



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

Track and Field (children and adults) No 2 Ground the
Stadium, Devon Street West - Rotorua

GUFF SHEET 4 February 2017

The past week:

The fortnightly Trout Fly series has ticked off another run/ walk in this series. The Wednesday evening teens and adults track and field are working their way through the championship programme. Results of both are below.

The weekly Tuesday evening children's athletes at the Stadium's No 2 ground are also into the second part of their season now that the holidays are over.

2017 Lake City Running Clinic:

Meeting times/venue is:

- Tuesday/Thursday evenings just prior to 5.30pm, at the Neil Hunt Park clubrooms
- Sunday mornings: The full and half marathoners 7.00am at the Neil Hunt Park club rooms
- The 10kers 7.30am at the Neil Hunt Park clubrooms

If you are interested in joining the clinic and/or know of others who might be interested, please contact Teresa Martin on 0210428759; send us an email to lakecitymarathonclinic@gmail.com. Don't leave it too long as time is increasing on ones feet quite rapidly.

Whaka Forest:

Logging operations are happening in the region of Hill Road across to the recently cutover area adjacent to Pipeline Road. With Hill Road closed weekdays and possibly some weekends the mountain bike shuttle bus



will be using Nursery Road and Katore Road, so take care if running/walking in these regions. Unauthorised entry into the work site may result in a trespass notice being issued. Please obey the instructions of security people on site.

Also remember that 8 Mile Gate Road is out of bounds at all times.



Social Sub-Committee:

The sub-committee would like to invite everyone to their first event being pack run's for all abilities around the Blue Lake, or further (or no run at all) and then for free BBQ sausages afterwards. BYO drinks and anything else you would like to eat.

- **When: This Thursday 2nd February at 5.45, running at 6pm**
- **Where: Blue Lake by the BBQ's (grass area)**

Bring the kids too, as there will be a kids run

Come and meet the committee (Amy, Kelly, Chris, Brei, Tracey, Peter, Megan and Jodie), share any ideas and let us know if you would like to help out.

If the weather isn't looking great, it will be held at the clubrooms and a message put on Facebook on the 2nd.

Volunteers required:

The club owned Copthorne off road half marathon and associated events are coming up on Sunday 5 March. This means volunteers from the club are sought for the event. Tasks to be covered are: parking, Registration, course marshall, drink station attendants and working in the finish area. There is a sheet at the Neil Hunt Park clubrooms for you to indicate your assistance. If running or walking ask a family member or friend to take your place. Can't get to the clubrooms then contact Rob Colledge on 07 348 7768



Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

This Saturday 4 February – Open meeting at Porritt Stadium. 3.00pm start

Saturday 11 February – The Porritt Classic track and field met, Porritt Stadium, Hamilton. Visit Athletics NZ website and scroll down until the event is found. Online entry is

the only way to enter and these close this **Friday 3 February**.

Saturday 18 February - open meeting at Porritt Stadium – 3.00pm start

CHILDREN

Saturday 11 February - Ribbon at Te Aroha.10am Start.

Saturday 18 February – Ribbon day at Tokoroa. Volunteers are being sought from all Athletics Waikato BOP clubs this day.

Saturday 25 February - Athletics Waikato BOP triple jump championships for athlete's grade 13 and 14 are at the Bellevue /Greerton ribbon day, Tauranga Domain. Entry (\$5.00 fee) to be with Sandra Murray 166A Nixon Street Hamilton 3216 or sanben@vodafone.co.nz by Saturday 18 February. Please supply name, grade and whether you are a boy or girl.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Running clinic - Full and half marathoners also leave 7.00am at the Neil Hunt Park clubrooms. 10kers meet at 7.30am.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115.

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

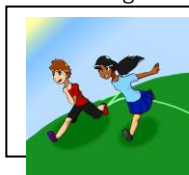
Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes all sections of the Running clinic.

Children's athletics

This section is underway again.

Arrive 4.45 to 5.00pm at the International Stadium's No 2 ground Devon Street West. Contacts are Sarah 027 347 8115 or Jessica 027 602 1396.



WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

Pm – **Track and field** for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

The programme for the **8 February (next week)** is high jump, 1200 and 2000 metres walks championship events, plus non championship 100 metres and a 1 mile.

