



**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

4 June 2011

### The week that was:

Local runs and walks were held on Saturday for those that did not head to the Waipuna Park Tauranga. Tauranga results on the reverse.

### Forth coming events in Rotorua:

**THIS SATURDAY 4 JUNE** - (Queens Birthday weekend)

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

**What to do:** On arrival check in with Pam Kenny to establish if the club handicapper has you on his list of handicaps. Just prior to 2 o'clock you will head to the start line and be briefed on the dos and don'ts whilst out on the course. Note if running and walking you will be classed as a runner.

**How do we get the results?** As this is a sealed handicap event all start together and the handicap time allocated to you is deducted from your finish time to establish the various trophy winners. There are 4 trophies at stake for the longer distance event. They are:

**The Tihi-o-Tonga Trophy** – this is won by a walker who has the fastest time after deduction of their handicap.

**The Veteran cup** - for those runners 35 plus that have been a financial club member in excess of 2 years and has the fastest time after deduction of their handicap.

**The Novice Cup** - for those runners who have been a financial club member for 2 years and less and has the fastest time after deduction of their handicap.

**The Costello Cup** - for those runners who don't fall into either the Novice or Veteran category and has the fastest time after deduction of their handicap.

For this event to go ahead a number of marshalls are required out on the course. If not taking part on Saturday come along and get involved by being a marshall.

**Saturday 11 June** - Meet 1.45pm in Sala Street (by Scott Street) for a 2.5km dash on the grass - 2.00pm start. Event followed by a cuppa and bikkies at the Neil Hunt Park clubrooms. Duty officer: Pam Kenny – Ph. 348 8448. A number of marshalls will be required for this event. Let Pam know if you are able to assist in this area.

**Saturday 18 June** - Foster / Smyth / Lamason Cross-country races - First walker(s) leave 1.30pm. First runner(s) leaves 2.00pm. Meet end Wharenui Road. Handicap cross-country race of approx. 10km. Inter club day with clubs from Athletics Waikato BOP region. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Afternoon tea follows at Neil Hunt Park clubrooms. Duty officers: Lindsay Foster – Ph. 348 6818 - and his helpers  
New Zealand Secondary School Cross-country championships, Ashburton.

**Saturday June 25** - Club Cross-country championships. Meet 1.45pm at Bishop's Farm, Whakatane Highway. First event gets underway 2.00pm. Please bring a plate for afternoon tea at venue. Duty officers: Trevor Ogilvie Ph. 347 8181 and Tony Broadhead.

### 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](mailto: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 Tutaneikai 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 Tutaneikai 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:**

Harvesting is continuing in the Forest. 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.

## **Club subscriptions:**

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.

## **Results:**

**Tauranga Cross-country – Waipuna Park – 28 May 2011**

**8000 metres**

### **Men 20-34**

1. Aaron Pulford (Hawks)	26.45
10. Jason Steyn-Ross	31.01

### **Masters men**

1. Craig Kirkwood (Tauranga)	M35	29.06
8. Tony Broadhead	M40	32.23
9. Trevor Ogilvie	M60	32.24
27. Peter Vyver	M65	44.42

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

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

