



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

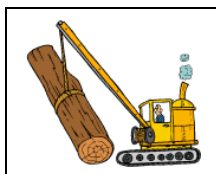
GUFF SHEET
12 November 2016

The past week:

Both sections of the club's athletics (track and field) are now underway. See Tuesday and Wednesday below for details. Thursday evening saw the Trout Fly series also get under way. Results of the teens and adults track and field and the Trout Fly are below.

Whaka Forest — logging operations

From Monday 31st October to approx. Thursday 22nd December



- Roads and tracks closed **all weekdays** from 4.00am to 5.00pm are Windy Rd, Eagle V's Shark and Te Rua tracks.
- Tracks closed at times between these dates are Tukonohi and Lentil Link tracks.
- The parking area at the Tarawera gate (opposite black house) will be closed off to parking.
- All roads and tracks will be open and available on weekends and weekday evenings.
- Trucking will be mostly in and out of Tarawera Rd with some loaded trucks via Windy, Red Tank and Nursery to 8 Mile Gate Rd.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

Children

This Saturday 12 November - Ribbon day at Porritt Stadium, Hamilton, 10.00am start

19 November – Ribbon day at Te Awamutu – 10.00am start

Adults

This Saturday 12 November - Putaruru Bell at Tauranga, 2.00pm start. This is a team's event

13 November - Masters met Porritt Stadium 12 Noon

Saturday 19 November – open meeting, Porritt Stadium, Hamilton. 3.00pm 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.

20 November – The annual Toi's Challenge in Whakatane - multi terrain 18kmrun/walk; 18k relay run/relay; 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details etc.

TUESDAYS

Walkers

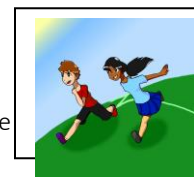
Am - Meet at 8.00am at the Neil Hunt Park clubrooms

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 – their weekly Tuesday evening sessions are underway. 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 underway at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

The programme for next week (16 November) is: 60 metres, discus, 200 metres, and a 1 mile run or walk



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

The next event is Thursday 17 November. 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



RESULTS

Trout Fly - 3 November 2016

Name	Place	Time	Distance	Notes
Megan Grant	1	10:10	2550	
Leo Bamfield	2	11:15	2550	
Anja Crombie	3	12:16	2550	
Luke Crombie	4	12:16	2550	
Richard Werahiko	5	12:28	2550	
Cody Shilton	6	12:42	2550	
Lizzie Avis	7	13:16	2550	
Katie Hatcher	8	13:17	2550	
Hannah Shilton	9	14:18	2550	
Hayden Martin	10	14:39	2550	
Max Ward	11	14:43	2550	
Kathy Jackson	12	14:43	2550	
Kelly Mitchell	13	14:44	2550	
Hannah Hickson	14	15:01	2550	
Joshua Finnerty	15	15:30	2550	
Anita Roy	16	15:33	2550	
Claire Randell	17	15:33	2550	
Justine Randell	18	15:35	2550	
Judy Hewlett	19	15:54	2550	
Alexander Bamfield	20	16:18	2550	
Rob Bamfield	21	16:18	2550	
Jessica Martin	22	17:03	2550	
Teresa Martin	23	17:04	2550	
Katrina Finnerty	24	18:06	2550	
Caleb Finnerty	25	18:07	2550	
Lewis Lei	26	18:10	2550	
Elliot Castle	27	18:10	2550	
Katie Roy	28	18:24	2550	
Keira Murphy	29	18:25	2550	
Steve Burborough	30	18:27	2550	
Max Peterson	31	20:52	2550	
Gay Timpany	32	22:16	2550	Walker
Rachael Catley	33	22:36	2550	

Kerryn Barker	34	22:40	2550
Chase Grunwell	35	24:43:00	2550
Angela Grunwell	36	24:46:00	2550
Travis Grunwell	37	24:48:00	2550
Claire Roy	38	25:38:00	2550
Emily Avis	39	27:45:00	2550
Emma Hickson	40	27:47:00	2550
Erin Leahy	41	28:18:00	2550

