



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

8 October 2011

The week that was:

Those taking part in the Whaka Forest open handicap 10km on Saturday tackled a toughish course mapped out by Moustache. First across the line on handicap was Dawn Angrove, whilst Bruce Edwards turned in the fastest time of the day – 39.30. Thanks to Duty officer of the day, Moustache, for organizing the event. Results are on the reverse.

Forth coming events in Rotorua:

This Saturday 8 October –

(Wanna be track runners) – Head to the Neil Hunt Park clubrooms by 9.00am for an introduction to track running. The session covers drills, stretches, warm-up etc. Bring running gear and warm clothing. Queries to Peter Quax at quax@xtra.co.nz or 345 4033 in the evenings.

Ekiden Relay – if you can now assist on Saturday with the relay please contact Shaun O'Donnell on 347 1195 (evenings) or 0274 966 316.

(Harriers) - This Saturday - No local event. We will all be at the Ekiden Relay as volunteers – see above.

Saturday 15 October - The final events of the winter months.

No 1: (In the afternoon) - Meet. 1.30pm at 396 Clayton Road for the Jubilee Jaunt. This event is a blood pumping hike up Mt Ngongotaha. Approx. 4.5km climb to the top and then a 3km downhill on the road to the finish on Mountain Road, at the car park above Aorangi Peak restaurant. 7.6km the total distance. This is a time trail starting at 1 minute intervals with a person's start time determined by the club handicapper. If taking part please contact Moustache on 349 6100 or at a.moustache.v@kinect.co.nz

First up is a shorter 1.75km for the youngsters. Duty officers - Chris and Kerris Browne – 348 0790

No 2: (in the evening) - The end of season prize giving and social is being held. This is at 396 Clayton Road (Arias Farm), starting at 5.00pm and going thru to midnight. Bring a salad or pasta to accompany the meat the Club is supplying. Bring your own refreshments. One complimentary drink supplied on arrival with non-alcoholic punch provided throughout the evening.

Come dressed as your favourite singer and take part in the fun. If singing is not your thing you don't have to sing.

RSVP: by Saturday 8 October (for catering) to Kerris at swingmills@xtra.co.nz or 348 0863 (work) 348 0790 (home) or 021 753 691

An invitation is extended to all – the young and the old.

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 **7.00am** 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 the Neil Hunt Park clubrooms.

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 the Neil Hunt Park clubrooms.

Logging in Whaka Forest Update:

Julianne, manager, of the Redwoods Visitors Centre gives an update on the logging activities in the Forest.

"There is still quite a bit of work left to be done. The crew has moved on to a new skid site on Tokorangi Pa Road and is working in a very tight space. But this enables them to bring logs down rather than up the hill which is a lot faster. The other skids still have logs left to be trucked out and butt wood to be cleared, so there will still be activity on these skid sites until they are cleared. They are anticipating another 3 - 4 weeks work during which time they will be operating over a weekend (likely to be the 8/9 Oct).

So again please steer clear of these areas during working hours until the work is finished".

Other words do not venture into the closed areas and watch out for trucks etc. on Nursery Road.

Results:

Whaka Forest - Open handicap 10km – 1 October 2011

	Finish Time	Start Time	Actual Time
1. Dawn Angove	1h.35.36	32.00	63.36
2. Paul Carpenter	1h.36.33	42.00	54.36
3. Janet Tutt	1h.38.35	<u>20.00</u>	78.35
4. Rinus Adriaansz	1h.39.23	<u>16.00</u>	83.23 (w)
5. Daniel Tartaglia	1h.39.23	14.30	84.53 (w)
6. Peter Kwon	1h.39.27	<u>21.00</u>	78.27
7. Peter Vyver	1h.40.16	43.30	56.46
8. Kerris Browne	1h.40.59	34.30	66.29
9. Rachael Browne	1h.41.15	31.30	69.15
10. Bruce Edwards	1h.41.30	<u>62.00</u>	39.30
11. Judith Tomasevich	1h.41.51	33.30	68.21
12. Robin Reed	1h.41.51	<u>50.00</u>	51.51
13. Ann Eastcott	1h.42.20	<u>32.00</u>	70.20
14. Martin Harris	1h.43.18	43.30	59.48
15. Mike Burkinshaw	1h.45.52	18.30	87.22 (w)
16. Logan Marten	1h.45.55	55.30	50.25
17. Brad Griffiths	1h.45.55	53.30	52.25
18. Tony Broadhead	1h.48.31	55.30	53.01
19. Christine Reed	1h.54.02	<u>15.00</u>	99.02

Hamilton Half Marathon – 2 October 2011

Alby Schuster (w)	3.04.20
Jan Adolph (w)	3.04.28
Denise Caudwell (w)	3.04.29

Looking further ahead – locally:

Summer athletics

With the changing of the seasons – the weekly Summer Athletics (Track and Field) sessions will commence at the Stadium's No 2 Ground, Devon Street West:

- **Tuesday 25 October** - for Tiny Tots and children 5-11 years at 5.15pm

Contact – Kerris Browne – 021 753 691, or 348 0790 or swingmills@xtra.co.nz

- **Wednesday 26 October** - 5.15pm teens and beginners (12 years plus) followed at 6.00pm by competition for the teens and adults. Run, jump, throw or walk

Contact – Lindsay Foster – 348 6818 evenings.

The Trout fly series

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be.

- Commencing fortnightly from Thursday 3 November, you have a choice of 3km or 5.4km run, jog or walk on a flat course.

Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with event starting at 6.15pm sharp.

Cost \$5.00 for adults and \$3.00 for children.

Contact – Chris Corney – 021 770 366

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

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