



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera  
Road, Lynmore, Rotorua

## GUFF SHEET

7 May 2011

### The week that was:

For those that took part in an event or volunteered at the Lion Foundation Rotorua Marathon it was a big weekend.

The Clubs' first involvement was on Thursday evening when around 70 turned up to fill approximately 4000 goodie bags in what must be a record time. One and a half-hours saw the job completed. Well done and thanks to all who assisted.

Friday and Saturday saw a smaller number of club members acting as volunteers in various areas – thank you to all that made themselves available on these days.

Also a big thanks to those who manned the Lake City Athletic Club booth at the Marathon's Expo. Hopefully the effort put in will result in increased participation at the various club events throughout the year as well as membership.

Thanks is also extended to those who headed to the Clubrooms on Sunday morning to unload the truck of drink station gear etc, wash it, and store it away.

Participant wise a large number from the Club donned their club colours to take part in either the full marathon, the ½ marathon, the 5km or the quarter marathon. There was a number of PBs turned in, while others were less happy with their efforts.

Congratulations to all that took part in whatever event on Saturday – well done! Participation is the name of the game.

Individual results can be found on [www.rotorumarathon.co.nz](http://www.rotorumarathon.co.nz)

### Forth coming events in Rotorua:

THIS SATURDAY 7 MAY

Meet 1.45pm at the Neil Hunt Park clubrooms for the Redwoods Ramble and Rave - 2.00pm start. All welcome with a special invite to marathon clinic members - runners and

walkers. Join in a social time (after exercising) to rave about your previous weekends efforts. **Please bring a plate for afternoon tea.** Duty officers: The Harrier Committee.

SUNDAY 15 MAY – The Haggis Hustle. What has haggis got to do with running or walking? Well, the host of the morning is Scotsman Lindsay Foster – Ph: 348 6818. The event is a 6km or 3km approx. cross-country run or walk over farmland at top Uthina Road leaving 1 Haratua Place, Rotorua at 9.30am sharp. Please bring a plate for brunch at 10.30ish.

Come and view Rotorua City and its surrounds from a different angle.

### 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 walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or [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 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 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:

Yes, logging operations are still happening in Whaka Forest so please be alert and give way to trucks and don't enter into the work areas.

## Events out of Rotorua:

NEXT SATURDAY - 14 MAY

This is the day of the annual Cambridge cross-country relay based at the Cambridge Athletic Club grounds adjacent to SH 1 to Hamilton. The event is over flat 3000 metre per lap cross-country course with the first runner heading off at 1.00pm. As well as senior grade teams events there is an individual race over 2000 metres for those 12 and under, this to be run after the conclusion of the Senior relays.

The list is at the Neil Hunt Park clubrooms for members to indicate their availability. Teams will be put together on Saturday, so don't delay in getting your name onto the list. If unable to get to the clubrooms then contact Tony Broadhead on 027 637 6273 promptly.

This is a great event for beginners to introduce themselves to inter club cross-country participation. All abilities, all ages take part in these events.

These types of events need to be supported or they will die.

SUNDAY 22 MAY

The Solid Energy Half Marathon and associated events at Huntly. Visit [www.huntlyhalf.co.nz](http://www.huntlyhalf.co.nz) for entry details. The late entry fee applies after 11 May. This event incorporates the Athletics Waikato BOP 1/2 marathon championships.

## The Club's website

"After 6 months hard work, the Website Team are proud to share the new Lake City Website, live for your viewing pleasure.

They have modernised the site, creating an inviting, casual atmosphere designed to draw in new members and keep existing members updated.

The History .pdf by Pam Kenny is especially interesting.

Facebook has been chosen as the Photo Gallery due to the fact it is free, and all members are invited to email photos to Kerris or Toni for periodic uploading.

You can contact Kerris on [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz) for any comments or corrections.  
Enjoy"

A special thanks is extended to those involved with the development of the new site. Visit it ([www.lakecity.co.nz](http://www.lakecity.co.nz)) to view it.

## Congratulations .....

To our sprinter Ryan Howe who has been selected as a member of the New Zealand 4 x 100-metre relay team taking part in the Golden Grand Prix track and field meeting, Kawasaki, Japan on 8 May.

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

***[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380***

