



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

GUFF SHEET
17 January 2015

The past week:

Local track and field – There was a small number at last week's adults and teens track and field. Fine weather was even on the programme. Results are below.

4 from the Club took part in children's North Island Colgate Games at Wellington over the weekend. Performances are unknown meantime.

2015 Running clinic:

The first muster of the Club's running clinic is getting under way this Sunday 18 January. Meet 6.50am at the Neil Hunt Park clubrooms and take part in the Club's proven 15 week programme which will have groups building up to either the full marathon distance around Lake Rotorua or the half marathon or 10km on 2 May. Come along and run in the company of others, exploring Whaka Forest at the same time.

The members of the Club's walker's clinic are well into their buildup for one of the events on 2 May. They are up to around 4 hours of their feet on a Sunday.

The Stadium's No 2 Ground

Because of the Rugby 7 Sevens tournament this Saturday and Sunday access for training at the track is unavailable, Friday, Saturday and Sunday.

Ipods and the likes:

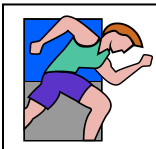
The club's policy is that Ipods etc are not to be worn in club events. This includes all events – track, trout fly, the running and walking clinics, the off Road Half marathon etc. If a wearer of these devices how about starting the New Year off with the resolution "I'm going to run or walk and hear what's going on around me".

Events on the local scene and out of town:

SATURDAYS

Track and field
Adults

The next Athletics Waikato BOP competition is an open met at Tauranga Domain 31 January. The same day (evening) is the Athletics NZ 10,000 metres championships at Mt Smart Stadium. This event doubles as the AWBOP



championships. Enter through Athletics NZ. Out of town during January is the Potts Classic (Hastings) which includes the Athletics NZ Junior 3000 metres championships: The Cooks Classic (Whanganui) and Capital Classic (Wellington).

SUNDAYS

Distance athletes

Running clinic - meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions

Other that run distance - 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 **are taking a rest until the first Monday of February**. 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 Neil Hunt Park clubrooms

Children's summer athletics - The weekly Tuesday sessions at the International Stadium, No 2 ground, Devon Street West, **are taking a break until Tuesday 27 January**.



Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz

Distance athletes

Running clinic - meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park. Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

WEDNESDAYS

Am

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua are **taking a rest until the first Wednesday of February**. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Pm -The weekly track and field (summer athletics) for those 12 and above are at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp. In a couple of weeks we will be moving into the championship programme. Please note to take a championship placing you must be a fully paid up financial member of the Club.

Programme for 21 January is:

6.15pm	60 metres	Shot put	High jump
6.45pm	200 metres		
7.00pm	5000 metres (run/walk) for grade 16 and above		

Contact: Lindsay Foster (348 6818)



THURSDAYS

Weekly

Walkers

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

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Running clinic - meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 29 January - You have a

choice of 2.5km or 5.0km run, jog or walk on a flat course.

Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with the event starting at 6.15pm sharp. Cost \$5.00 for adults and \$3.00 for children. Contact – Chris Corney – 021 770 366



Upcoming distance events:

Sunday 8 March – here in Rotorua the Copthorne off Road ½ Marathon, ¼ marathon, 5km and Little Devils Fun Run. Early entry closes 23 February. This club owned event is based in Whaka Forest and takes in some of the fabulous tracks and roads of the Forest. Pick up an entry form from the Neil Hunt Park clubrooms or visit www.eventpromotions.co.nz This is an event not to be missed!

Saturday 2 May - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via www.rotorumarathon.co.nz

If your name is below:

..... you have a championship certificate at the Neil Hunt Park clubrooms. Please uplift it. The certificates relate to a placing in the 2014 off road half marathon or the marathon or the cross-country and road events. There are also a large number of membership cards at the clubrooms.

Clare Barratt-Wood: Shiloh Bell: JJ Botha: Steve Bradley: Jenny Burns: Cindy Carpenter: Natasha Cianci: Dave Cronshaw: Bruce Edwards: John Edwards: Tania Fiskien: Ella and Tegan Fookes: Hannah Gapes: Mark Geddes:; Alan Gordon: Siobhan and Ronan Griffiths: Neville Harper: Ricky Haverkamp: Campbell Horn: Rina Joy:; Kate Keaney: Kaye King: Nic Leary (2): Carole Limbrick-Hill: Yvonne Mansell:; Eddie Meijer: Kelly Mitchell (2): Allan McGregor: Grant McKinnon: Chris McGuire: Matt Parsonage: Len Pemberton: Craig Pollard: Kate Rea: Lynne Reardon: Kerry Robinson: Frederick Shilton: Robyn Skelton: Justine Sinclair: Ben Smit: Duncan Smith: Isobel Taylor: Marc Teakel: Stephanie Thomson: Ed van den Broek: Eamon Walsh.

RESULTS

Teens and Adults Track and Field –

7 January 2015 (fine) * Denotes an athlete under Grade 12 – Up graded to Grade 12

60 metres

Julian Smith	M19	7.9
Tom Voysey	M19	8.5
Lindsay Foster	M55	9.8
Conor Lysaght	*B12	10.7
Amber Lysaght	*G12	13.0

100 metres

Julian Smith	M19	12.1
Tom Voysey	M19	13.7
Mark Geddes	M50	17.3
Conor Lysaght	*B12	19.1
Amber Lysaght	*G12	22.1

800 metres

Adrian Lysaght	M40	2.24.7
Karyn McCready	W45	2.47.9
Lindsay Foster	M55	3.23.6
Conor Lysaght	*B12	3.29.4
Jeanene Lysaght	W35	4.16.1

3000 metres

Adrian Lysaght	M40	10.28.0
Karyn McCready	W45	12.04.7
Lindsay Foster	M55	14.28.7
Jeanene Lysaght	W35	19.34.9
Mark Geddes (w)	M50	19.49.2
Rinus Adriaansz (w)	M55	24.49.4

Long jump

Conor Lysaght	*B12	2.73
Amber Lysaght	*G12	1.16
Lindsay Foster	M55	3.51
Mark Geddes	M50	2.52

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

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

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

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.