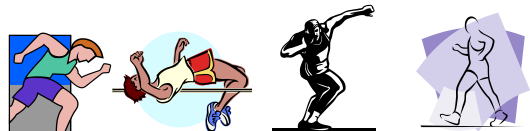
The following week (15 February) is the long jump and 5000 metres championships (5000 meter athletes please provide your own lap recorder). Non championship events are 60 metres and a 1 mile for those not tackling the 5000 metres.

2016 /2017 track Mile Series

Don't worry if you have not had a chance to do any miles yet as there are still 4 more to go in the series. The series is free to all club members. Non-members are welcome but the cost to enter is \$2 per mile.

See dates and times listed below for the remaining events. **Please bear in mind that some evenings the event may start slightly ahead of the time listed.**

- 8th February, 7:05pm
- 22nd February, 7:00pm
- 1 March 7.00pm - Night of Miles
- 8th March, 7.30pm



THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes the all sections of the Running clinic. Meet just before 5.30 please.

Trout Fly - fortnightly

The next event is **Thursday 9 February** - Register at the Neil Hunt

Park clubrooms around 5.45pm and then head to the start line for a 6.15pm getaway. Costs: Adults \$5.00, children \$3.00 who must be accompanied by an adult. Contact Chris Corney 021 770 366 or email



2017 Distance events in Rotorua:

Sunday 5 March - The club's Copthorne Rotorua off Road Half marathon and associated events in Whaka Forest. This event doubles as the Club's half marathon championships. Entry forms are at the Neil Hunt Park clubrooms or visit www.eventpromtions.co.nz the late entry fee kicks in from 21 February

Saturday 6 May - The 53rd Lion Foundation Rotorua Marathon and associated events (half marathon, Quarter marathon and 5.5km fun run). This event doubles as the club's marathon championship. Entry forms are the club rooms or visit www.rotoruamarathon.co.nz the late entry fee kicks in from 1 April

The Magic Mile: Wednesday 1 March 2017

A Night of Miles event will be held on the evening of Wednesday 1 March on the athletic track at the Stadium's No 2 ground, Devon Street West, Rotorua commencing 7.00pm. Please be there prior to 7.00pm for registration etc.

In attendance will be double Olympic 1500m medalist Nick Willis who has a programme "The Miler Method" which he is offering a special opportunity for Rotorua people to get involved in. Club members who are interested in doing the Miler Method programme where you get personalised coaching from Nick and can interact with other people doing the programme around the world is \$US60. Register at www.milermethod.com/bootcamps for the Rotorua Bootcamp. As part of the Miler Method Boot Camp building up to the final boot camp mile on 1 March, Club members Kim Stevenson and Jason Cameron are holding weekly group workouts on Wednesday evenings 4.30pm from Neil Hunt Park and Saturday mornings 9.00am at Puarenga Park behind MIGS Gym. Contact either Kim 021 082 22590 or Jason 027 2498 020 interested. You don't have to have joined the 5 week programme to participate on 1 March.

Want to practice over the real distance then come to the Club's Wednesday track and field sessions 1, 8, and 22nd February. See above under Wednesday.

