



**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

26 November 2011

### The week that was:

The two track and field evenings (children Tuesday, and teens and adults Wednesdays) attracted good numbers the past week.

The fortnightly Trout Fly series had a record turn-out of 93.

Out of Rotorua there was a ribbon day at Te Awamutu for child members, while the teens plus headed to Porritt Stadium for their track and field competition. Distance wise was Tois Challenge at Whakatane.

### 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 (**30/11**) is:

- 6.15pm 1200 or 2000 metres - walk - Javelin, triple jump / long jump
- 6.30pm - 100 metres
- 6.45pm - 2km steeplechase - grade 16 and above
- 7.00pm - 400 metres
- 7.10pm - 2000 metres run/walk

Come run, jump, throw or walk with us

#### **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 **1 December**

- 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:

#### **Distance events:**

#### **Track and field:**

#### **For children:**

**This Saturday 26 November** - Ribbon Day, Cambridge, 10.00am

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

#### **For Adults:**

**This Saturday 26 November** – open meeting, Porritt Stadium, Hamilton. 3.00pm.

North Island Masters championships – Wellington

**Saturday 3 December** – Open meeting, Tauranga Domain, 3.00pm

**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)

### Helpers needed:

Saturday 17 December sees the Club hosting a ribbon day at the Stadium's No 2 ground for children aged tiny tots to 14 years in a wide variety of athletic events.

We need a large number of officials please. So if you have any experience helping at athletics events, organising kids, or recording, PLEASE urgently forward your name to Kerris Browne 3480790, 021 753691, [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz). All parents of attending children are also expected to assist.

### 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.

### 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

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

## Results:

### Local Teens and Seniors Track and Field – 16 November 2011

#### 1500 metres - run

Jason Steyn-Ross	M20	4.52.5
Bruce Edwards	M50	5.04.7
Paige Satchell	G13	5.08.4
Sam Rossiter	M20	5.38.2
Karyn McCready	W40	5.50.0
Gus Dube	B12	5.58.1
Eillish Satchell	W16	6.10.3
Sarah Bain	G13	6.26.7
Michael Rossiter	M20	6.28.1
Cameron Chandler	B12	6.29.3
Kelsey Elliot	W16	6.49.6
Lina Obermeier	W16	6.51.7
Yeseul Park	W16	6.58.5
Max Bragg	M65	7.09.8
Peter Vyver	M65	7.49.7

Raymond Winwood	M20	6.31.8
Peter Vyver	M65	7.33.7
Olivia Goh	W20	7.53.9
Kerris Browne	W40	7.54.7
Judith Tomasevich	W55	9.18.4
Kathy Satchell	W45	10.07.4
Mary Mupita	W40	10.07.7
Chynne Evans	W19	10.09.9
Michelle Evans	W35	10.10.1

#### 1500 metres – walk

Denise Caudwell	W55	10.23.2
Rinus Adriaansz	M55	10.23.2
Lyn van der Meys	W65	11.38.2
Linda Montgomery	W60	11.49.5
Maureen Heald	W70	11.51.6
Aria Browne	G12	13.16.7
Hannah Lawson	G12	13.25.0
Rutendo Mupita	G14	16.07.3

#### 100 metres

Kurt Rice	M16	13.1
Michael Kilkelly	M16	13.3
Andrew Dube	M40	13.8
Raymond Winwood	M20	13.9
Tom Vosey	B14	NT
Sam Mackenzie	B14	NT

Paige Satchell	G13	14.7
Georja Kidd	G13	15.3
Sarah Bain	G13	15.9
Hannah Lawson	G12	17.7
Aria Browne	G12	21.5

Molly Florence	W16	12.8
Samantha Sinclair	W16	13.5
Eillish Satchell	W16	14.3
Mel Martin	W35	15.0
Lilly Florence	G12	15.3

Ella Florence	G14	16.2
Lina Obermeier	W16	15.6
Yeseul Park	W16	15.9
Riley Martin	B12*	16.7
Jurnee Hannah	W16	17.8

Georja Kidd	G13	15.4
Sarah Bain	G13	16.0
Michelle Evans	W35	18.1
Kerris Browne	W40	NT
Kathy Satchell	W45	NT
Judith Tomasevich	W55	NT

#### 400 metres

Sam Rossiter	M20	59.5
Kurt Rice	M16	60.7
Michael Kilkelly	M16	61.8
Samantha Sinclair	W16	63.8
Scott MacAlistair	M16	66.0
Paige Satchell	G13	66.8

Eillish Satchell	W16	72.6
Gus Dube	B12	77.7
Mel Martin	W35	80.8
Georja Kidd	G13	86.4
Yeseul Park	W16	88.7
Sarah Bain	G13	89.2
Riley Martin	B12*	93.2

Georja Kidd	G13	93.1
Kerris Browne	W40	1.54.9
Kathy Satchell	W45	2.01.8
Judith Tomasevich	W55	2.05.3

