



LAKE CITY Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

9 July 2011

Club membership:

The Club's membership card was posted earlier this week to members who have paid their year's subscription fee and completed the paper work.

Should you have paid your fee, but not received your card please contact the Club's Secretary, Siobhan Griffiths at lakecity@xtra.co.nz or give her a call in the evening on 349 1379.

The week that was:

On Saturday a number headed to Taupo for the North Island cross-country event at Spa Park. Others opted to stay at home to take in a 50-minute ramble in the Redwood Grove, while others went further a field and took part in an event associated with the Gold Coast Marathon at Brisbane.

Sunday a number headed to Kawerau to try out their new Hidden Trails half marathon course.

The Taupo results are on the reverse.

Forth coming events in Rotorua:

This Saturday 9 July - Those not travelling to Hamilton to take part in the Athletics Waikato BOP cross-country champs 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 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. Early entry has closed but late entry taken on the day. The programme is on the reverse. **Those entered will need to check in and get a timing chip upon arrival.**

Saturday 30 July - Matamata 3.3km Road relay, Matamata. Club day away - no event locally. Sections are:

- 5 x 3300 metres - includes men open, masters men and men 19
- 4 x 3300 metres - The Super Vet Grade - made up of 60 plus men and women
- 4 x 3300 metres - includes women open, masters women and women 19
- 3 x 3300 - open walk teams
- 3 x 3300 metres club and school teams - under 12 and under 16 boys and girls.

This event which kicks off at 1.00pm is held on a flat 3300 metre course around the streets of Matamata and is suitable for all abilities. In due course the list will be at the Neil Hunt Park clubrooms for you to indicate your availability. Note: Event guideline of fitness for New Zealand Road Relay.

Let's have a large number of teams in the club's uniform out on the streets of Matamata this day!

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 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.

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.

Whaka forest:

Yes there is still harvesting going on in Whaka Forest. Please do not go near the harvest area on the Tokorangi Ridge. Runners have come close to being hit by trees that are being felled. Logging crews maybe operating on a Saturday 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.

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.

Want to see what your form was like at the club cross-country champ's -

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>

RESULTS:

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

Girls 10 – 1000 metres

1. Brooke Sweeney Te Aroha	3.46
2. Ruby Ryan	3.51

Boys 10 – 1000 metres

1. Noah Macdermid Fielding	3.39
15. Ben Voss	4.11
22. Max Voss	4.32

Boys 12 - 2000 metres

1. Bradley Christison Napier	7.03
9. Tom Voss	7.39
17. Cameron Chandler	8.22

Boys 14 – 3000 metres

1. James Fletcher Wgtn	10.04
8. Lewis Ryan	10.51

Men 19 – 5000 metres

1. Cameron Graves Auckland	15.35
17. Liam Walsh	17.37

Men 20-34 - 9000 metres

1. Stephen Lett Auckland	28.35
25. Nick Portas	32.32
33. Jason Steyn-Ross	35.21

Masters Men - 6000 metres

40-44

1. Phil Souster Navy	21.25
4. Tony Broadhead	22.21

50-54

1. Colin Earwaker	21.35
14. Peter Quax	26.46

60-64

1. Trevor Ogilvie	22.35 (Record)
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65-69

1. Bob Martin Papakura	27.35
7. Peter Vyver	31.30

Masters women – 5000 metres

1. Cheryl Simpson Napier	25.33
2. Kathy Howard	26.13

Gold Coast Marathon and associated events - 3 July 2011

Marathon - Chris Corney 2.46.39 1st 45-49

It is known that other club members took part in supporting events but to date no performances are to hand.

**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)

This 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.

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: Early entry has closed. All entries after 5 July will be \$3.00 extra per person. Entries will also be accepted on the day.

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.

Sanctioned event
Athletics New Zealand
No: WBP 1112