



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

2 July 2011

The week that was:

What a great afternoon on Saturday out at Bishop's Farm when the cross-country championships were held. The rain held off, there were a few puddles and the wind blew but so what, this is what cross-country is about.

68 took part, a number of them visitors to the club, while another ½ dozen looked after the "administrative" side of the event. The numbers in the children's 2km event were the largest for a number of years. Great to see this.

A special thanks to Ian and Robyn Bishop for allowing the use of their property.

Provisional results are on page 4.

Forth coming events in Rotorua:

This Saturday 2 July - Those not travelling to Taupo meet 1.45pm at the clubrooms, Neil Hunt Park for a run or walk - 2.00pm start.

Saturday 9 July - Those not travelling to Hamilton meet 1.45pm at the clubrooms, Neil Hunt Park for a run or walk - 2.00pm start.

Saturday 16 July - The Blue Lake Blat. Two runner relay teams. Walkers one individual lap. Meet 1.45pm by the Blue Lake boat ramp - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon at Neil Hunt Park clubrooms. Duty officers: Trevor Ogilvie - Ph: 347 8181 and Andrew Twiddy.

Events out of Rotorua:

This Saturday 2 July - North Island cross-country championships, Spa Park, Taupo. You can enter on the morning but this must be done by 11.00am. Likewise those who have entered must pick up their race number by 11.00am. The programme is on the reverse.

This Sunday 3 July - Kawerau Half marathon, 12km fun run and 3km little trail run, Kawerau.

Saturday 9 July - Athletics Waikato BOP Cross-country championships, Te Rapa, Hamilton. Races for all grades and abilities. **This event is open to all** - club only athletes and Athletics NZ registered athletes. Only Athletics NZ registered athletes can take championship places. The programme and entry details etc is on the reverse.

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 7.30am 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

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 Tutaneikai 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 Tutaneikai Street, Rotorua - the Central Mall end.

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.

Speed work training session:

Core strength and speed work suitable for all abilities over 15 years are being held on Tuesday mornings 6.30am - 7.30am. Meet at Smallbone Park, Devon Street West with your drink bottle, appropriate running clothing for the weather and shoes suitable for running on grass. Coach-led by Sarah Lei, who has run these sessions successfully for several years in Cromwell (which is still running today). Ph Sarah 349 3558 a/hs, or 027 228 5496. Great for track sprinters and marathon runners alike.

Draft Proposal for Club Coaching and Development:

Your Executive Committee has been very busy! They have spent 6 months talking to members, parents, coaches, and lots of associated parties, finding out what the club could be doing better.

They've come up with a great draft document, which they would like your feedback on, plus any other good ideas you may have. Once this document is finalised, it will go to AGM for voting on, and if passed, implementation soon after. This is very exciting to see some major new development in the pipeline. Please help by attending the upcoming meetings, and volunteering to help move our club forward!

- Cutoff for email / written feedback to Secretary – Monday 4th July.

- Workshop Discussion Meeting – Tuesday 5th July 7.30pm at the Neil Hunt Park clubrooms.

- Annual General Meeting - Wednesday 17th August 7.30pm at clubrooms.

North Island cross-country – Spa Park, Taupo – This Saturday 2 July 2011

Programme

Event#

No 1.	10.00am	5k	non competitive walk	\$10.00
No 2.	11.00am	1k	Girls 10	\$5.00
No 3.	11.10am	1k	Boys 10	\$5.00
No 4.	11.20am	2k	Girls 12	\$5.00
No 5.	11.30am	2k	Boys 12	\$5.00
No 6.	11.45am	3k	Girls 14	\$10.00
No 7.	11.55am	6k	Men 50 plus	\$20.00
No 8.	12.15pm	5k	Women 35 plus	\$20.00
No 9.	12.40pm	5k	Men 16 & 19	\$20.00
No 10.	1.00pm	3k	Boys 14	\$10.00
No 11.	1.15pm	4k	Women 16 & 19	\$20.00
No 12.	1.35pm	6k	Men 35-49	\$20.00
No 13.	2.00pm	5k	Women 20-34	\$20.00
No 14.	2.25pm	9k	Men 20-34	\$20.00

Late entry is \$10.00 extra and must be made by 11.00am on the day. Also race numbers must be uplifted by 11.00am on race day.

