



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,  
Rotorua

## GUFF SHEET

13 December 2014

### The past week:

The mid-week activities of the club – children Tuesday evening, teens and adults Wednesday evening and the Trout Fly Thursday evening all went ahead this past week.

At the New Zealand Secondary school champs at Wanganui a couple of couple members – Michael Voss and Alec Johnson performed well. Apologies if any other member attended. Results can be viewed by googling New Zealand Secondary Schools

### Events on the local scene and out of town:

#### SATURDAYS

##### Track and field

This Saturday 13 December

##### Children -

There is no out of town competition this Saturday. The next children's competition is the Tauranga Twilight meeting on 1 January. Refer to [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for the afternoon's programme and entry details.

##### Adults

Open meeting at Tauranga Domain, 3.00pm. Visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for the days programme

#### SUNDAYS

##### Distance athletes

Those that run distance - 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 just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

#### 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

##### Walkers

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

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Children's summer athletics - The weekly Tuesday sessions are at the International Stadium, No 2 ground, Devon Street West, and commence at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz)



##### Distance athletes

##### Runners

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

#### WEDNESDAYS

##### Am

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

##### Pm

The weekly track and field (summer athletics) for those 12 and above at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp. Come and try something different – see below. Lots of fun to be had!

#### Teens and adults last 2014 track and field

Wednesday 17 December  
at the No.2 Ground of Rotorua International Stadium,  
Devon St West

6.15pm 3000 metres (run and walk)

6.30pm Shot put

6.50pm 4 x 100 metres relay

7.00pm 1 mile or 800 metres

The evening will finish with a BBQ - 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"

Contact: Lindsay Foster (348 6818) by Friday 12 December for catering purposes. If no answer leave your name and a clear message of numbers attending



##### Walkers

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

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms

## Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

### 5:45pm

Running techniques at the Neil Hunt car park - (will include the fortnightly Trout Fly). Suitable for beginner joggers to improver runners - nobody is left behind! Contact Kerris 021 753691, email [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz), or check out Jogging the Power pole facebook page:

<https://www.facebook.com/groups/joggingthepowerpole/>

## Fortnightly

### The Trout fly series

**Next event 18 December** - You have a



choice of 2.5km or 5.0km run, jog or walk on a flat course.

Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with the event starting at 6.15pm sharp. Cost \$5.00 for adults and \$3.00 for children. **This is a dress-up evening.** Contact - Chris Corney - 021 770 366

## Whaka Forest - tree felling

During working hours tree felling is still happening in the region of Radio Hut Road, Katore and Nursery Roads. Should be you be lucky enough to run / walk or mountain bike in the Forest during working hours please keep clear of this area. Do not enter any closed off areas. **Note that on 10 (Wednesday) and 11 (Thursday) December that the section of Nursery Road from the Redwood Memorial car park up to the junction of Nursery and Tokorangi Pa Road will be closed.**



## RESULTS

### Teens and Adults Track and Field - No 2 ground - Rotorua 3 December 2014 (fine evening) \* upgraded to grade 12

#### 1200 metres - walk

Max Bragg	M70	9.51.7
Rinus Adriaansz	M55	9.52.2
Doris Bragg	W70	10.37.4

#### 60 metres

Josiah Kilkelly	M17	7.8
Alec Johnson	MU16	8.4
Tom Voysey	M17	8.6

Sean Kilkelly	M17	8.7
Jerome Kilkelly	B13	9.2
Grace Kilkelly	WU16	9.5
Maureen Kilkelly	*G12	10.6

#### 100 metres

Josiah Kilkelly	M17	11.5
Alec Johnson	MU16	12.3

Tom Voysey	M17	13.7
Grace Kilkelly	WU16	14.1
Sean Kilkelly	M17	14.8
Jerome Kilkelly	B13	15.5
Maureen Kilkelly	*G12	17.1

#### 400 metres

Josiah Kilkelly	M17	58.4
Sam Rossiter	M20	63.2
Adrian Lysaght	M40	65.0
Sean Kilkelly	M17	72.7
Alec Johnson	MU16	75.9
Tom Voysey	M17	77.6
Grace Kilkelly	WU16	78.2
Jerome Kilkelly	B13	80.1
Maureen Kilkelly	*G12	2.00.8

#### 2000 metres - run

Adrian Lysaght	M40	6.58.0
Sue Crowley	W45	7.15.1
Karyn McCready	W45	7.50.7
Max Bragg	M70	9.35.9

#### 2000 metres - walk

Rinus Adriaansz	M55	16.33.6
Doris Bragg	W70	17.52.8

#### Javelin (different weights thrown)

Alec Johnson	MU16	32.80
Brooklyn Tomo	B14	31.29
Karyn McCready	W45	17.80
Sam Rossiter	M20	26.29
Adrian Lysaght	M40	23.77
Sue Crowley	W45	17.30
Rinus Adriaansz	M55	14.00

