



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
11 February 2017

The past week:

There was a great turnout for the first Lake City social committee event at the Blue Lake last Thursday evening. Starting with pack runs in different directions and different paces, all ended up back for a free BBQ, great chance to chat, catch-up and enjoy a drink.

Both sections of athletics (track and field) went ahead last week. The results for the Wednesday Teens and Adults are below.

It is with great sadness that we advise of the passing in the last 10 days of three people that have been involved with the Club or the Rotorua Marathon

Doctor Judi Donnell was the club's honorary doctor for in the region of 20 years. Judi was also the Rotorua Marathon's medical director for around 10 years from 1995, and no doubt was the previous directors 2IC prior to taking the top position.

Mr. Kay Taylor was the person that introduced harriers (cross-country and road running as we know it today) to the Club back in 1947 and was a participating athlete until the early 1950's. He continued his association with the sport and the club by way of a volunteer. This principally as a timekeeper / recorder together with his late wife Nola at the finish line of the former Around the Lake Relay, the Rotorua Marathon (for 40 years), the Statecraft Relay and any other times he was called upon.

Although not associated with the Club, Bernie Portenski (running in Wellington Scottish colours) was a Rotorua marathon personality and icon. Bernie was a 3 times women's winner of the event and the winner of 18 age group titles ranging from 1985 through to 2015.

We extend deepest sympathy to their families

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 marathons 7.00am at the Neil Hunt Park club rooms

The 10kers 7.30am at venues advised in your newsletter.

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 being sought for the event. Tasks to be covered are: parking, registration, as a 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 11 February – The Porritt Classic track and field met, Porritt Stadium, Hamilton.

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

CHILDREN

This 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.

Saturday 11 March – Athletics Waikato BOP championships at Porritt Stadium. Entries close Tuesday 21 February with the Club's children's secretary – Jessica Pickering. Email lakecityca@gmail.com No late entries are accepted.

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

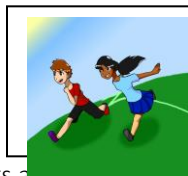
Distance athletes

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.

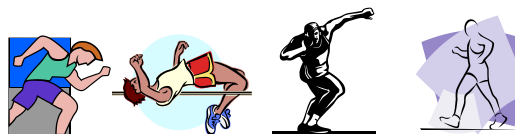
The programme for the **15 February (next week)** long jump and 5000 metres championship (5000 meter athletes please provide your own lap recorder) plus non- championship 60 metres and a 1 mile for those not tackling the 5000 metres.

The following week (22 February) is the triple jump, 100 and 800 metres championships plus a non-championship 1 mile

2016 /2017 Track Mile Series

Don't worry if you have not had a chance to do any miles yet as there are still 3 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.**

- 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 23**

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 chris-donna@xtra.co.nz



The Club's social scene:

Details to come soon on the next event - Lake City Quiz Night!



2017 Distance events in Rotorua:

Sunday 5 March - The club's Cophorne 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.rotoruarathon.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 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.

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.

RESULTS

Teens and Adults - 1 February 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		
60 metres – non championship		
Race 1		
Rebekah Edhouse	G14	8.1
Sam Rossiter	M20	8.5
Apache Davidson	B14	8.9
Corey Davidson	G12	11.4
Race 2		
Sam Rossiter	M20	8.3
Rebekah Edhouse	G14	8.3
Apache Davidson	B14	8.4
Corey Davidson	G12	11.2
2000 metres modified steeplechase - championship		
Matt Parsonage	M35	6.45.0
Apache Davidson	B14	7.34.5
Keith Wakelin (v)	M55	8.04.1
Sam Rossiter	M20	8.18.9

Javelin (different weights thrown) - championship		
Apache Davidson	B14	6.20
Jesse Pakinga-Lawson	B13	20.63
Peter Vyver	M75	9.23
Rebekah Edhouse	G14	13.52
Sam Rossiter	M20	25.75
Sharissa Hetherington	W45	7.02
Adrian Lysaght	M40	18.34
Javelin (different weights thrown) - non championship		
Corey Davidson	G12	6.56
Elliot Castle	*B12	3.25
1 mile – non championship		
Jason Cameron	M45	4.58.4
Matt Parsonage	M35	5.04.6
Stephen Bjarnesen	M20	5.21.7
Apache Davidson	B14	5.46.7
Tracey Hay	W20	5.54.9
Keith Wakelin (v)	M55	6.36.7
Phil Gulbransen	M60	7.00.9
Corey Davidson	G12	7.39.0
Rebekah Edhouse	G14	7.47.4
Elliot Castle	*B12	8.58.3
Sam Rossiter	M20	9.04.3
Peter Vyver	M75	9.46.4

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