



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET
16 September 2017

The past week:

The club's Red Stag Redwoods Forest relay on Saturday will go down in history as being the wettest in its 39 years of existence. Maybe the sunshine is being saved up for the 40th event next year!

A big thanks is extended to everyone that was involved on the day: participants and volunteers. It was a great effort by all.

Club member results are below.

Volunteers: Yes, there is another Club hosted event that requires volunteers. The event is the Athletics New Zealand Road relay championships on 30 September here in Rotorua.

The club is hosting the event again and high praise was received on the organization of the event and volunteers assisting when the Club hosted the event in 2016.

There is now a list at the clubrooms seeking volunteers for the event. Some of the duties may be for a short period of time others for much longer. When putting your name on the list indicate the approx. time frame you can assist. This will assist with the allocation of your duty(s). The list currently has only a few names on it. Many more are needed.

Week day events - locally:

SATURDAYS

This Saturday 16 September – This is the afternoon of the Club road championships, for runners and walkers at Waingaehe Park Hannahs Bay. Below is the afternoons programme. Please note the start

time of your event. Volunteers are required for this event - contact Adrian at adrian.lysaght@xtra.co.nz or 021 615 3496

Note this is the last event that the Club selectors will be looking at the performance of those who are seeking to be a member of a club team at the Athletics New Zealand Road relays here in Rotorua – Saturday 30 September.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave later and from various venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115: Rob Colledge 07 348 7768.

TUESDAYS

Walkers

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

Pm - Meet 5.30pm at the old City Focus on Tutanekai Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the old City Focus on Tutanekai Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Looking ahead:

Locally

Saturday 23 September

Meet 1.45pm on Kain Avenue for a 3km blast

around Fenton Park. Looking at the winter programme all those selected for an ANZ relay team are expected to take part. There will be a shorter distance event for the younger grades. Please, a plate for afternoon tea at the Neil Hunt Park clubrooms. Contact Adrian on adrian.lysaght@xtra.co.nz



RESULTS

Red Stag Redwoods Forest Relay teams - Club results

Running teams

Men open - 4th in grade

Lap 1	Matt Parsonage	18.07.9
Lap 2	Stephen Bjarnesen	20.49.7
Lap 3	Chris Corney	20.06.9
Lap 4	Russell Clarke	21.23.0
Lap 5	Jason Steyn-Ross	22.47.6

Masters men No 1 - 1st in grade

Lap 1	Adrian Lysaght	18.13.2
Lap 2	Brendon Keenan	18.59.0
Lap 3	Jason Cameron	18.46.4
Lap 4	Andy Twiddy	20.00.3
Lap 5	Tony Broadhead	18.04.6

Masters men No 2 - 6th in grade

Lap 1	Trevor Ogilvie	21.25.6
Lap 2	Alan Crombie	21.29.4
Lap 3	Peter Vyver	33.44.5
Lap 4	Phil Gulbransen	26.17.6
Lap 5	Mike Bray	21.36.3

Women open No 1 - 3rd in grade

Lap 1	Clare Barratt-Wood	22.25.0
Lap 2	Brei Gudsell	22.31.0
Lap 3	Rebekah Edhouse	25.14.3
Lap 4	Clare McKinlay	22.28.9
Lap 5	Megan Grant	20.28.6

Women open No 2 - 4th in grade

Lap 1	Amy Bray	26.19.0
Lap 2	Cath Dalton	28.12.9
Lap 3	Nicky Kenny	27.97.1
Lap 4	Dee Horne	30.43.0
Lap 5	Kerryn Barker	24.09.9

Masters women - 1st in grade

Lap 1	Gillian Shapley	23.26.7
Lap 2	Sue Crowley	19.46.6
Lap 3	Siobhan Griffiths	23.57.9
Lap 4	Sian Twiddy	23.38.1
Lap 5	Johanna Ottosson	20.56.7

Walk teams

No 1 3rd in grade

Lap 1	Diane Barratt-Kendell	33.51.3
Lap 2	Denise Caudwell	36.15.2

No 2 2nd in grade

Lap 1	Neil Butler	32.29.0
Lap 2	Mark Geddes	33.53.6

No 3 9th in grade

Lap 1	Alan Ryan	40.28.2
Lap 2	Christine Hocking	40.38.7

No 4 8th in grade

Lap 1	Jacqui Butler	42.12.7
Lap 2	Luanna George	36.51.3

No 5 15th in grade

Lap 1	Mike Burkinshaw	45.08.4
Lap 2	Doris Bragg	47.22.3



Road Race Championship Events

This Saturday 16 September 2017

Waingaehe Park, Hannahs Bay, Rotorua

Order of events

1.15pm Sharp	Distance 2000 metres	}
Boys and girls 10 and under (5, 6, 7, 8, 9, 10)		}
Boys and girls under 13 (11 and 12)		} Race
1.15pm Sharp	Distance - 5000 metres	} one
Walk - all grades		}

1.40pm	Distance - 3000 metres	}
Boys and girls under 15 (13 and 14)		}
1.40pm	Distance - 5000 metres	} Race
Youth Women under 18 (15, 16, 17)		} two
Junior Women under 20 (18, 19)		}
Masters women - (35 plus)		}

2.10pm	Distance 6000 metres	}
Youth Men under 18 (15, 16, 17)		}
2.10pm	Distance 8000 metres	}
Junior Men under 20 (18, 19)		}
Masters men 65 plus		} Race
2.10pm	Distance 10,000 metres	} Three
Women - senior (20-34)		}
Men - senior (20-34)		}
Masters men (35 plus)		}

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2017 except for master's grades which is age on the day. **Contd. below**

2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member prior to the event** of the Lake City Athletic Club

3. There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!

4. Please arrange for a family member to count your laps.

5. Please arrange for afternoon tea at the Neil Hunt Park clubrooms.

6. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also required are recorders etc at the finish line and people to set up the course etc. If not running or walking get involved as a volunteer.

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) - \$20.00

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)
Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase