Like all events the course had to be marked, the results recorded etc. Thanks to those who stepped up and assisted with the various tasks. The results are on the reverse.

Forth coming events in Rotorua:

THIS 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.

SATURDAY 4 JUNE - (Queens Birthday weekend)

The Novice, Veteran and Costello Cup races. Meet 379A Old Taupo Road at 1.45pm with event starting 2.00pm. Sealed handicap race (everyone starts together) of approx. 7km on road and cross-country. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea. To be a trophy winner you just be currently financial with the Club.

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.

Update - Whaka Forest:

New harvesting has started and will continue through to the end of August. The Council will be taking out the old crop radiata pine at the top of the Tokorangi ridgeline, which have been severely affected by recent storms and are exposed to further windfall posing a potential risk to recreational users and healthy trees adjacent.

There will be a number of tracks and roads affected:

CLOSED:

Running / walking tracks

Tokorangi Pa Walking Track (Purple)

Whakarewarewa Tramping Circuit (Black)

Mountain Bike Tracks

Eastern Spice & North Face: K2: Gunna Gotta (open weekends)

Horse trails

Tokorangi Pa: Katore - Wash horse trail

Tokorangi Pa Rd & part of Katore Rd

Caution all users

Trucks will use the following roads: Nursery Rd & Katore Rd.

Events out of Rotorua:

THIS 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 on the reverse.

Club subscriptions:

With a club trophy event coming up on Queens Birthday weekend members are reminded that to be a trophy winner they must be a current financial member of the Club. If you have not made yourself financial for this year (the financial year goes from 1 April 2011 to 31 March 2012) please do so. Those of you that were a financial member to 31 March 2011 will have been forwarded a membership renewal form and on this you will note that payment of this years membership fee would be appreciated by 31 May.

Tauranga cross-country:

This 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 has now closed but for an additional fee of \$2.00 entry can be made on the day.

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 (Siobhan at lakecity@xtra.co.nz) 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.

Results:

2.5km open handicap – Scion course - 21 May 2011

	Grade	Finish Time	Hdcp	Net Time
Cherie May (v)	W50	21.03	6.00	15.03
Narelle Loper (v)	W50	21.34	6.00	15.34
Bjarni Leggett	B10	25.35	12.30	13.05
Melkoroka Leggett	G12	25.58	12.00	13.58
Chris Browne	M40	28.36	19.00	9.36
Finn Lilie	B7	28.40	10.30	18.10
Phil Gulbransen	M55	28.46	18.00	10.46
Merle Amos (w)	W65	28.47	8.30	20.17
Dawn Angove (v)	W50	28.48	15.30	13.18
Maureen Heald (w)	W70	28.49	9.00	19.49
Gillian Shapley	W35	28.52	18.30	10.22
Siobhan Griffiths	W35	29.09	19.30	9.39
Mere Attwater	W45	29.24	15.30	13.54
John Harvey	M55	29.26	19.00	10.26
Nick Pannett	M20	29.32	22.00	7.32
Tony Broadhead	M40	29.38	21.00	8.38
Martin Harris	M60	29.44	18.00	11.44
Hilmiar Leggett	M45	29.46	18.30	11.16
Kirsty Lickfold	G13	29.48	18.00	11.48
Javier Browne	B9	29.49	17.30	12.19
Colin Earwaker	M50	29.50	21.30	8.20
Peter Vyver	M65	29.55	17.30	12.25
Dave Fischer	M55	30.00	20.00	10.00
Kerris Browne	W40	30.03	16.30	13.33
Jude Carpenter (v)	B9	30.13	16.30	13.43
Angus Woore (v)	B9	30.14	18.00	12.14
Doris Bragg (w)	W65	30.18	8.00	22.18
Rachel Browne	W40	30.21	16.00	14.21
Pam Kenny	W65	30.23	17.00	13.23
Kelly Edge	W20	30.25	20.30	9.55
John Marten	M60	30.26	19.30	10.56
Judith Tomasevich	W50	30.30	16.00	14.30
Max Bragg	M70	31.08	18.00	13.08
Rebecca Sparrow	G13	31.41	16.30	15.11
Sue Sparrow	W45	31.52	15.30	16.22
Briet Leggett	G9	32.49	10.30	22.19
Pippa Sparrow	G8	32.50	10.30	22.20
Tanja Leggett	G14	33.16	13.00	20.16
Rinus Adriaansz (w)	M50	34.15	13.30	20.45
Aria Browne	G11	40.54	8.00	32.54
Skyla Beaufill (v)	G11	40.55	8.00	32.55
Kitana Johnson (v)	G12	40.56	8.00	32.56

V = visitor - W =walker

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

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