Subscriptions:

The results from last Saturday are listed as provisional results only. This is because there appears to be number who took part that may not be a financial member of the Club. Other words a subscription has not been paid to the Club.

There is a number who have actually paid their fees in to the Club's bank account but have not forwarded to the Club the relevant signed paperwork - that is the membership form.

Treasurer, Phil requires these forms to allow him to take the next step. If you fall into this category please take the necessary action by uplifting a sub form from the Neil Hunt Park clubrooms, or downloading one from www.lakecity.co.nz completing it and posting it to the club at P O Box 2136, Rotorua 3040 promptly. Note on it that you have paid your sub direct to the Club's bank account, together with the date you did so.

The Treasurer has another problem in that someone has placed \$50.00 into the Clubs account on 12 May with no details beside the transaction. If it's you let him know – 345 5709 evenings. Again promptly.

Whaka forest:

Please do not to go near the harvest area on the Tokorangi Ridge. Runners have come close to being hit by trees that are being felled.

The logging crew has been operating on Saturday mornings also so do not assume that the area is open in the weekends. A reminder also that as the trees are removed this makes the other trees more exposed, so when it is windy the exposed trees may come down of their own accord.

So please, please, obey the signage in place, and pass this on to friends and family who visit the forest. Also watch out for vehicles etc in the Forest during weekdays and on the weekend.

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

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



Present their Cross-country open day

(Incorporating Athletics Waikato BOP 2011 cross-country championships)

Saturday 9 July 2011

Mingou Park, Tui Ave, Te Rapa, Hamilton
(Event hosted by Hamilton City Hawks)

Order of events

Start time	Grade	Distance	Entry Fee
12.45pm	Boys/girls 10 (10 & under)	2000 metres	\$5.00
	Boys/girls 12 (11,12 yrs)	2000 metres	\$5.00
1.00pm	Boys/girls 14 (13,14yrs)	3000 metres	\$6.00
1.20pm	Women 16 (15,16 yrs)	4000 metres	\$8.00
	Men 16 (15,16 yrs)	6000 metres	\$8.00
	Women 19 (17,18,19yrs)	6000 metres	\$10.00
	Masters women (35 plus)	6000 metres	\$12.00
2.00pm	Women 20 (20-34 yrs)	8000 metres	\$12.00
	Men 19 (17,18,19 yrs)	8000 metres	\$10.00
	Masters men (35 plus)	8000 metres	\$12.00
	Men 20 (20-34 yrs)	12000 metres	\$12.00

Course location / Description: The course is a 3km lap with a 2km option. Good quality cross-country. Mostly firm footing, a couple of soft spots if rain has fallen. One short sharp hill and one gradual hill per lap.

Venue is the western edge of Minogue Park. Proceed via Ulster St lights, Forrest Lake Rd, right into Walsh St, left into Huia Ave, right into Tui Ave. Go to the end of the sandy road. Angle parking against the fence.

Time keeping: This is by in-shoe timing chip. Check in and get a shoe chip upon arrival.

Facilities: Outdoor cross-country venue. Come prepared. Ample space for club tents.

Sanctioned event
Athletics New Zealand
No: WBP 1112

Prize-giving / Refreshments: Results and afternoon tea on-site immediately after the last event.

Eligibility: To be eligible for an Athletics Waikato BOP championship placing athletes (including masters' grades) must be fully registered with Athletics Waikato-Bay of Plenty, and must wear their 2011 registration patch on the front of their singlet. At the time of entry they must quote their 2011 Athletics Waikato BOP registration number. Non registered (club only) athletes are **ineligible** for Athletics Waikato Bay of Plenty championship placing.

These championships have now been opened up to all athletes whether they Athletics Waikato BOP registered or a club only athlete. Note that unaffiliated runners are welcome to compete however only runners fully registered with Athletics New Zealand will be eligible for Waikato Bay of Plenty Championship medals. Please have all your athletes support the event. All abilities catered for.

Grades: Where races are combined, the grades will be separated in the results.

Ages: Masters Ages are on the day, with results recorded in 5-year age groups from 35 years plus. All other grades age is at 31 December 2011.

Closing date: Entries must be with Event Facilitator by Tuesday 5 July 2011. **All entries after 5 July will be \$3.00 extra per person.** Entries will also be accepted on the day.