Matthew Parsonage	1	17:06	5000	
Dirk Peters	2	17:50	5000	
Adrian Lysaght	3	18:45	5000	
Chris Corney	4	19:22	5000	
John Gray	5	19:38	5000	
Alan Crombie	6	19:44	5000	
Gaine Petterson	7	20:30	5000	
Fred Shilton	8	20:53	5000	
Sam Rossiter	9	21:00	5000	
James Wilce	10	21:12	5000	
Tracey Hay	11	21:39	5000	
Stephen Bjarnesen	12	21:40	5000	
Brei Gudsell	13	22:05	5000	
Megan McPherson	14	22:23	5000	
Alex Sole	15	22:41	5000	
Chris Lord	16	22:50	5000	
Bruce Easton	17	22:50	5000	
Philip Gulbransen	18	22:59	5000	
Lance Shilton	19	23:09	5000	
Sarah Lei	20	23:36	5000	
Clare Barratt-Wood	21	23:42	5000	
Charlotte Pearson	22	23:42	5000	
Peter Roy	23	24:06:00	5000	
Kathryn Murphy	24	25:20:00	5000	
Steve Bradley	25	25:44:00	5000	
Chris Bycroft	26	25:48:00	5000	
Jason Finnerty	27	25:54:00	5000	pram
Jassam Bywa	28	26:52:00	5000	
Michael Rossiter	29	28:58:00	5000	
Kirsty Peterson	30	29:06:00	5000	
Marlena Martin	31	30:41:00	5000	
Peter Vyver	32	31:37:00	5000	
Jack Peterson	33	32:51:00	5000	
Sam Firth	34	32:53:00	5000	
Keira Maessan	35	33:49:00	5000	
Kate Dekker	36	34:33:00	5000	pram
Jeanette Dekker	37	34:34:00	5000	
Rachael Browne	38	37:18:00	5000	
Sheryl Cuttance	39	38:45:00	5000	
Olivia Harris	40	38:46:00	5000	
Rinus Adriaansz	41	43:44:00	5000	Walker
Jemmel Ruland			5000	DNF

Teens and Adults Track and Field 2 November 2016		
** Denotes upgrade to Grade 12		
60 metres - Run		
Race 1		
Lillian Muir	**G12	10.3

Isobelle Brake	G12	10.3
Corey Davidson	G12	11.00
Race 2		
Apache Davidson	B14	9.1
Jesse Pakinga -Lawson	B13	9.2
Manaia Hapi	B13	9.7
Race 3		
Melody Armstrong	W20	10.4
Kate Armstrong	G14	10.4
Melissa Jansen	**G12	10.9
Race 4		
Rob Lyle	M40	8.2
Jason Finnerty	M20	8.6
Josh McMillian	MU20	10.0
Race 5		
Melody Armstrong	W20	9.8
Kate Armstrong	G14	9.9
Race 6		
Lillian Muir	**G12	9.9
Isobelle Brake	G12	10.0
Corey Davidson	G12	11.2
Melissa Jansen	**G12	11.5
60 metres - walk		
Gay Timpany	W50	19.2
Dianne Barratt- Kendell	W55	21.9
100 metres - run		
Race 1		
Jacob Jansen	B12	17.4
Corey Davidson	G12	19.3
Melissa Jansen	**G12	20.7
Race 2		
Isobelle Brake	G12	16.3
Melody Armstrong	W20	16.7
Kate Armstrong	G14	16.7
Race 3		
Rob Lyle	M40	12.8
Sam Rossiter	M20	13.5
Jason Finnerty	M20	13.6
Race 4		
Apache Davidson	B14	14.8
Jacob Jansen	B12	19.6
Fay Jansen	W40	20.6
Melissa Jansen	**G12	21.0
Race 5		
Melody Armstrong	W20	17.4
Isobelle Brake	G12	17.6
Kate Armstrong	G14	18.4
Corey Davidson	G12	19.0
Race 6		
Apache Davidson	B14	15.2
Jacob Jansen	B12	20.8

Melissa Jansen	**G12	24.0
100 metres - Walk		
Dianne Barratt-Kendell	W55	24.7
Gay Timpany	W50	30.6
800 metres - run		
Sam Rossiter	M20	2.32.0
Apache Davidson	B14	2.42.5
Josh McMillian	MU20	2.47.7
Jason Finnerty	M20	3.09.8
Jacob Jansen	B12	3.27.9
Corey Davidson	G12	3.34.8
Melody Armstrong	W20	3.42.0
Isobelle Brake	G12	3.57.2
Kate Armstrong	G14	4.29.2
800 metres - walk		
Gay Timpany	W50	5.52.3
Dianne Barratt-Kendell	W55	5.52.5
2000 metres		
Sam Rossiter	M20	8.07.0
Apache Davidson	B14	8.21.3
Jason Finnerty	M40	9.21.8
Corey Davidson	G12	10.05.7
Jacob Jansen	B12	12.27.4
Long jump		
Isobelle Brake	G12	3.30
Lillian Muir	**G12	3.27
Corey Davidson	G12	2.56
Kate Armstrong	G14	3.45
Melody Armstrong	W20	3.02
Gay Timpany	W50	1.88
Jesse Pakinga-Lawson	B13	3.92
Manaia Hapi	B13	3.21
Apache Davidson	B14	3.32
Jason Finnerty	M20	4.13
Rob Lyle	M40	4.13

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

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