



**LAKE CITY**

*Athletic Club* INC

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

## GUFF SHEET

3 December 2011

### The week that was:

Good attendances again at the two weekly track and field evenings at the Stadiums No 2 ground.

There was a ribbon day at Cambridge for the children while the teens plus headed to Porritt Stadium for their track and field competition.

### Forthcoming events on the local scene:

#### **SUNDAYS**

**Those that run distance** - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some a bit later. Find a group that is compatible with your fitness and head off into the Forest.

**Those that walk** - Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 - Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

#### **TUESDAYS**

**All athletes** - Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street, Rotorua. Sessions led by Sarah Lei - 349 3558 (evenings) or 027 228 5496.

#### **Summer athletics:**

For Tiny Tots and children aged 5-11 years

Weekly Tuesday Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West at 5.15pm.

Should the weather be inclement cancellations will be on the hotline - 349 2994 then dial 5924, or on the cancellation notices on [www.lakecity.co.nz](http://www.lakecity.co.nz)

Contact - Kerris Browne - 021 753 691, or 348 0790 or [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)

#### **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**

##### **Summer athletics:**

For teens and adults (12 years plus)

Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West - 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults.

The programme for next Wednesday (**7/12**) is:

- 6.15pm - 600 metres
  - Shot put
  - High jump
- 6.30pm - 60 metres
- 6.45pm - 200 metres
- 7.00pm - 10000m club championships

for those grade 19 plus

3000 metres for those not

taking part in the 10000 metres

Contact - Lindsay Foster - 348 6818 evenings.

#### **THURSDAYS - weekly**

##### **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**

##### **The Trout fly series**

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be. The next event is **15 December - the final event for 2011**

- You have a choice of 3km or 5.4km 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

##### **Beginners Jogging - (alternate Thursdays between Trout Fly)**

Comfortable 45 minutes to 1 hour jog in the lovely Redwoods led by Rachel and Kerris. Start 5:30pm from the Clubrooms, on middle Thursdays between the Trout Fly events. No charge for beginners' first three sessions - great way to keep your weekly motivation going!

Contacts are Rachel 027 3630644, Kerris 021 753691.

## Logging in Whaka Forest .....

The tree felling on the Tokorangi ridgeline is taking a little longer than expected, **Operations will be taking place 7 days a week.** Timberlands have also advised that they will be undertaking Gravity Roller Crushing in the harvested area off Katore Rd. This is a clearing process where a roller connected to independently controlled winch drums is rolled down a slope clearing vegetation in its path. Needless to say you wouldn't want to be in its path. MTB tracks closed are Gunna Gotta, Katore Jumps, A Trail, K2 and The Tickler, the Corridor, Eastern Spice, North Face. Horse Track closed is Katore Wash Trail (still to be reinstated anyway), Tokorangi Pa Lookout. Walk tracks closed are Tokorangi Pa Track and Whakarewarewa Circuit. Spruce Rd and Katore Rd will also be closed.

Please put the word out and stay clear! Do not go into the closed areas and watch for trucks.

## Events out of Rotorua:

### **Track and field:**

#### **For children:**

**This Saturday 3 December** - Athletics Waikato BOP relay champs, plus race walk championships, Porritt Stadium, 9.30am

**Saturday 10 December** - Ribbon Day at Kawerau, 10.00am

**Saturday 17 December** – Ribbon day at Rotorua – No 2 Ground, 10.00am

#### **For adults:**

**This Saturday 3 December** – Open meeting Tauranga Domain, 3.00pm. On the programme is 1500/2000/3000m walk, 80/100/100 hurdles, 100, 200, 400, 1500, 5000 metres plus 2k/3km steeplechase. Field events are – high/long jumps, discus, shot and pole vault.

**This Sunday 4 December** - Throwers meeting, Porritt Stadium, Hamilton, 10.00am. Send your expression of interest to [Debbie.Strange77@gmail.com](mailto:Debbie.Strange77@gmail.com)

**Saturday 10 December** – Secondary Schools track and field championships, Wellington

## **Subscriptions / Membership:**

All participants of club nights are required to pay their annual membership fee by the 3rd club night at the latest.

Please note we have now had 5 club nights.

If you have **not** paid your fee please attend to it promptly.

Teens and adults can uplift on a Wednesday evening, from the results table, a membership form, or visit the club's website ([www.lakecity.co.nz](http://www.lakecity.co.nz)) and download a form

## **Club 10000 metres championships:**

Runners and walkers note the track 10000 metres championships for grade 19 and above are being held on **Wednesday 7 December.**

7.00pm start.

Please arrange your own lap recorder and also note that to take a club championship placing you must be a financial member of the Club.