Entries: All entries to be accompanied by the entry fee applicable. These to be forwarded to Athletics Waikato-Bay of Plenty Cross-Country and Road Facilitator, Pam Kenny, 3 Haratua Place, Rotorua 3015, with AWBOP rego number, age grade and date of birth. Cut off date for early entry is Tuesday 5 July.

Cheques to be made payable to Athletics Waikato Bay of Plenty Inc.

Athletics Waikato-Bay of Plenty team to the National Cross-Country Championships – Christchurch 23 July:

The Waikato Bay of Plenty Cross Country team will be selected from those entered at **close** of entries for the championships being **midnight 10th July 2011**. Athletes entering these championships must enter themselves via www.athletics.org.nz before the entry closing date.

View the provisional Club cross-country results on the next page.

RESULTS:

Cross-country championships – Bishops Farm Whakatane Highway – 25 June 2011

Note these results are provisional

4000 metres - Run

Men 16

1. William Guy 17.23

Women 16

1. Shannon Huxford 21.08

Women 20

1. Cati Pearson 18.03

2. Kelly Dalton 18.24

3. Olivia Goh 26.55

Masters Women

35-39

1. Siobhan Griffiths 17.41

2. Gillian Shapley 19.16

3. Toni Mills 21.38

40-44

1. Kerris Browne 25.04

2. Kerry Huxford 26.45

50-54

1. Judith Tomasevich 27.28

50-59

1. Sheryl Pearson 25.23

60-64

1. Kathy Howard 22.22

65-69

1. Pam Kenny 24.29

2000 metres - Run

Girls 14

1. Paige Satchell 7.54

2. Kirsty Lickfold 9.50

3. Rebecca Sparrow 12.21

Boys 14

1. Lewis Ryan 7.56

2. Fintan Walsh 9.54

Girls 10

1. Ruby Ryan 9.27

2. Orla Walsh 11.14

3. Pippa Sparrow 15.41

4. Katelyn Kerrison-Parkes 18.39

Boys 10

1. Chris Werner 9.11

2. Javier Browne 9.27

3. Jack Malone 10.13

4. Angus Woore 10.25

5. Ben Todd 11.54

6. Ronan Griffiths 12.40

7. Kyle Hetherington 19.11

Girls 12

1. Aria Browne 15.41

Boys 12

1. Eamon Walsh 9.41

4000 metre walk

Masters women

40-44

1. Sharissa Hetherington 49.02

50-54

1. Helen Perkins 33.40

55-59

1. Denise Caldwell 32.25

2. Pat Smyth 36.02
3. Janett Tutt 37.38
4. Rika Otto 39.04

60-64

1. Linda Montgomery 34.48

2. Jan Adolph 36.02

3. Christine Reed 37.28

65-69

1. Robyn Bishop 33.23

2. Lyn van der Meys 33.27

3. Merle Amos 34.39

70-74

1. Maureen Heald 34.48

Masters Men

60-64

1. Alain (Moustache) Ventelou 37.39

2. Pieter Otto 39.04

65-69

1. Daniel Tartaglia 34.02

6000 metres - Run

Men 19

1. Liam Walsh 22.08

2. Leighton Warren 24.36

Masters Men

35-39

1. Adrian Lysaght 23.36

2. Brad Griffiths 29.10

40-44

1. Tony Broadhead 24.04

2. Chris Browne 27.58

45-49

1. Stuart Griffiths 32.07

50-54

1. Colin Earwaker 22.59

2. Shaun O'Donnell 31.03

55-59

1. Dave Fischer 27.16

2. Lindsay Foster 32.21

60-64

1. Trevor Ogilvie 24.08

2. Martin Harris 33.24

65-69

1. Robin Reed 30.01

2. Peter Vyver 32.51

3. Max Bragg 36.12

4. Tom Lamason 51.16

8000 metres - Run

Men 20

1. Jason Steyn-Ross 32.56

2. Jamie Quinao 40.03

Want to see what your form was like on Saturday?

Then copy and paste the address below into your browser, and it will bring up all the photos in Facebook of the event.

<http://www.facebook.com/?sk=events&ap=1#!/media/set/?set=a.184481318274340.56604.144564558932683>

