



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

**GUFF SHEET**  
**9 September 2017**

### The past week:

Locally on Saturday was the last event in the Mokopuna Dash series which was held in damp conditions overhead and underfoot. Thanks to those that have participated in the series and to those that have marked the course and handled the results etc. Results are below.

Down in Christchurch at the Athletics New Zealand Road championships Tony Broadhead and Chris Corey ran the master's men's 10000 metres. Tony placed 3rd and Chris 12th. Well done guys.

### Week day events - locally:

#### **SATURDAYS**

**This Saturday 9 September** – The day of the Club's Red Stag Redwoods Forest relay in the Redwood Grove and adjoining areas. The club teams have been selected and are listed below.

Please note that team packets, which have race rules: race numbers: team baton etc in them need to be uplifted from the "race number" area opposite the Redwoods Visitor & I-site Centre on Long Mile Road prior to 9.30am. The "C" beside your name means you are your team's captain

Club uniform is to be worn.

Should circumstances change and you cannot make it on Saturday please contact Kim Stevenson (convenor of club selectors) urgently – (runners) [kss77@xnet.co.nz](mailto:kss77@xnet.co.nz) or 021 08222590: (walkers) Denise Caudwell 07 346 8431

Running/walking order of teams **cannot** be re arranged. As the host club we need to be seen to be obeying the rules.

Those that have volunteered as a marshall will be contacted during the week if you have not already been.

Other volunteers to report to the Neil Hunt Park club rooms prior to 7.30am.

#### **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

#### **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 16 September** – 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 [adrianlysaght@xtra.co.nz](mailto:adrianlysaght@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.



**Volunteers:** Yes, there is another Club hosted event that requires volunteers. This 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 this event. The list currently has only a few names on it.

**Club - Red Stag Redwoods Forest Relay teams – this Saturday 9 September 2017**

Please see the notes under Saturday (above) should you become unavailable. **Team running/walking order cannot be rearranged. The "C" stands for team captain.**

**Running teams**

**Men open**

- Lap 1 Matt Parsonage "C"
- Lap 2 Andy Twiddy
- Lap 3 Chris Corney
- Lap 4 Russell Clarke
- Lap 5 Jason Steyn-Ross

**Masters men No 1**

- Lap 1 Adrian Lysaght
- Lap 2 Brendon Keenan
- Lap 3 Jason Cameron
- Lap 4 Bruce Edwards
- Lap 5 Tony Broadhead "C"

**Masters men No 2**

- Lap 1 Trevor Ogilvie
- Lap 2 Alan Crombie
- Lap 3 Peter Vyver
- Lap 4 Phil Gulbransen "C"
- Lap 5 Campbell Horn

**Women open No 1**

- Lap 1 Clare Barratt- Wood
- Lap 2 Brei Gudsell
- Lap 3 Rebekah Edhouse
- Lap 4 Clare McKinlay
- Lap 5 Megan Grant "C"

**Women open No 2**

- Lap 1 Amy Bray "C"
- Lap 2 Cath Dalton
- Lap 3 Nicky Kenny

- Lap 4 Dee Horne
- Lap 5 Kerry Barker

**Masters women**

- Lap 1 Sue Crowley
- Lap 2 Sian Twiddy
- Lap 3 Siobhan Griffiths "C"
- Lap 4 Gillian Shapley
- Lap 5 Johanna Ottosson

**Walk teams**

**No 1**

- Lap 1 Diane Barratt-Kendall
- Lap 2 Denise Caudwell

**No 2**

- Lap 1 Neil Butler
- Lap 2 Mark Geddes

**No 3**

- Lap 1 Alan Ryan
- Lap 2 Christine Hocking

**No 4**

- Lap 1 Jacqui Butler
- Lap 2 Gay Timpany

**No 5**

- Lap 1 Mike Burkinshaw
- Lap 2 Doris Bragg



**LAKE CITY**  
*Athletic Club* INC

**Road Race Championship Events**

**Saturday 16 September 2017**

Waingaehe Park, Hannahs Bay, Rotorua

**Order of events**

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

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

Contd. below

|                                 |                               |                     |
|---------------------------------|-------------------------------|---------------------|
| <u>2.10pm</u>                   | <i>Distance 6000 metres</i>   | }                   |
| Youth Men under 18 (15, 16, 17) |                               | }                   |
| <u>2.10pm</u>                   | <i>Distance 8000 metres</i>   | }                   |
| Junior Men under 20 (18, 19)    |                               | }                   |
| <b>Masters men 65 plus</b>      |                               | } <b>Race three</b> |
| <u>2.10pm</u>                   | <i>Distance 10,000 metres</i> | }                   |
| Women – senior (20–34)          |                               | }                   |
| Men - senior (20-34)            |                               | }                   |
| Masters men (35 plus)           |                               | }                   |

#### Notes

- 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.
- 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
- 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!
- Please arrange for a family member to count your laps.
- Plate please for afternoon tea at the Neil Hunt Park clubrooms.
- 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.

## RESULTS

| Mokopuna Dash - No 4 -<br>2 September 2017 |       |         |
|--|-------|---------|
|  |       | No laps |
| Amber Lysaght                              | 10.57 | 1       |
| Adrian Lysaght                             | 20.53 | 3       |
| Alan Ryan (run)                            | 20.54 | 2       |
| Megan Grant                                | 23.53 | 3       |
| Russell Clarke                             | 25.13 | 3       |
| Brei Gudsell                               | 26.05 | 3       |
| James McGregor                             | 27.05 | 2       |
| Faith McGregor                             | 27.11 | 2       |
| Mike Burkinshaw (walk)                     | 34.54 | 2       |
| Peter Vyver                                | 37.54 | 3       |
| Diane Barratt-Kendell (walk)               | 37.58 | 3       |

#### Athletics New Zealand Road Championships – Rawhiti Domain – Christchurch - 2 September 2017

| <i>Masters men 10000 metres</i> |      |       |
|---------------------------------|------|-------|
| <b>50-54</b>                    |      |       |
| Richard Bennett (Christchurch)  | 1st  | 35.07 |
| Tony Broadhead                  | 3rd  | 35.40 |
| Chris Corney                    | 12th | 38.14 |

### 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)

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

**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