### Trout Fly - 4 December 2014 - No 3

2550 metres			
Hannah Gapes	1	10:58	2550
Zack Kelly	2	12:06	2550
Luke Crombie	3	12:09	2550
Ronan Griffiths	4	12:22	2550
Kathy Jackson	5	12:29	2550
Allan McGregor	6	13:18	2550
Ciara Griffiths	7	13:36	2550
Anja Crombie	8	13:40	2550
Lance Shilton	9	13:56	2550
Daniel Gapes	10	13:57	2550
Steve Burborough	11	14:01	2550
Alex Sole	12	14:05	2550
Stella Win	13	14:08	2550
Hayden Martin	14	14:52	2550
Freya Lord	15	14:55	2550
Emma Hickson	16	15:03	2550
Matthew Stucki	17	15:28	2550
Javier Browne	18	15:59	2550
Curtis Hewlett	19	16:00	2550
Annabel Fordyce	20	16:12	2550
Lily Gordon	21	16:27	2550
Joel Sutton	22	17:04	2550
Cody Shilton	23	17:22	2550
Harry Cheesman	24	18:26	2550
Lukas Joy	25	19:09	2550
Hannah Hickson	26	19:30	2550
Jodie Hickson	27	19:31	2550
Jeremy Goh	28	19:39	2550

Olivia Goh	29	19:41	2550	
Jo Cheesman	30	20:07	2550	
Erica Shilton	31	20:51	2550	
Anita Roy	32	21:27	2550	
Peter Roy	33	21:35	2550	
Louise Lord	34	22:24	2550	
Marie Jane Pikimuir	35	22:25	2550	
Bridget Hitchison	36	22:26	2550	
Christine Kerrison	38	22:32	2550	
Alex Magness	39	22:38	2550	
Mandy Mauder	40	22:42	2550	
Linda Tetzlaff	41	22:53	2550	
Jessica Martin	42	22:57	2550	
Teresa Martin	43	22:58	2550	
Rina Joy	34	24:40	2550	
Rina Joy	34	24:40	2550	
Tamzin Joy	44	24:48	2550	
Christine Stucki	45	25:06	2550	
Ethan Stucki	46	25:08	2550	
Kathryn Murphy	47	25:36	2550	
Keira Murphy	48	25:37	2550	
Blair Sutton	49	25:38	2550	
Viv Sutton	50	25:44	2550	
Matt Fisken	51	26:47	2550	
Cathy Warbrick	52	28:59	2550	walker
Doris Bragg	53	28:59	2550	walker
<b>5000 metres</b>				
Oliver Shaw	1	17:29	5000	
Hugh Bootten	2	17:48	5000	
Adrian Lysaght	3	18:00	5000	
Stephen Bjamesen	4	18:17	5000	
Chris Corney	5	18:44	5000	
Sue Crowley	6	18:58	5000	
Andrew Twiddy	7	19:24	5000	
Sam Rossiter	8	19:40	5000	
Graeme Pearson	9	19:47	5000	
Tom Forsythe	10	20:33	5000	
Shannon Leigh-Litt	11	20:43	5000	
Lawrie Scott	12	20:57	5000	
Sian Twiddy	13	21:09	5000	
Andrew Hickson	14	21:19	5000	
Matthew Donn	15	21:28	5000	
Clare Barratt-Wood	16	21:30	5000	
Alan Crombie	17	21:48	5000	
Russell Clarke	18	21:49	5000	
Nicola Fisken	19	22:00	5000	
Nick Jeffrey	20	22:06	5000	
Chris Lord	21	22:37	5000	
Tracey Hay	22	22:41	5000	
Jamie Quinao	23	22:53	5000	
John Harvey	24	22:59	5000	
Bruce Easton	25	23:09	5000	
Craig Pollard	26	23:25	5000	
Ray Hewlett	27	23:43	5000	
Philip Gulbransen	28	23:49	5000	

Sarah Manders	29	23:51	5000	
Noreen Crombie	30	23:57	5000	
Jack Peterson	31	24:31	5000	
Amy Bray	32	24:34	5000	
Mike Bray	33	24:37	5000	
Martin Harris	35	24:50	5000	
Neville Harper	36	26:23	5000	
Chris Bycroft	37	26:27	5000	
Helen Mossman	38	26:58	5000	
Luanna George	39	27:06	5000	
James Watson	40	27:43	5000	
Alison Scott	41	27:50	5000	
Sarah Nutall	42	27:59	5000	
Peter Vyver	43	28:17	5000	
Kerris Browne	44	29:04	5000	
Rhonda Herring	45	29:27	5000	
Max Bragg	46	29:30	5000	
Kirsty Peterson	47	31:58	5000	
Frances Fordyce	48	31:58	5000	
Ann Eastcott	49	32:01	5000	
Nicky Hayes	50	34:21	5000	
Rachael Browne	51	35:51	5000	
Marama Christie	52	36:01	5000	
Marinus Adriaansz	53	42:51	5000	walker
Claire Roy	54	43:19	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

**Nikki Mitchell** - Ph: 349 2920 (evenings):

Mobile 027 464 8546

**Sarah Wiwarena** – Ph: 348 7674 (evenings):

Mobile 027 248 3874

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.

### Specialist suppliers to Club members:

The Club has adopted a Specialist Suppliers policy in relation to businesses and individuals that wish to display/promote their services to club members. This policy is attached with this guff sheet, and will be on the club's website in due course. A copy of the policy is also in the Neil Hunt Park clubrooms notice board.