



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

12 December 2015

The past week:

Another week of pleasant weather allowed the club's two athletics activities to go ahead.

The Thursday evening Trout Fly series also had fine weather and a large attendance.

Results for the Trout Fly and the teens and adults track and field are below.

Forth coming events:

SATURDAYS

Athletics - track and field – Weekend competition
Children

This Saturday 12 December – The Children's relay championships, Porritt Stadium, Hamilton 9.30am

Friday 1 January – Tauranga twilight children's meeting for grade 10 to 14 – 2.30pm to 4.00pm. For the programme details visit

www.athleticswaikatobayofplenty.org.nz

Adults

This Saturday 12 December - open meet Papakura 3.00pm. Programme details at

www.athleticswaikatobayofplenty.org.nz

Friday 1 January - Tauranga twilight track and field meet, which incorporates the Athletics Waikato BOP track 3000 metres championships for grades under 18 (15,16,17) and above including masters grades. The programme and entry details can be found at

www.athleticswaikatobayofplenty.org.nz

Distance events

Saturday 26 December – King and Queen of the Mountain - Mt Maunganui. This event doubles as the Athletics Waikato BOP mountain race championships.

Visit www.athleticswaikatobayofplenty.org.nz for event details.

Tuesday 12 January - The clubs Running Clinic free information evening 7.30pm at the Neil Hunt Park clubrooms. The clinic caters for those wishing to take part on 30 April 2016, in either the 10km (16yrs plus),

half marathon (18yrs plus), or the full marathon distance (20yrs plus). Contact is Teresa 0210428759 or 345 4541. The actual 15 week clinic commences 7.00am, Sunday 17 January.

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

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 - 07 346 3289 ah or 027 347 8115

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Children's athletics – are at 5.15pm at the International Stadium's Ground 2, Devon Street West



Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180 - Kerri Note the final 2015 evening is Tuesday 15 December.

Walkers

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

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

Distance athletes

Groups leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

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

Pm –

Track and field (athletics) –

On the programme next Wednesday (16/12) at the Stadium's No 2 Ground, Devon Street West is:

6.15pm

100 metres

6.30pm

Javelin

6.45pm

200 metres

7.00pm

3000 metres run or walk

As this is the final 2015 evening, there will be fish' n chips or a BBQ at the conclusion of the competition - cost \$2.00 per person

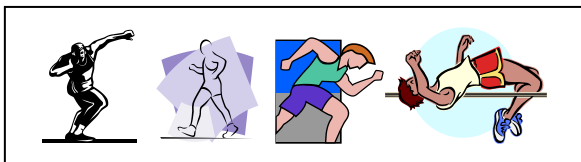
If you wish bring a gift (up to \$5.00) for Santa's Sack. These will be placed in the "Sack" and then those that have brought a gift have a "lucky dip". If you have youngsters attending and wish them to take part please bring a named gift for them. This will be placed in the "Sack"



Names to Lindsay at 07 348 6818 evening or lindsayfoster@xtra.co.nz no later than Sunday 13 December – for catering purposes

You don't have to be a financial club member to take part in the weekly activities. There is a "Pay and Play" system in place where non-club members pay \$2.00 per person each evening they attend. Please note: Only those who are current financial members of the Club will be able to take podium placings in the club championships.

Naturally we would like you to become a financial member of the Club



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

Groups leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Trout Fly - This popular 2.55km or 5km run, jog, or walk is held fortnightly every Thursday evening on a course that winds through the Sulphur Flats area of the City. The entry fee is \$5.00 adults, \$3.00 for children who must be accompanied by an adult. Register at the Neil Hunt Park clubrooms between 5.45pm and 6.00pm and then head to start for a 6.15pm get away. The exercise is followed by BBQ sausages and chips. You do not have to be a club member to take part.



The final event for 2015 is scheduled 17 December. For further details: Chris Corney - 021 770 366, email chris-

donna@xtra.co.nz If you can help with this event please contact Chris.

