



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
29 September 2018

The past week:

What a pleasant day out at Hannahs Bay on Saturday when the road championships were held. For a change the sun shone and there was no rain. Thanks to Matt for bringing the event together and those that assisted on the day, and the club members that participated.

Results are below.

Events: Local and out of Rotorua

SATURDAYS

This Saturday 29 September - The quick dash around Fenton Park, a good final burst for those representing the club at the Athletics New Zealand Road Relay (Takahe to Akaroa – 6 October) the following weekend.

Meet 1.45pm on Kain Ave for a 3km (1.5km for children) run/walk around the streets of Fenton Park - 2.00pm start.

Club Saturday events will be taking a break until 27 October when the Forest open handicap 10km will be held. There will be a shorter event for the younger grades.

The Takahe to Akaroa Relay teams are below.



Forward - daylight saving is with us from 2.00am Sunday

Other week day Club happenings

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave a bit latter and sometimes from different venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Contacts are: Rob Colledge 07 348 7768; Marieke Wass 07 347 9885 ah or 027 462 8572; Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the old City Focus, Tutanekei Street/Hinemoa Street

Distance athletes

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

Children's athletics

LAKE CITY Athletic Club INC

Childrens Athletics

Starts: Tuesday 16th October 2018
Time: 4.45pm - 5.45pm
Where: International Stadium, ground 2, Devon St West, Rotorua.

Running, jumping and throwing for ages 2yrs-14yrs
 This is fun, entry-level based training for beginners with lots of practical coordination skills.

Registration online NOW
www.lakecity.co.nz

Join our facebook page to keep up to date with events, weather cancellations and important dates and information
 Lake City Children's Athletics

Contact: Kelly Albrecht - 027 8826484
 Email: lakecitychildrensathletics@gmail.com

THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the old City Focus, Tutaneikai Street/Hinemoa Street

Distance athletes

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

Out of the City: distance running

Sunday 18 November - This is the day of the popular Toi's Challenge in Whakatane.

For more information and online entry visit www.sporty.co.nz/whakataneahc

Whaka Forest:

With the summer months upon us the Forest has many events scheduled – some 20 for the month of October as well as the general public running, walking, biking etc. The events are mainly scheduled for weekends but there are some mid-week ones. Also the area is busy with tree felling, trucks on the roads etc so take care.

Respect the other users as you would expect them to respect you.

Athletics Waikato BOP - officials training days - 2018

Sunday 7th October, 9:30am, Track events - Tauranga

Domain

Sunday 14th October, 9:00am, Jumps and Throws - Tauranga Domain

If you wish to attend, please contact Heather O'Hagan (ohagan@visique.co.nz)

Takahe to Akaroa Relay: club teams

Masters Men

Lap 1 Dave Cronshaw
Lap 2 Bruce Edwards
Lap 3 Mike Bray
Lap 4 Greg Malcolm
lap 5 Chris Corney
lap 6 Colin Earwaker
Lap 7 Kerry Robinson
Lap 8 Tony Broadhead

Masters Women

Lap 1 Siobhan Griffiths
Lap 2 Gillian Shapley
Lap 3 Kathryn Murphy

Lap 4 Jodie Hickson
lap 5 Dee Horne
Lap 6 Sarah Lei
Lap 7 Kerry Barker
Lap 8 Sian Twiddy

Composite

Lap 1 Gaine Petterson
Lap 2 Jason Cameron
Lap 3 Matt Parsonage
Lap 4 Rachel Wright
Lap 5 Megan Grant
lap 6 Steven Parker
Lap 7 Alan Crombie
Lap 8 Adrian Lysaght

RESULTS

Lake City Athletic Club – road championships – 22 September 2018 – Hannahs Bay, Rotorua Run

Girls 10 and under – 2000 metres		
Amber Lysaght	9.30	
Hannah Hickson	10.05	
Tyla Albrecht	11.32	
Keira Murphy	11.33	
Amber Albrecht	12.42	
Boys 10 and under - 2000 metres		
Declan Albrecht	12.38	
Girls 13 and under - 3000 metres		
Emma Hickson	8.40	
Trelise Howard	8.50	
Girls under 15 – 3000 metres		
Gisele Howard	12.12	
Katie Tapsell	12.36	
Bella Wyatt	12.50	
Boys 13 and under – 3000 metres		
Conor Lysaght	8.10	
Women under 18 – 5000 metres		
Hannah Gapes	18.59	
Masters women – 5000 metres		
40-44		
Sarah Lei	23.49	
45-49		
Siobhan Griffiths	20.57	
Kerryn Barker	22.35	
Kathryn Murphy	24.41	
50-54		
Noreen Crombie	24.50	
Masters men – 7300 metres		
65-69		
Peter Bloore	43.53	
75-79		

Peter Vyver	45.45	
Masters men - 10000 metres		
35-39		
Matt Parsonage	35.24	
40-44		
Adrian Lysaght	37.21	
45-49		
Gaine Petterson	40.31	
50-54		
Kerry Robinson	39.19	
Greg Malcolm	41.24	
Peter Roy	45.00	
55-59		
Bruce Edwards	37.15	
Mike Bray	40.39	
Women 20-34		
Megan Grant	39.45	
Rachael Wright	67.24	

Walk

Masters women – 5000 metres		
50-54		
Glennis Hennessy	33.37	
Gay Timpany	42.41	
55-59		
Diane Barrett-Kendall	32.29	
60-64		
Denise Caudwell	33.37	
Robynne Robbins	39.47	
Masters men - 5000 metres		
65-69		
Neil Butler	32.37	
70-74		
Alan Ryan	39.49	

Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, track suit 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 2 to 8 \$25.00

Size 10 to 12 \$30.00

Size 14 \$35.00

Supporting clothing

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are:

Sarah Wiwarena – Ph: 346 3289 (evenings):

Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

Annemarie Gallagher – Ph 027 6229688 (adults)

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