



Website: www.lakecity.co.nz
 Email: info@lakecity.co.nz
 Clubrooms: Neil Hunt Park off Tarawera Road
 Lynmore – Rotorua

GUFF SHEET

9 May 2015

The past week:

Whoa! What a great weekend at the 51st Rotorua Marathon.

Firstly thanks to those who stepped up and volunteered with the event in some way. First up was the goodie bag filling on Wednesday, the Kids Mini Marathon on Friday morning, registration on Friday evening and Saturday morning, and then marshalling throughout Saturday. You all contributed to another successful event.

Participation wise, there were performances across the board: race car results, downhill results: damaged results: plus the achievement of the first timers. Results can be found at www.rotoruarunners.co.nz

Long time club member, Colin Smyth achieved his ambition of competing 50 consecutive Rotorua Marathons on Saturday. As his wife Pat remarked after they had crossed the finish line in 11.04.49 "it was a long day at the office".

Colin was seen off at 6.00am from the Government Gardens by friends and members of his walking fraternity, and was welcomed back by a huge crowd lining the last 100 metres of the course. He was piped in by the youngster that displayed his talent at the champagne breakfast and escorted to the finish line by family, friends, and his walking and running buddies.

Congratulations Colin, you can now put marathons to "bed".

On the social Scene:

**This Saturday 9 May –
 Post marathon social event –
 7.30pm start**



To celebrate our successes, share our achievements, catch-up with everyone, look back at how far we have come, and plan the next big thing to tick off – there is a Saturday night social function at the Neil Hunt Park clubrooms.

This is for everyone!! Runners/walkers/half marathoners/10kers and other club members. Like previous years there is a dress theme.

Virgin - If this was your first attempt at this distance, wear WHITE.

Race Car - If you got a PB this year (faster time), wear **RED**.

Downhill - If you were slower this year, wear **BLUE**.

Damaged - If you did not run or had to pull out due to injury, wear **PURPLE**.

Hi Vis - If you are family/friends/supporters, wear **YELLOW** or **ORANGE**.

It is BYO; the bar will not be open. Please also bring a plate of finger food.

Forth coming events:

SATURDAYS

This Sunday 10 May: Cambridge Cross-Country Relays, Cambridge with teams of all abilities taking part from the Waikato-BoP region. This is a perfect event for first timers to cross country especially as it's a team event. As can be seen from the team composition outlined below it's a day where the whole family can take part and is a great event to loosen up the body after the previous weekend's endeavours.

Team make up is:

- 3 person under 15
- 3 person under 18
- 4 person men (open and masters)
- 3 person women (open and masters)
- 3 person family team (Male, Female, mixed)
- Individual Under 11 2000 metres



Event start time is 1.00pm at the Cambridge Athletic Club grounds off State Highway 1 – the road to Hamilton.

If you wish to be part of a team contact Adrian Lysaght on 027 615 3496 urgently.

Saturday 16 May: This is a Family Day where there are events for all club members – children/running/walking clinics, etc. Meet 1.45pm for 2.00pm start in the Redwoods for pack runs/walks and children's treasure hunt. Bring a plate for afternoon tea, please. Duty Officer: Adrian Lysaght (Ph. 027 615 3496).

Saturday 23 May: Haggis Hustle. A 6km, 3km or 1km cross-country run or walk leaving 1 Haratua Place, Rotorua at 1.30pm. Bring a plate for afternoon tea, please. Duty officer: Lindsay Foster (Ph. 348 6818).

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa By Pass Road

Pm – Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Whaka Forest - logging operations:

Logging operations are still continuing in the Forest so take care. These are weekdays between 7.00am and 4.00pm. Logging trucks will be using Pipeline, Direct, Red Tank and Nursery Roads and could be operating day or night. Security will be on site to manage the road safety closures. Please respect their instructions.



Incentive prize:

Athletics Waikato BOP has given each of the three sections of our sport (winter, summer and children) funding to encourage participation at events. The amount for each section will be \$800.00. For the winter section this will be divided in to two \$400.00 Air NZ travel vouchers.