RESULTS

Adults and teens track and field - No 2 Ground, Stadium – 2 December 2015

* Denotes upgraded to B12/G12

60 metres - run

Maria Brunton	G12	9.6
Tahlia Pearce	G12	11.2
Amber Lysaght	G12*	13.2

Jesse Pakinga-Lawson	B12	9.2
Conor Lysaght	B12*	10.4
Marcell Kiss	B12*	11.0

Rob Lyle	M40	8.0
Rebekah Edhouse	G13	8.3
Grant Unkovich	M50	10.1

Erin Leahy	W20	10.9
Christine Kerrison	W60	11.4

100 metres - run

Maria Brunton	G12	16.7
Tahlia Pearce	G12	19.0

Jesse Pakinga-Lawson	B12	16.0
Conor Lysaght	B12*	17.3
Marcell Kiss	B12*	17.7

Sam Rossiter	M20	12.6
Rob Lyle	M40	12.7
Jason Steyn-Ross	M20	14.5

Rebekah Edhouse	G13	14.2
Grant Unkovich	M50	16.9
Chris Bycroft	M40	18.0

Erin Leahy	W20	18.0
Christine Kerrison	W60	19.0

800 meters - run

Sam Rossiter	M20	2.16.4
Steven O'Callaghan	M20	2.26.0
Adrian Lysaght	M40	2.31.1
Jason Steyn-Ross	M20	2.37.9
Rebekah Edhouse	G13	3.03.6
Conor Lysaght	B12*	3.04.2
Phil Gulbransen	M60	3.07.9
Maria Brunton	G12	3.09.3
Erin Leahy	W20	3.10.3
Chris Bycroft	M40	3.17.9
Marcell Kiss	B12*	3.34.5
Amber Lysaght	G12*	4.03.6
Tahlia Pearce	G12	4.07.8

2000 metres - run

Steven O'Callaghan	M20	6.37.2
Adrian Lysaght	M40	7.07.6
Jason Steyn-Ross	M20	7.26.5
Sam Rossiter	M20	7.37.8
Lindsay Foster	M60	8.23.0
Maria Brunton	G12	8.26.3
Erin Leahy	W20	8.26.9
Phil Gulbransen	M60	8.27.6
Conor Lysaght	B12*	9.45.7
Chris Bycroft	M40	10.04.4

2000 metres - walk

Tom Lamason	M70	17.10.5
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Long jump

Maria Brunton	G12	3.27
Tahlia Pearce	G12	2.77
Conor Lysaght	B12*	3.20
Marcell Kiss	B12*	2.96
Rebekah Edhouse	G13	3.77
Erin Leahy	W20	2.69
Christine Kerrison	W60	2.78
Rob Lyle	M40	3.97
Amber Lysaght	G12*	2.02

Trout Fly - 3 December 2015**Event 3**

Hannah Gapes	1	10:05	2550
Stephen Bjarnesen	2	10:18	2550
Fred Shilton	3	10:57	2550
Tracey Hay	4	11:11	2550
Sean Gapes	5	11:22	2550
Javier Browne	6	11:34	2550
Sarah Lei	7	11:40	2550
John Marten	8	12:15	2550
Conor Lysaght	9	12:30	2550
Daniel Gapes	10	12:52	2550
James Watson	11	13:07	2550
Jack Peterson	12	13:16	2550
Trevor Smith	13	13:20	2550
Javern Courtney	14	13:25	2550
Koby Lett	15	13:29	2550
Ronan Griffiths	16	13:32	2550
Jasmin Donaldson	17	13:46	2550
Luanna George	18	13:52	2550
Cody Shilton	19	14:34	2550
Ella Hollows	20	14:47	2550
Anja Crombie	21	14:56	2550
Manaia Christianson	22	15:18	2550
Matt Corcoran	23	15:19	2550
Hayley Bason	24	15:29	2550
Bob Korau	25	15:30	2550

Elliot Castle	26	15:44	2550
Liam Hofmann	27	15:45	2550
Scarlett Dowland	28	15:51	2550
Anita Roy	29	15:56	2550
Jeanette Dekker	30	15:57	2550
Michelle Morse	31	15:58	2550
Joshua Bamfield	32	16:30	2550
Hannah Shilton	33	16:31	2550
Caitlin Lang	34	16:37	2550
Alexander Bamfield	35	17:11	2550
Rob Bamfield	36	17:12	2550
Max Peterson	37	17:15	2550
Aria Browne	38	17:23	2550
Whare Hiki	39	17:35	2550
Linda Johnston	40	17:53	2550
Hannah Kiernan	41	18:14	2550
Nicki Kiernan	42	18:14	2550
Jessica Martin	43	19:01	2550
Kate Shapley	44	19:01	2550
Erica Shilton	45	19:01	2550
Moe Fraser	46	20:43	2550
Liz Hogan	47	22:01	2550
Daniel Cheesman	48	23:00	2550
Jo Cheesman	49	23:05	2550
Anna Shapley	50	23:12	2550
Gillian Shapley	51	23:12	2550
Kyra Kiernan	52	23:16	2550
Casey Kiernan	53	23:16	2550
Peter Roy	57	24:03:00	2550
Richard Werahiko	54	24:08:00	2550
Tayler Lord	55	24:09:00	2550
Katie Roy	56	24:10:00	2550
Doris Bragg	58	24:32:00	2550 walker
Claire Roy	59	25:09:00	2550
Lauryn Hofmann	60	25:16:00	2550
Rachael Hofmann	61	25:17:00	2550
Rachelle Cavanagh	62	26:13:00	2550
Liam Murphy	63	26:13:00	2550
Lucy Fisken	64	32:39:00	2550
Nicola Fisken	65	32:50:00	2550