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

## Results:

### Teens and Seniors Track and Field -

**weekly results** - \* Denotes an athlete under Grade 12 – up graded to Grade 12

**23 November 2011**

#### 3000 metres - handicap

Finish order	Handicap	Actual Time
Chris Browne	4.20	12.07
Karyn McCready	4.40	12.07
Martin Harris	1.40	15.16
Logan Marten	5.30	11.43
Rachel Browne	Go	17.14
Kerris Browne	0.40	16.52
Olivia Goh	1.30	16.12
Max Bragg	3.00	14.43
Phil Kerrison	4.40	13.05
Bruce Edwards	7.20	10.30
Sam Rossiter	6.00	11.59
Nick Portas	8.45	9.15
Jason Steyn-Ross	8.00	10.02
Judith Tomasevich	Go	18.15
Steven O'Callaghan	8.45	9.40
Michael Rossiter	4.40	14.20
Rinus Adriaansz	1.00	21.38 (w)
Linda Montgomery	Go	24.40 (w)
Maureen Heald	Go	24.51 (w)
Denise Caudwell	2.00	23.08 (w)

#### 60 metres

Kurt Rice	M16	8.3
Andrew Dube	M40	8.5
Julian Smith	B14	8.5
Raymond Winwood	M20	8.9
Tom Vosey	B14	9.2
Bruce Mabagos	B14	7.8
Samantha Sinclair	W16	8.6
Sam Mackenzie	B14	9.0
Gus Dube	B12	9.4
Cameron Chandler	B12	10.1
Georja Kidd	G13	9.3
Tessa Norton-Campbell	W16	9.6
Sarah Bain	G13	9.7
Lina Obermeier	W16	10.0
Ashleigh Nathan	G14	10.5
Kerris Browne	W40	11.3
Olivia Goh	W20	11.9
Mandy Maulder	W20	12.7
Rachel Browne	W40	13.3
Judith Tomasevich	W55	13.5

#### 100 metres

Bruce Mabagos	B14	12.6
Kurt Rice	M16	13.4
Andrew Dube	M40	14.0

Tom Vosey	B14	14.5
Sam Mackenzie	B14	14.7
Samantha Sinclair	W16	13.4
Tessa Norton-Campbell	W16	15.3
Georja Kidd	G13	15.5
Gus Dube	B12	15.6
Sarah Bain	G13	15.7
Cameron Chandler	B12	16.5

#### 800 metres

Sam Rossiter	M20	2.28.0
Michael Kilkelly	M16	2.35.0
Raymond Winwood	M20	2.51.0
Karyn McCready	W40	2.52.0
Chris Browne	M40	2.54.0
Georja Kidd	G13	3.04.0
Javier Browne	B12*	3.08.0
Sarah Bain	G13	3.17.0
Jude Carpenter	B12*	3.34.0
Olivia Goh	W20	4.03.0
Kerris Browne	W40	4.05.0
Rachel Browne	W40	4.07.0
Judith Tomasevich	W55	4.30.0
Tom Lamason	M65	5.00.0

#### 300 metres

Kurt Rice	M16	45.4
Sam Rossiter	M20	46.7
Samantha Sinclair	W16	46.9
Andrew Dube	M40	50.2
Gus Dube	B12	55.6
Bruce Mabagos	B14	56.9
Sam Mackenzie	B14	58.2
Cameron Chandler	B12	58.5
Lindsay Foster	M55	51.2
Georja Kidd	G13	52.4
Sarah Bain	G13	53.8
Jude Carpenter	B12*	1.20.4
Olivia Goh	W20	1.21.7
Mandy Maulder	W20	1.31.6
Javier Browne	B12*	1.51.3
Judith Tomasevich	W55	1.51.8
Aria Browne (w)	G12	1.54.5
Kerris Browne (w)	W40	1.55.7
Paula Bain (w)	W35	1.56.0
Tom Lamason (w)	M65	1.59.5

#### Long jump

Bruce Mabagos	B14	4.91
Sam Mackenzie	B14	3.97
Tara Forol-Roberston	G12*	3.40
Rose Pickernell	G12	3.37
Sarah Bain	G13	3.34
Mackenzie van Fulpen	G13	3.16
Ashleigh Nathan	G14	3.72
Tanja Leggett	G14	3.22
Samantha Sinclair	W16	4.44

Lina Obermeier	W16	3.77
Olivia Goh	W20	2.30
Kerris Browne	W40	2.86
Judith Tomasevich	W55	2.00

### Athletics Waikato Bop – Track and Field – Porritt Stadium – 26 November 2011

#### Women 16

##### Molly Florence

100 metres	2nd	12.46
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#### Men 16

##### Callum Taylor

100 metres	8th	11.98
Long jump	3rd	6.03