#### Discus – different weights thrown

Justise Pue	B12	27.74
Raymond Winwood	M20	26.73
Rinus Adriaansz	M55	15.66
John Kirkland	M70	19.46
Melkorka Leggett	G12	18.02
Hannah Lawson	G12	10.95
Aria Browne	G12	10.82
Tanja Leggett	G14	18.90
Rutendo Mupita	G14	6.50
Samantha Sinclair	W16	19.53
Molly Florence	W16	19.38
Jurnee Hannah	W16	10.70
Chynne Evans	W19	9.02
Leanne Leggett	W40	20.50
Kerris Browne	W40	16.45
Mary Mupita	W40	13.46
Karyn McCready	W40	13.02
Denise Caudwell	W55	14.40
Judith Tomasevich	W55	12.19
Linda Montgomery	W60	9.80
Lyn van der Meys	W65	8.04
Maureen Heald	W70	13.14

### Trout Fly Results - 17th November 2011

#### 3km:

Lewis	Ryan (PB 0.08)	00:11:24
Graeme	Pearson	00:11:40
Logan	Marten	00:12:26
Charlotte	Pearson (PB 0.28)	00:12:33
Ruby	Ryan	00:14:09
Michael	Rossiter	00:14:12
Ronan	Griffiths (PB 3.04)	00:16:32
Pip	Duncan	00:17:42
Jade	Mitchell	00:18:04
Shania	Parkinson	00:18:05
Maribell	Carlyle	00:18:05
Aiden	Maxwell	00:20:13
Caira	Griffiths	00:20:15
Siobhan	Griffiths	00:20:17
Isobel	Murray	00:21:34
Cameron	Caudwell (PB 1.04)	00:22:43
Gabriel	Carlyle	00:22:52
Phil	Gulbransen (w)	00:23:07
Mandy	Maulder (w) (PB 1.03)	00:25:58
Linda	Montgomery (w)	00:26:11
Ellen	Goodin (w)	00:27:27
Celene	Atkinson (w)	00:29:45
John	Holmes (w)	00:29:48
Carol	Holmes (w)	00:29:49
Juliet	Fordyce (w) (PB 4.01)	00:29:57
Brett	Fordyce (w) (PB 4.01)	00:29:59
Alison	King (with pram) (w) (PB 1.46)	00:30:40
Martin	Harris (w)	00:31:30
Andrew	Harris (w) (PB 1.03)	00:31:31
Janet	Tutt	00:37:07

#### 5.4km:

Nick	Pannett (PB 0.52)	00:17:22
Nick	Portas (PB 0.13)	00:18:13
Jason	Steyn-Ross	00:18:50
Adrian	Lysaght (PB 0.03)	00:18:57
Sam	Osborne	00:19:43
Chris	Corney	00:19:44
Dave	Cronshaw	00:20:04
Clive	Dugdale	00:20:54
Richard	Harris	00:21:12
Sam	Rossiter	00:21:21
Hannah	Barker (PB 1.26)	00:21:32
Michael	Harrison	00:22:00
Kris	Adriaansz	00:22:14
Hamish	Duncan	00:22:21
Chris	Turner	00:22:23
Russell	Clarke	00:22:43
Chris	Browne	00:22:52
Rory	Brickland	00:23:07
Cati	Pearson	00:23:34
John	Harvey PB (0.17)	00:23:37
Steven	Fiske PB (0.33)	00:23:38
Brad	Griffiths	00:23:44

Josh	Dear	00:23:57
Nikki	Buckley (PB 0.32)	00:24:00
Lukas	Thomas	00:24:15
Nicole	O'Donnell (PB 2.28)	00:24:26
Andy	Belcher	00:24:54
Sarah	Lei	00:25:12
Shaun	O'Donnell	00:25:16
Phil	Kerrison (PB 0.06)	00:25:18
Jodie	Hickson	00:25:25
Franca	Helmich	00:25:41
Steven	Rolls	00:25:56
Campbell	Horn	00:26:58
Erin	Roberts	00:27:14
Nikki	Roderick	00:27:33
Peter	Vyver	00:28:56
Clay	Gulliver	00:29:05
Scott	McEwen	00:29:43
Kelly	Mitchell (PB 6.25)	00:30:03
Mandy	Perrin	00:30:05
Lauren	Atkinson	00:30:15
Olivia	Goh (PB 0.39)	00:30:52
Caitlin	Turner	00:30:54
Sheryl	Pearson	00:31:28
Marie	Palmer	00:31:58
Helen	Morgan	00:32:02
Rachael	Browne	00:32:14
Martin	Carlyle	00:32:39
Frances	Fordyce (PB 2.26)	00:32:51
Jeanette	Dekker (PB 0 .26)	00:33:17
Judith	Tomasevich	00:33:26
Diane	Jones	00:37:34
Annabel	Fordyce	00:38:50
Aria	Browne	00:40:48
Kerris	Browne	00:40:50
Denise	Caudwell (w)	00:41:46
Anne	Tregilgas	00:43:02
Kelly	Lalich	00:52:21
Natalie	Swinyard	00:52:21
Yvette	Revell	00:52:26
Sheryl	Strickett	00:54:16
Ann	Green	00:54:16
Maureen	Heald (w) - lost	01:01:01