Steven O'Callaghan	1	16:37	4790
		<i>Wrong turn, short cut. Adjusted time: 17:23.</i>	
Dirk Peters	2	16:46	4790
		<i>Wrong turn, short cut. Adjusted time: 17:33.</i>	
Tony Broadhead	3	16:56	4790
		<i>Wrong turn, short cut. Adjusted time: 17:43.</i>	
Adrian Lysaght	4	17:24	4790
		<i>Wrong turn, short cut. Adjusted time: 18:13.</i>	

Kerry Robinson	1	18:57	5000
Graeme Pearson	2	19:03	5000
Sam Rossiter	3	19:14	5000
Jason Steyn-Ross	4	19:18	5000
Cameron McKenzie	5	19:19	5000
Mike Bray	6	19:27	5000
Megan Grant	7	19:54	5000
Alan Crombie	8	19:58	5000
Chris Corney	9	20:02	5000
Gainie Petterson	10	20:03	5000
Neil Kerrison	11	20:07	5000
Charlotte Pearson	12	20:15	5000
Chris Kabban	13	20:49	5000
Shayne Hossack	14	20:56	5000
Sue Crowley	15	21:01	5000
Sian Twiddy	16	21:30	5000
Bryn Hofmann	17	21:35	5000
Chris Browne	18	21:56	5000
Siobhan Griffiths	19	22:10	5000
Kate Rea	20	22:16	5000
Philip Gulbrandsen	21	22:24	5000
Richard Ball	22	22:43	5000
Erin Leahy	23	22:48	5000
Stevie Fiske	24	22:56	5000
Lindsay Foster	25	22:58	5000
Justine Randell	26	23:00	5000
Andrew Peddie	27	23:14	5000
Bruce Easton	28	23:15	5000
Dylan Wright	29	23:40	5000
Campbell Horn	30	23:41	5000
John Harvey	31	23:51	5000
Kerryn Barker	32	23:55	5000
Noreen Crombie	33	24:01	5000
Steve Bradley	34	24:08	5000
Nicole O'Donnell	35	25:03	5000
Wayne Cameron	36	25:08	5000
Sarah Corcoran	37	25:13	5000
Kelly Corcoran	38	25:13	5000
Lance Shilton	39	25:25	5000
Martin Harris	41	25:27	5000
Dave Fischer	42	25:34	5000
Chris Bycroft	43	26:06	5000
Becky Dimock	44	26:25	5000
Josh Ricky	45	26:31	5000
Kaye King	46	26:40	5000
Matt Fisken	47	27:23	5000
Kathy Howard	48	27:38	5000
Maree Bamfield	49	27:52	5000
Dana Lett	50	28:01	5000

Rachael Catley	51	28:39	5000
Melanie Cameron	52	28:41	5000
Sarah Suggang	53	28:45	5000
Rhonda Herring	54	28:50	5000
Kerris Browne	55	29:01	5000
Teresa Martin	56	29:10	5000
Cherie Smith	57	29:32	5000
Yvonne Mansell	58	30:47	5000
Kirsty Peterson	59	30:55	5000
Tea Raerino	60	31:06	5000
Ellen Harris	61	31:22	5000
Amy Mansell	62	31:41	5000
Angela Grunwell	63	32:51	5000
Lynne Kiernan	64	33:35	5000
Wayne Mansell	65	35:06	5000
Janet Shorland	66	35:06	5000
Antonia Wright	67	35:22	5000
Diane Barratt-Kendell	68	35:34	5000 walker
Hiskei Fasting	69	36:22	5000
Rachael Browne	70	37:42	5000
Alan Ryan	71	45:38	5000 walker
Rinus Adriaansz	72	45:38	5000 walker

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) - \$15.00

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

Children's Uniforms

Kerri Lockhead - lakecityca@gmail.com
 Ph/text 027 2773180

Adults

Denise Caudwell - Ph 346 8431 (evenings)
Nikki Mitchell - Ph: 349 2920 (evenings):
 Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday