



**LAKE CITY**  
*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera  
Road, Lynmore, Rotorua

## CLUB SHEET

20 November 2010

### The week that was:

Outside of Rotorua Ryan Howe took part in the Battle of the Regions track and field competition at Mt Smart, Auckland, taking 3 top places in his Men 19 grade, while on the distance scene, Sjors Corporaal was first across the line in Toi's Challenge at Whakatane on Sunday. Colin Earwaker was the first master graded runner to finish.

The first children's ribbon day was hosted by the Cambridge Club, with a good number in attendance from around the Waikato /Bay of Plenty area.

Locally the fortnightly Thursday evening Trout Fly Series is under way. Series details are opposite.

### The Club's gym:

Would the person who put a note in the clubrooms suggestion box re the gym at the Neil Hunt Park clubrooms, please contact Siobhan Griffiths (the club's secretary) at [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz) or call her on 349 1379 to discuss the matter – thank you.

### Marathon Clinic:

**Wanted** – a person to take control of the running section of the Club's Marathon Clinic. Traditionally the clinic commences towards the end of January, and runs through to Marathon Day, this year (next year) 30 April. It meets every Sunday morning 7.00am at the Neil Hunt Park clubrooms and on Tuesday and Thursday evenings. The club has available a clinic booklet which contains a training schedule, tips etc. If you are interested in taking charge of the clinic call Pam Kenny - 348 8448.

The club's marathon clinic walking section under the control of Colin Smyth has been in training for some weeks.

### Events on the local scene:

#### SUNDAYS

**Those that run** - Meet 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road), when groups of runners head off into Whaka Forest.

8.30am - a running group also leaves from TITC on Waipa Mill Road – contact person - Siobhan Griffiths – 021 1289925

**Those that walk** - Meet 7.00am at the Neil Hunt Park clubrooms The walker's contacts are: Colin Smyth 027 499 9471- Pat Smyth 027 3341425 - Wiwarena 027 248 3874 (348 7674 home)

#### TUESDAYS

**Children's athletics** - (5 to 11 years) 5.00pm at the No 2 Ground Rotorua International Stadium, Devon Street West. Please note that for events up to and including 400 metres, children aged 7 and upward must use a crouch start. Details on this section of the club can be obtained by visiting [www.sportsground.co.nz/lakecitykids](http://www.sportsground.co.nz/lakecitykids)

#### Distance athletes

**Runners** - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms

#### WEDNESDAYS

**Senior track and field (athletics)** - for those 12 years and above, 6.00pm at the No 2 Ground, International Stadium, Devon Street West. The programme for 24 November is ★ 6.15pm 3000 metres run or walk, long jump ★ 6.40pm 60 metres ★ 6.55pm 100 metres ★ 7.05pm 800 metres ★ 7.20pm 300 metres

Distance athletes (runners and walkers - Grade 19 and above) please note that the Club's track 10000 metres championship is scheduled for the evening of 8 December.

#### THURSDAYS

#### Distance athletes

**Runners** - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599.

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms

#### THURSDAYS (FORTNIGHTLY) - next event 2/12

**Trout Fly Summer Series** ★ Meet at the Lake City Athletic Club Clubrooms Neil Hunt Park off Tarawera Road ★ Run, Walk, Jog either a 5.4km or 3km course ★ Registration @ 5.45pm ★ Start @ 6.15pm ★ PLEASE NOTE children are to be accompanied by adult ★ Entry fee Adults: \$5.00, Children: \$3.00 (Price includes free beer/wine or soft drink for under 18's) plus BBQ ★ **Dates** – 2010: 2 December, 16 December. 2011: 13 January, 27 January, 10 February, 24 February, 10 March ★ For further details contact: Chris Comey - 021 770366

### Events out of Rotorua:

#### TRACK AND FIELD

**Seniors - This Saturday 20 November** - Battle of the Regions, Porritt Stadium, Hamilton, with registrations starting at 11.30am

**Children – This Saturday 20 November** - Ribbon Day at Te Awamutu. 10.00am start, no entry fee. Ribbon days are where children from clubs around the Waikato Bay of Plenty region take part in events from 40 metres to 1500 metres, plus a range of field events. Competition is for tiny tots up to and including Grade 14.

## Whaka Forest:

Those of you that run or walk or mountain bike in the Whaka Forest need to be mindful of the logging operations that are occurring. Areas effected are the Wash walking/running track, and the Tickler, Be Rude not To, Dragons Tail, and Chestnut Link mountain bike tracks. During working hours Red Tank and Wash Roads will be closed. There is also truck and loaders operating in the Heath, Dump road area. Signage is in place to indicate the areas being harvested. Please respect these and do not venture into the work areas. There was a near "hit" last week by someone who decided to ignore the signs. This is a working forest and we are lucky to have access to it. **Don't be the one to stuff it up for all other users.**

## Athletics New Zealand 2011 cross-country championships:

Please note that the venue of these has changed, from Waikanae to Christchurch. Also note the date of these is 23 July. The actual course venue in Christchurch is not currently known.

## Results:

### Senior track and field results –

**10 November 2010** \* Denotes person aged under 12 – up graded to grade 12

#### 60 metres

Blake Wilson	B12	8.4
Tom Voss	*B12	9.1
Michael Voss	B13	9.1
Matthew Wilson	*B12	9.3

Andrew Innes	B14	7.9
Lewis Eccles	B13	8.1
Michael Kilkelly	B14	8.2
Josiah Kilkelly	B14	8.6
Shane Tairakena	B13	8.9

Ryan Howe	M19	6.7
Joseph Millar	M19	6.9
Max Joret	M19	7.9

Marina Tahana-Beazley	*G12	8.7
Lana Roberts	G13	8.8
Montessa Tairakena	*G12	9.3
Erina McDonnell	G12	9.5
Alie Henderson-Corporaal	G12	9.7
Mackenzie Van Fulpen	G12	9.8
Kaya Corporaal	*B12	10.3

#### 200 metres

Blake Wilson	B12	28.9
Michael Voss	B13	31.4
Tom Voss	*B12	32.6
Matthew Wilson	*B12	34.4
Kaya Henderson-Corporaal	*B12	35.9

Ryan Howe	M19	23.2
Lewis Eccles	B13	26.8
Max Joret	M19	27.4
Andrew Innes	B14	27.4
Michael Kilkelly	B14	28.3
Josiah Kilkelly	B14	29.7

Kerris Browne	W40	38.4
<b>600 metres</b>		
Michael Kilkelly	B14	1.45.0
Michael Voss	B13	1.51.0
Josiah Kilkelly	B14	1.52.0
Chris Browne	M40	2.03.0
Blake Wilson	B12	2.06.0
Tom Voss	*B12	2.07.0
Georja Kidd	G12	2.12.0
Matthew Wilson	*B12	2.17.0
Kerris Browne	W40	2.49.0

#### 5000 metres handicap

<b>Actual time</b>		
Max Bragg (w)	M65	36.47.0
Chris Browne	M40	22.23.0
Sam Rossiter	M20	18.58.0
Michael Rossiter	M20	23.15.0
Martin Harris	M55	25.24.0
Jason Steyn-Ross	M20	17.08.0
Steven O'Callaghan	M20	15.40.0
Bruce Edwards	M45	18.23.0
Kerris Browne	W40	30.47.0
Colin Smyth (w)	M70	39.41.0
Tom Lamason (w)	M65	41.15.0

#### Shot put (different weights thrown)

Shayne Tairakena	B13	8.77
Max Joret	M19	11.20
Kaya Henderson-Corporaal	*B12	5.55
Andrew Innes	B14	6.60
Montessa Tairakena	*G12	7.02
Erina McDonnell	G12	6.07
Georja Kidd	G12	3.55
Molly Florence	W16	5.77
Ella Florence	G13	5.63
John Kirkland	M70	5.89
Colin Smyth	M70	5.47
Marina Tahana-Beazley	*G12	9.93
Chris Browne	M40	7.40
Melkorka Leggett	*G12	5.58
Tanja Leggett	B13	5.61
Kerris Browne	W40	6.04
Sam Rossiter	M20	7.57



### Tip of the week

*Don't run two hard days back to back*

**For your physio needs contact  
The Physiotherapy Clinic –  
[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380**

Samantha Sinclair	W16	8.41
Lindsay Foster	M55	9.43

#### High jump

Melkorka Leggett	*G12	1.05
Tanja Leggett	B13	1.05
Alie Henderson-Corporaal	G12	1.34
Michael Voss	B13	1.20
Sean Kilkelly	B12	1.10
Blake Wilson	B12	1.36
Lana Roberts	G13	1.25
MacKenzie Van Fulpen	G12	1.28
Ryan Howe	M19	1.50
Tom Voss	*B12	1.25
Callum Taylor	B14	1.50
Harry Phipps	B12	1.20
Sam Rossiter	M20	1.20

#### Battle of the Regions – Mt Smart,

**Auckland – 13 November 2010**

#### M19

#### Ryan Howe

100 metres	1st	11.15
200 metres	2nd	22.72
Long jump	1st	6.56

## Officials' Course:

Discipline: Throws, levels C & B

When: This Sunday 21st November

Where: Cambridge Club grounds.

Times: 9:00 am until 2:30 pm.

Cost: \$11.50 each (\$10.00 plus GST @ 15%)

**Please confirm as soon as possible that you are attending:**

[George Caddie - 07 859 1479](mailto:George Caddie - 07 859 1479)

[geocaddie@xtra.co.nz](mailto:geocaddie@xtra.co.nz) Athletics

Waikato BOP Official Education Officer