RESULTS

Trout Fly – 27 January

2017

Dirk Peters	1	17:25	5000
Adrian Lysaght	2	17:50	5000
Chris Corney	3	18:03	5000
Stephen Bjarnesen	4	18:07	5000
David Cronshaw	5	18:40	5000
Sue Crowley	6	18:42	5000
Matt Dalton	7	19:21	5000
Steve Parker	8	19:22	5000
Cameron McKenzie	9	19:31	5000
Megan Grant	10	19:44	5000
Peter Roy	11	19:59	5000
Gaine Petterson	12	20:03	5000
Andrew Jamieson	13	20:14	5000
Tracey Hay	14	20:17	5000
James Wilce	15	21:04	5000
Russell Clarke	16	21:20	5000
Sam Rossiter	17	21:56	5000
Stevie Fiske	18	21:57	5000
Chris Lord	19	22:14	5000
Billy Ferguson	20	22:20	5000
Campbell Horn	21	22:45	5000
Philip Gulbransen	22	22:59	5000
Clare Barratt-Wood	23	23:16	5000
Natalie Miedema	24	23:39	5000
Sarah Lei	25	24:06:00	5000
Gabriel Carstens	26	24:20:00	5000
Chris Bycroft	27	24:56:00	5000
Noreen Crombie	28	25:19:00	5000
Simon Addison	29	25:41:00	5000
Kelly Mitchell	30	26:46:00	5000
Sam Atkinson	31	26:47:00	5000
Ray Hewlett	32	31:39:00	5000
Peter Vyver	33	31:46:00	5000
Judy Hewlett	34	32:00:00	5000
Raelene Cockrell	35	32:25:00	5000
Diane Barratt-Kendall	36	34:34:00	5000
Stephanie Thompson	37	35:50:00	5000
Sandra Engert	38	35:54:00	5000
Marama Christie	39	36:08:00	5000
Erin Jeffrey	40	49:23:00	5000
Kerry Robinson	1	9:45	2550
Melanie Sweeney	2	11:01	2550
Justine Randell	3	11:08	2550
Conor Lysaght	4	12:12	2550
Anja Crombie	5	12:29	2550
Luke Crombie	6	12:29	2550
Lizzie Avis	7	13:26	2550
Amber Lysaght	8	14:21	2550
Elliot Castle	9	15:00	2550
Anita Roy	10	15:39	2550

Oscar Burns	11	16:33	2550
Lewis Lei	12	16:33	2550
Elena Burns	13	17:12	2550
Cameron Jamieson	14	17:14	2550
Louise Lord	15	17:20	2550
Hannah Hickson	16	19:14	2550
Sheryl Pearson	17	19:21	2550
Izzy Managh	18	19:52	2550
Jodie Hickson	19	20:08	2550
Emily Avis	20	20:33	2550
Lance Crouch	21	20:34	2550
Maria Brunton	22	21:18	2550
Kerry Reynolds	23	22:06	2550
Rose Jamieson	24	22:07	2550
Katie Roy	25	22:33	2550
Freya Lord	26	26:27:00	2550
Emma Hickson	27	26:28:00	2550
Lana Martin	28	26:34:00	2550
Claire Roy	29	30:13:00	2550
Peter Jackson	30 ?		2550
Kathy Jackson	31 ?		2550
Max Ward	32 ?		2550

Teens and Adults - Track and Field - 25 January 2017

* Denotes upgraded to Grade 12. Athletes upgraded are not eligible for a teens and adults championship placing. Athletes can only take a championship place in their true competition grade
(v) = Visitor

200 metres championship - run		
Alec Johnson	MU20	25.5
Sam Rossiter	M20	29.5
Apache Davidson	B14	30.4
Chris Bycroft	M45	40.4
Gisele Howard	G12	31.5
200 metres championships - walk		
Diane Barrett-Kendall	W55	58.4
Sharissa Hetherington	W45	2.10.2
Non championship 200 metres		
Anja Crombie	*G12	35.6
Joshua Richardson (v)	B12	36.5
Elliot Castle	*B12	44.2
1500 metres - run		
Matt Parsonage	M35	4.30.6
Adrian Lysaght	M40	4.52.3
Apache Davidson	B14	5.17.3
Sam Rossiter	M20	5.37.3
Gisele Howard	G12	6.09.7

Phil Gulbransen	M60	6.40.3
Chris Bycroft	M45	6.50.3
Alan Crombie	M45	6.54.2
Alec Johnson	MU20	7.16.8
1500 metres - walk		
Diane Barratt-Kendell	W55	9.31.1
Non championship 1500 metres		
Anja Crombie	*G12	6.50.3
Michael Rossiter (v)	M20	7.25.1
Elliot Castle	*B12	7.39.4
Rebecca Howard (v)	W40	7.45.4
Discus (different weights thrown) championship		
Alec Johnson	MU20	34.41
Sharissa Hetherington	W45	12.18
Apache Davidson	B14	10.17
Sam Rossiter	M20	18.43
Jesse Pakinga-Lawson	B13	29.69
Gisele Howard	G12	18.03
Non championship discus		
Elliot Castle	*B12	7.02
Anja Crombie	*G12	12.01
Joshua Richardson (v)	B12	13.95

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) - \$20.00

There are other items such as adult and children's track suits, adult hoodies and beanies - cost of these on request

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

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

Sarah Wiwarena - Ph: 346 3289 (evenings):
Mobile 027 347 8115

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