



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 February 2016**

**The past week:**

The weekly evening Tuesday (Children) and Wednesday (Teens and Adults) track and field meets continued last week at the Stadiums No 2 Ground.

**The Neil Hunt Park clubrooms:**

Recently the clubrooms were found unattended with the main door wide open, as well as lights on in the lounge and women’s toilet areas.



This is very serious matter and all users of the clubrooms need to take the responsibility of ensuring the building is left secure with door(s) and windows closed as well as lights turned off.

Also if in the toilet/shower or gym areas and no fellow club members are around don’t leave the door propped open.

**Forth coming events:**

**Out and in the City**

**Athletics - track and field** - competition

**Children**

**This Saturday 13 February** – Te Aroha ribbon day 10.00am

**Adults**

**This Saturday 13 February** – the Porritt Classic at Porritt Stadium Hamilton. Entries have closed.

**Weekend 20/21 February** – Athletics Waikato BOP championships, Porritt Stadium. **Entries with full entry fees close this Friday 13 February.** Visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for entry details and programme

**Distance events**

**Sunday 6 March** - The Copthorne Off Road half Marathon in Whaka Forest. Visit [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) Entry forms available at

the clubrooms. **Early bird entry closes before 23 February.** After the 22nd you are on the late fee

**Saturday 30 April** - The 52nd Rotorua Marathon around Lake Rotorua Visit [www.rotorumarathon.co.nz](http://www.rotorumarathon.co.nz) Entry forms available at the clubrooms

**SUNDAYS**

**Distance athletes**

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Clinic members be there by 6.55am. The 10km clinic group met at the clubrooms 7.30am unless advised otherwise.

**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

**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 No 2 Ground, Devon Street West. Club nights include running, jumping throwing for those aged from 2 years to 11 years. Contact: [lakecityca@gmail.com](mailto:lakecityca@gmail.com) or Ph/text 027 2773180 (Kerri).



**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 including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members be there by 5.20pm.

**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** -

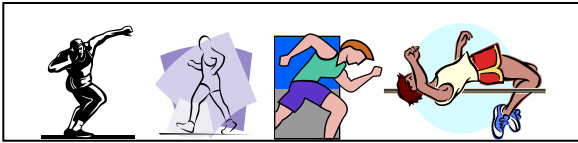
**Track and field (athletics)** – the Stadium’s No 2 Ground, Devon Street West, 6.15 sharp

The championship programme for the **17 February** is:

- 6.15pm 1200-2000 metre walk –championship
- 60 metres – non championship
- Long jump – championship
- 6.40pm 400 metres - championship
- 6.50pm 1 mile for under 16s – non championship

7.00pm 5000 metres championship. It is most important that you supply your own lap recorder

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. Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies



### 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 including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members be there by 5.20pm.

#### Trout Fly

This popular 3km 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 the 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 next event is scheduled for Thursday 25 February.

For further details: Chris Corney - 021 770 366, email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz) If you can help with this event please contact Chris.

#### Wanted:

Club members to be volunteers on the day of the Copthorne off road Half Marathon and associated



events on the weekend 5/6 March. Saturday morning a number are required to assist with the start/finish set-up, collect gear from the clubrooms etc.

Sunday is the big day: Parking marshalls, pre event registration (if running or walking you can assist with registration), course marshalls, drink stations attendants etc are all required.

At the Neil Hunt Park clubrooms is a list for you to indicate your availability to assist on the weekend. Should one of the events not be on your "too do list for 2016" become involved as a volunteer.

### Specialist Suppliers Talk:

This Sunday 14 February from 9:30am, the running clinic is hosting a get together at the club rooms of Specialist suppliers who will be giving a brief talk about their areas of expertise (podiatry, massage physiotherapy etc) with focus on injury prevention and treatment. This will be followed by morning tea and an opportunity to discuss training and have your questions answered. All club members training towards the Rotorua Marathon events are welcome!

### RESULTS

#### Under 16/Under 18 inter provincial - Porritt Stadium – 30 January 2016

##### Alec Johnson (Men 18)

Discus	4th	37.59
Javelin	2nd	30.40
1000m relay team	2nd	

##### Melkorka Leggett-Hilmarsdottir (Women 18)

Discus	3rd	25.50
Shot put	2nd	8.16
Javelin	1st	36.00

#### Waikato BOP masters championships - Tauranga 16/17 January 2016

##### Rob Lyle (Men 40-44)

60 metres	1st	7.87
100 metres	1st	12.34
200 metres	1st	25.68
Long jump	1st	4.88
High jump	1st	1.45

#### Auckland track and field championships - 6 February 2016

##### Melkorka Leggett-Hilmarsdottir (Women 18)

Javelin	1st	37.00
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#### Adults and teens track and field No 2 Ground - 3 February 2016

##### Club championships

##### 100 metres - run

Maria Brunton	G12	16.2
Rebekah Edhouse	G13	13.8

Sam Rossiter	M20	12.6
Jason Finnerty	M20	12.8
Stevie Fiske	M20	15.9
Christine Kerrison	W60	18.2

100 metres - walk

Sharissa Hetherington	W45	68.8
Denise Caudwell	W60	29.4

3000 metres – run

Maria Brunton	G12	15.04.7
Rebekah Edhouse	G13	15.03.7
Megan Grant	W20	11.21.1
Luanna George	W50	15.19.3
Christine Kerrison	W60	18.06.3
Sam Rossiter	M20	10.47.9
Stevie Fiske	M20	13.12.4
Jason Finnerty	M20	13.27.9
Gaine Petterson	M40	11.40.1
Kerry Robinson	M45	10.53.0
Tony Broadhead	M45	10.53.9
Colin Davis	M45	14.12.9
Phil Kerrison	M60	14.40.7
Max Bragg	M70	15.00.1

3000 metres – walk

Dianne Barratt-Kendell	W55	17.43.3
Doris Bragg	W70	23.43.8
Rinus Adriaansz	M55	23.00.6

Discus (different weights thrown)

Maria Brunton	G12	7.86
Jeanene Lysaght	W35	11.35
Sharissa Hetherington	W45	13.63
Denise Caudwell	W60	12.26
Jesse Pakinga-Lawson	B12	25.46
Jason Finnerty	M20	22.14
Sam Rossiter	M20	16.90
Stevie Fiske	M20	14.54
Rinus Adriaansz	M55	13.95
Lindsay Foster	M60	19.21

**Non championship**

100 metres

Tahlia Pearce	G13	18.0
Amber Lysaght	G12*	22.0

Conor Lysaght	B12	16.7
Kahu Witika	B14	17.4

Kurt Rice	M20	12.4
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3000 metres

Karyn McCready	W45	14.00.9
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Discus (different weights thrown)

Amber Lysaght	G12*	3.89
Tahlia Pearce	G13	9.35
Conor Lysaght	B12*	14.70

**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

**Sarah Wiwarena** – Ph: 346 3289 (evenings):  
Mobile 027 347 8115