



LAKE CITY

Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

6 August 2011

The week that was:

The Matamata Relay has been described as an awesome day. 14 teams from the club took part. This resulted in 2nd in the Boys under 12: 4th Women 20, with Hannah Barker taking out the fastest 3.3km lap time for woman in a time of 11.18: In the Masters women section the teams placed 2nd and 4th: The Senior men's teams were 2nd and 5th: The masters men 1st and 5th: the Super Vets (60 plus) 4th: The 5 walk teams were 1st, 3rd, 4th, 6th and 7th respectively. Well done! Results are on the reverse.

Forth coming events in Rotorua:

This Saturday 6 August - Meet at 1.45pm at the Neil Hunt Park clubrooms for a run or walk.

Saturday 13 August - Minster Cup 10km estimated time run or walk. Meet 1.45pm at Timber Industry Training Centre (TITC) off Waipa Mill Bypass Road - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea at Neil Hunt Park clubrooms. Duty officers: Phil and Christine Kerrison - Ph. 345 5709.

Wednesday 17 August

The Annual General Meeting of the Lake City Athletic Club - 7.30pm at their Neil Hunt Park clubrooms

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. Complimentary sausage sizzle back at Neil Hunt Park clubrooms. Duty officer: Lindsay Foster - Ph. 348 6818.

Events out of Rotorua:

This Saturday 6 August - Athletics Waikato BOP road championships over varying distances at "The Lakes" Tauranga. You don't have to be an Athletics NZ member to take part in this event. Club registered members can take part, but they are not eligible for a championship medal.

Early entry has closed, but you can enter on the day for \$3.00 extra. Note you will need to collect a time chip on arrival at the event.

Saturday 20 August - New Zealand road championships, Wellington. Visit www.athletics.org.nz for entry details. Note that entries close this **Sunday 7 August** and that no late entry is accepted.

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 027 334 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

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.

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

inquiry@physiotherapyclinic.co.nz
or 07 347 8380

Results: Matamata Relay – 30 July 2011 – 3.3km lap

Walkers -

1. Lake City No 1		65.34
Max Bragg	32.20	
Mark Geddes	20.50	
Denise Caudwell	23.14	
3. Lake City No 5		72.01
Rinus Adriaansz	21.29	
Rika Otto	25.56	
Piet Otto	24.36	
4. Lake City No 2		73.15
Marieke Wass	24.17	
Colin Smyth	25.52	
Dianna Van den Akker	23.06	
6. Lake City No 3		76.54
Linda Montgomery	25.06	
Maureen Heald	25.30	
Beryl Cleland	26.18	
7. Lake City No 4		78.12
Pat Smyth	26.44	
Alby Schuster	26.01	
Rob Colledge	25.27	

Runners -

Senior women

1. Hamilton City Hawks		50.48
4. Lake City		63.08
Hannah Barker	11.18	Fastest lap
Kelly Dalton	13.59	
Jeanene Lysaght	18.39	
Olivia Goh	18.12	

Master Women -

1. Hamilton City Hawks		52.55
2. Lake City No 1		63.50
Toni Mills	15.19	
Mere Attwater	17.27	
Cindy Carpenter	16.46	
Christine Reed	14.18	
4. Lake City No 2		73.53
Rachael Browne	18.29	
Kerris Browne	18.19	
Sheryl Pearson	18.25	
Judith Tomasevich	18.40	

Super Vets 60 plus

1. Cambridge		60.31
4. Lake City		63.23
Martin Harris	15.28	
Peter Vyver	16.26	
Diane Jones	19.33	
Trevor Ogilvie	11.57	

Senior Men

1. Hamilton City Hawks		50.47
2. Lake City No 1		52.42
Nick Pannett	10.13	
Adrian Lysaght	11.02	
Liam Walsh	10.23	
Jason Steyn-Ross	10.49	
Steven O'Callaghan	10.15	
5. Lake City No 2		74.56
Jamie Quinoa	14.08	
Jamie Quinoa	15.35	
Paul Carpenter	15.32	
Phil Gulbransen	14.32	
Phil Gulbransen	15.11	

Masters men -

1. Lake City No 1		56.04
Trevor Ogilvie	11.10	
Bruce Edwards	11.01	
Dave Cronshaw	10.28	
Chris Corney	11.29	
Tony Broadhead	10.56	
5. Lake City No 2		65.27
Logan Marten	12.29	
Neil Pitts	13.58	
Peter Quax	12.09	
John Harvey	13.49	
Chris Browne	13.02	

Children -

1. Cambridge		48.17
2. Lake City		51.17
Jude Carpenter	18.29	
Aria Browne	18.18	
Javier Browne	14.29	



This Saturday 6 August 2011 "The Lakes", Tauriko, Tauranga

Order of events

	Start time	Grade	Distance	Late Fees	Entry
Fun run / Freestyle walk					
Event # 1.	11.30am	All ages	10km	\$15.00	
Race Walk events (judged)					
Event # 1.	11.30am	Men 20	10km	\$15.00	
		Women 20	10km	\$15.00	
		Masters Men	10km	\$15.00	
		Masters Women	10km	\$15.00	
		Men 19	5km	\$13.00	
		Women 19	5km	\$13.00	
Running events (open to all runners)					
Event # 2.	1.00pm	Boys/girls 10 (10 and under)	2km	\$8.00	
Event # 3.	1.00pm	Boys/girls 12 (11,12)	2km	\$8.00	
Event # 4.	1.10pm	Boys/girls 14 (13,14)	3km	\$9.00	
Event # 5.	1.30pm	Women 16 (15,16)	5km	\$11.00	
Event # 6.	1.30pm	Women 19 (17,18,19)	5km	\$13.00	
Event # 7.	1.30pm	Masters women (35 plus)	5km	\$15.00	
Event # 8.	2.00pm	Men 16 (15,16)	6km	\$11.00	
Event # 9.	2.00pm	Men 19 (17,18,19)	8km	\$13.00	
Event #10	2.00pm	Men 20 (20-34)	10km	\$15.00	
Event # 11.	2.00pm	Women (20-34)	10km	\$15.00	
Event # 12.	2.00pm	Masters men (35 plus)	10km	\$15.00	

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