To qualify all you need to do is enter and take part in 4 of the following 7 events, including one of the championship races.

10 May – Cambridge relay - Cambridge

6 June – Tauranga cross-country, Waipuna Park, Tauranga

4 July – North Island cross-country – Taupo

18 July – Athletics Waikato Bop cross-country championships, Hamilton

8 August – Matamata relay

16 August - Athletics Waikato BOP road championships, Tauranga

12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in you club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.

Note: All Lake City members that have made themselves financial for the year 1 April 2015 to 3 March 2016 are automatically registered through to Athletics Waikato BOP.

RESULTS

Saturday 25 April – opening Day – Trout Fly course

Jack Peterson	1	05:05	1200	
Lewis Yetsenga	2	05:15	1200	
Conor Lysaght	3	05:29	1200	
Marissa Keenan	4	05:50	1200	
Tyler Keenan	5	06:47	1200	
Zeon Hetherington	6	08:07	1200	
Holly Thompson	7	09:54	1200	
Lauren Thompson	8	09:55	1200	
Beth Crengle	9	09:57	1200	
Andrea Crengle	10	09:58	1200	
Heather Thompson	11	12:32	1200	
Hannah Barker	12	12:45	1200	
Jodie Hickson	13	12:45	1200	
Sam Rossiter	1	08:40	2550	
Marty Morris	2	12:19	2550	
Javier Browne	3	12:27	2550	
Anja Crombie	4	12:46	2550	
Tom Yetsenga	5	12:46	2550	
Freya Lord	6	13:10	2550	
Kelly Mitchell	7	13:10	2550	
Toby Stubbs	8	13:34	2550	
Kate Stubbs	9	13:35	2550	
Chris Lord	10	13:41	2550	
Emma Hickson	11	13:43	2550	
Amy Bray	12	13:43	2550	
Stephanie McHale	13	13:51	2550	
Kerris Browne	14	14:24	2550	
Bart Yetsenga	15	15:00	2550	
Rachael Groome	16	15:00	2550	
Janine Van der Vegte	17	15:59	2550	
Christian Walmsley	18	17:42	2550	
Adam Morris	19	18:08	2550	

James McKenzie	20	18:10	2550	
Chris Groome	21	18:11	2550	
Kirsten Yetsenga	22	22:01	2550	
Dedrie Maxwell	23	29:49	2550	
Oliver McKenzie	24	30:54	2550	
Craig Maxwell	25	30:55	2550	
Jason Steyn-Ross	1	18:36	5000	
David Cronshaw	2	18:46	5000	
Chris Corney	3	19:03	5000	
Andrew Hickson	4	19:40	5000	
Andrew Jamieson	5	19:57	5000	
Brendon Keenan	6	20:20	5000	
Stevie Fiske	7	21:12	5000	
Sian Twiddy	8	21:17	5000	
Noreen Crombie	9	23:15	5000	
Philip Gulbransen	10	23:22	5000	
Megan Grant	11	24:17	5000	
Maria Melchers	12	24:17	5000	
Martin Harris	13	24:51	5000	
John Marten	14	24:59	5000	
Naomi Stubbs	15	26:09	5000	
Lindsay Foster	16	26:53	5000	
Luke Crombie	17	26:54	5000	
Alan Crombie	18	26:55	5000	
Kaye King	19	27:05	5000	
Luanna George	20	27:21	5000	
Vicki Wheeler	21	27:31	5000	
Peter Vyver	22	28:44	5000	
Kirsty Peterson	23	28:49	5000	
John Harvey	24	28:53	5000	
Alison King	25	29:40	5000	
Keith Walmsley	26	32:38	5000	
Ellie Stubbs	27	42:21	5000	Got lost

Club uniforms:

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase.

Payment to be made at time of purchase - please bring along the correct change

Costs: Adults running singlets: \$35.00
 Adults short sleeve walker's tees: \$35.00
 Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Sarah Wiwarena – Ph: 348 7674 (evenings):
 Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
 Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.