



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
10 December 2016

The past week:

The weather co-operated this past week in allowing all the clubs events to go ahead – The Tuesday children's athletics: the Wednesday teens and adults athletics with more teens in attendance than adults. Even then the numbers attending were exceedingly small: and the Thursday evening Trout fly series also had low numbers compared with previous years. Results are below.

Ideas on the Social Side of the Club?

Got great ideas on social events and activities for the club? Are you keen to help organise fun activities for the kids, quiz nights, evening and post run get-togethers, then the social sub-committee is for you! Come along to the drinks after the final Trout Fly of 2016 (December 15) for a casual get-together on forming a social sub-committee or let us know you're interested by emailing the club on info@lakecity.co.nz. Any questions? Then contact us via the club email address or call Teresa on mb.0210428759. Every idea is considered and all club members are welcome!

2017 Lake City Running Clinic:

The Lake City Running Clinic, for the 53rd Rotorua Marathon, Half Marathon and Quarter Marathon will commence with our **first run on Sunday 22nd January**, 7am from the club rooms. Our **information evening** is on **Tuesday 17th January**, 7pm at the club rooms. 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 - or come along to our information night. More details on the clinic to come. Email: lakecitymarathonclinic@gmail.com

Running/walking shoe

discount:

Lake City Athletic Club financial members can obtain a discount from the following Rotorua shoe retailers:

- Podium Podiatry & Footwear, 1266 Tutaneikai Street, Rotorua
- Smith Sports Shoes, 1293 Tutaneikai Street, Rotorua
- Stirling Sports 1277 Tutaneikai Street, Rotorua



Forth coming events:

SATURDAYS

Track and field – out of Rotorua

CHILDREN

This Saturday 10 December – Children's relay team championships, Tauranga

ADULTS

This Saturday 10 December - Open meeting, Porritt Stadium, Hamilton 3.00pm.

Sunday 11 December – Masters (aged 35 plus) meeting Tauranga. Midday start.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

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.

Children's athletics

Arrive 4.45 to 5.00pm at the International Stadium's No 2 ground Devon Street West. Contacts 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.

Next week (14 December) is the first pentathlon evening and the following week is two championship events.

Details of the pentathlon event are below. As well as the pentathlon points there will be separate points calculated for the 1 mile

This is an open event so bring along your friends:

- free to current Lake City club members
- \$2 entry fee for non-members
- ages 12+ (juniors, seniors and masters)

Programme:

- 6:00pm - Registration.
- 6:15pm - 100m sprint - run or walk.
- 6:30pm - Long Jump, Shot Put and Discus *see below.
- 7:30pm - 1 mile run - walk (this mile is part of our track season's mile series so come along and do it even if you do not want to do all the other events in the pentathlon).

A second pentathlon evening will be held 8 March 2017. These Fun Nights double as a club championship and there are Lake City Club trophies (male and female) up for grabs. Places will be decided using a points system based on tables for Junior, Senior and Masters athletes. These tables take into account age and gender so potentially athletes of any gender or age can win.

Volunteers: we will need people to help us run this evening so if you don't want to compete but want to be involved in the fun come along and assist (officiate, timing, measure distances, record results).

For further information contact Adrian Lysaght (phone or text 027 6153496, or email <mailto:adrian.lysaght@xtra.co.nz>)

*: Athletes will be allowed a maximum of three attempts at each of these events but if time is limited athletes will be asked to move to the next event after completing one legal jump/throw

STOP PRESS

-2016/2017 Mile Series

The Mile Series has returned to our Lake City Wednesday club nights for the 2016/2017 track and field season. There will be a total of 11 miles over the season - see dates and times listed below. The rest of the Wednesday track and field programme will begin earlier at 6:15pm each night as usual. Choose to do the whole programme or just turn up for the mile. An innovation this season will be to have a mile series points table; each time you do a mile you will get a points score based on your time adjusted for gender and age factors and if you are a walker or runner. At the end of the season the person with the highest points total from the sum of their best five mile point's scores will win a prize. The Mile Series is open to all club members (free) and non-club members (\$2 per mile evening).

- 9th November, 7:20pm
- 16th November, 7:15pm
- 7th December, 7:20pm
- 14th December, 7:30pm
- 21st December, 7:05pm
- 4th January, 7:15pm
- 1st February, 7:05pm
- 8th February, 7:05pm
- 15th February, 6:50pm
- 22nd February, 7:00pm
- 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.

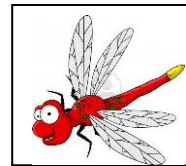
Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

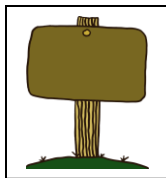
Trout Fly - fortnightly

The next event is **Thursday 15 December**- the final one for 2016.

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 chris-donna@xtra.co.nz



Whaka Forest: *Signage*

Emergency reference numbers have been put on a lot of the trail signs within Whaka Forest. In the event that someone gets injured you can ring and quote the location reference number on the sign and this helps emergency services find your location in Whaka Forest. If this isn't the location where the person is injured it's a good point to meet the emergency services at. Thanks are extended those who supplied and placed the signage.

Athletics New Zealand - our parent body

Athletics NZ have a club benefits scheme that club members by being a financial club member, can save money on things like accommodation, rental cars, flights, event entries, sports gear and sports medical products. Head to www.athletics.org.nz and scroll down the home page to member's benefits to see what is on offer.

RESULTS

Teens and Adults Track and Field		
30 November 2016		
** Denotes upgraded to Grade 12		
60 metres		
Race 1		
Ashleigh Moka	G13	8.9
Gideon Grace-King	B13	9.3
Jesse Pakinga-Lawson	B13	9.3
Race 2		
Isobelle Brake	G12	10.0
Billy Grace-King	**B12	10.2
Jacob Jansen	B12	10.6
Race 3		
Rebekah Edhouse	G14	7.9
Jesse Pakinga-Lawson	B13	9.1
100 metres		
Race 1		
Billy Grace-King	**B12	16.5
Jacob Jansen	B12	16.5
Race 2		
Sam Rossiter	M20	13.1
Rebekah Edhouse	G14	13.4
Ashleigh Moka	G13	14.8
Isobelle Brake	G12	18.8
800 metres - run		
Adrian Lysaght	M40	2.32.9

Sam Rossiter	M20	2.40.7
Isobelle Brake	G12	3.22.2
Phil Gulbransen	M60	3.25.0
Jacob Jansen	B12	3.46.6
Billy Grace-King	**B12	4.46.4
800 metres - walk		
Diane Barrett- Kendell	W55	5.01.1
2000 metres - run		
Matt Parsonage	M20	6.26.7
Adrian Lysaght	M40	7.06.4
Sam Rossiter	M20	8.18.1
Jacob Jansen	B12	8.56.2
Phil Gulbransen	M60	8.57.8
2000 metres - walk		
Diane Barrett-Kendell	W55	12.54.6
Long jump		
Isobelle Brake	G12	3.03
Ashleigh Moka	G13	3.37
Billy Grace-King	**B12	3.33
Jacob Jansen	B12	2.48
Jesse Pakinga-Lawson	B13	4.09
Gideon Grace-King	B13	3.84

Trout Fly -

1 December 2016

Sam Rossiter	1	10:08	2550
Rhys Downes	2	11:05	2550
Chris Browne	3	11:29	2550
Shayne Hossack	4	11:30	2550
Mikaia McPeak	5	12:13	2550
Jackson Matthews	6	12:14	2550
Emma Hickson	7	12:32	2550
Callum Harris	8	12:34	2550
Jodie Hickson	9	12:38	2550
Freya Lord	10	13:14	2550
Katie Hatcher	11	13:50	2550
Richard Werahiko	12	13:50	2550
Michael Rossiter	13	14:10	2550
Elliot Castle	14	14:17	2550
Hayley Bason	15	15:28	2550
Anita Roy	16	16:01	2550
Judy Hewlett	17	16:05	2550
Ray Hewlett	18	16:05	2550
Olivia Harris	19	16:29	2550
Kate Shapley	20	17:08	2550
Gillian Shapley	21	17:09	2550
Anna Shapley	22	18:35	2550
Jorgia Hubbard	23	19:07	2550
Katie Roy	24	19:29	2550
John Paul Borja	25	20:57	2550
Dan Borja	26	21:05	2550

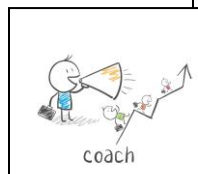
Danny Borja	27	21:20	2550
Mafe Borja	28	21:28	2550
Lana Martin	29	21:43	2550
Emma Downes	30	24:01:00	2550
Heather Downes	31	24:13:00	2550
Jeanette Dekker	32	25:56:00	2550
Amelia Matthews	33	25:57:00	2550
Claire Roy	34	28:56:00	2550

Dirk Peters	1	17:24	5000
Matthew Parsonage	2	17:25	5000
Tom Reynolds	3	17:57	5000
Adrian Lysaght	4	18:09	5000
Stephen Bjarnesen	5	18:18	5000
Joseph Ray	6	18:30	5000
David Cronshaw	7	18:36	5000
Sue Crowley	8	18:53	5000
Aaron Millar	9	19:07	5000
Chris Corney	10	19:33	5000
Peter Roy	11	20:02	5000
Tracey Hay	12	20:43	5000
Neil Kerrison	13	21:18	5000
Brad Griffiths	14	21:54	5000
Brei Gudsell	15	21:58	5000
Mana Vautier	16	21:59	5000
Chris Lord	17	22:13	5000
Charlotte Pearson	18	22:27	5000
Clare Barratt-Wood	19	22:27	5000
Johanna Ottosson	20	22:57	5000
Philip Gulbransen	21	23:21	5000
Richard Ball	22	23:40	5000
Dee Horne	23	24:18:00	5000
Lance Shilton	24	25:48:00	5000
Chris Bycroft	25	26:04:00	5000
Sam Atkinson	26	26:10:00	5000
Kelly Mitchell	27	26:10:00	5000
Max Ward	28	26:14:00	5000
Simon Addison	29	26:31:00	5000
Maree Bamfield	30	27:03:00	5000
Joshua Bamfield	31	28:01:00	5000
Peter Vyver	32	31:34:00	5000
Raelene Cockrell	33	33:38:00	5000
Kate Dekker	34	33:38:00	5000 + pram
Diane Barratt-Kendall	35	34:35:00	5000
Angela Grunwell	36	34:40:00	5000 walker
Marama Christie	37	44:09:00	5000 walker
Rinus Adriaansz	38	44:10:00	5000 walker

Interested in coaching?

The Hawkes Bay Gisborne Centre is looking at the following courses and are now opening them up to other Centres and clubs within the Centres.

The IAAF Coaching Course is a fantastic course for club members, athletes, teachers, club committees, coaches and anyone with a general interest in track and field. A great entry level course for coaches to gain an IAAF Level 1 coaching qualification.



The new structure is: IAAF Level 1 (replaces the previous IAAF Level 1 and 2)
IAAF Level 2 (replaces the previous IAAF Level 3)
IAAF Level 3 (replaces the previous IAAF Level 4)
There is no longer the IAAF Level 5

IAAF LEVEL 1 COURSE – FULL COURSE

This is a 5 weekend modules from 9am to 5.30pm both days, below is a draft programme but dates are set

Dates as follows:

17/18th December - IAAF - , IAAF Kids Athletics, Warm up and Basic Theory
25/26 February - IAAF - Run Module
11/12th March - IAAF - Jump Module
6/7th May - IAAF - Throw Module
20/21st May - IAAF - Final Theory and Assessments
Venue: Regional Sports Park, Hastings,
Total Cost: Approximately \$250 (covers all five weekends)

For those registering for the full IAAF Level 1 Course all weekends are compulsory.

INDIVIDUAL MODULES

For those who want to complete just the Run Module, Jump Module or Throw Module, you will also need to attend the first weekend as this covers information that is required for each of those modules.

Total Cost: Approximately \$100. To register your interest for the above courses please let Sharee Jones know asap Ph: (06) 8770-411 or 0272275847

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