



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

14 February 2015

### The past week:

**Local track and field** - Both sessions of Track and Field were held last week.

#### Out of town track and field

**Teens and adults** – At Hamilton's Porritt Classic meeting on Saturday club members taking part were Molly Florence and Michael Voss. Their results are below.

**Children** – Another contingent of children from the Club headed to Cambridge for their pentathlon day.

### 2015 Running clinic:

Meeting times at the Neil Hunt Park clubrooms are:

**Tuesday/Thursday evening** - for all just prior to 5.25pm

**Sunday morning** - Marathon and half marathons 6.50am, 10kers 7.25am.

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759); Email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

### Walker's Sunday clinic:

The Club's walker's clinic members are well into their buildup for one of the events on 2 May spending 4 hours plus on their feet on a Sunday. They meet Sunday morning just prior to 7.00am at the Neil Hunt Park clubrooms. Contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

### The unavailability of the Stadium track:

Please note that on this Friday 13 and Saturday 14 February the track is not available for training purposes. This is because of the Warriors playing at the main ground on the Saturday.

### Your club's name:

The name of your club is **Lake City Athletic Club** – the competition name (i.e. when you entering an event and your club name is requested it is **Lake City - Rotorua**)

### Bike Festival:

There are some cycling events on in and around the forest this coming week - just to make you aware. Notably the MTB Adventure Quest next Sunday (15th) from Waipa - though this doesn't kick off until 10:30am. On Tuesday 17th February the World Dual Slalom will be racing from 5:45pm based at the

Dodzy Memorial Skills Park at the end of Long Mile Rd. It might pay to try a different route into the forest on this evening.

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

### SATURDAYS

#### Track and field

##### Adults

**This Saturday 14 February** - Open events at Porritt Stadium from 11.30am Saturday. Visit

<http://www.athleticswaikatobayofplenty.org.nz/Calendar/Events/new-zealand-combined-event-championships-including-open-meeting> for the programme

**Saturday 21 February / Sunday 22 February** – Athletics Waikato BOP track and field senior championships. Entry details and the programme are on page 12 of the AWBOP handbook or visit

<http://www.athleticswaikatobayofplenty.org.nz/Portals/12/The%20Final%20Summer%20handbook%202014-2015.pdf>

Note all entries with entry fee to be in by 14 February

##### Children

**This Saturday 14 February** – Te Aroha Ribbon day, 10.00am

**Saturday 21 February** – Bellevue/Greerton Ribbon day at Tauranga. This is the day of the Athletics Waikato BOP triple jump champs for grade 13 and 14. Entry to be in by **Saturday 19 February**. \$5.00 entry fee.

**Saturday 7 March** - Athletics Waikato Bay of Plenty Children Championships, Porritt Stadium, Hamilton

Entry forms are available at Tuesday club night or from Wendy Monk [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz) or Lindsay Foster. Forms and payment need to be in to Wendy by **20th February 2015**. Electronic forms can be sent to Wendy. If paying via internet banking **Please** make it clear that it's for the WBOP Children's Champs.

The Athletics Waikato BOP children's committee is asking for chiefs to help at their championships on 7 March. Even if you are not qualified to be a "Chief", but can assist please contact Wendy at [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz)

### SUNDAYS

#### Distance athletes

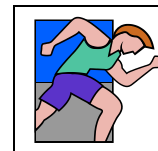
**Running clinic** - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions: 10kers meet at the same venue but at 7.25am

**Other 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 at the International Stadium, No 2 ground, Devon Street West, are underway.

Wendy Monk is convening this section of the club and can be contacted at [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz)



Those children who won trophies last year please return them to the Tuesday evening sessions.

See above for Athletics Waikato BOP championship entry details under Events out of town.

### Distance athletes

**Running clinic** - All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Other that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, 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.

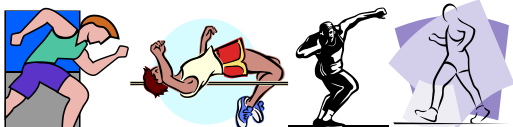
**Pm** - The weekly track and field (summer athletics) for those 12 and above are at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp.

The championship programme is underway. Please note to take a championship placing you must be a fully paid up financial member of the Club for the financial year ending 31 March 2015.

### Championship Programme for 18 February is:

6.15pm	1200 - 2000 metres walk	championships
	Long jump	championships
	60 metres	non championship
6.50pm	1000 metres	Non championship for under 16s
7.00pm	5000 metres	Championship for 16 and above
	Please provide your own lap recorder for this event	

All events cater for those that walk  
Contact: Lindsay Foster (348 6818)



## THURSDAYS

### Weekly

### 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

**Running clinic** - All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Other that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

### Fortnightly

### The Trout fly series

**Next event is 26 February** - 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. Contact - Chris Corney - 021 770 366



## Upcoming distance events:

**Sunday 8 March** - here in Rotorua the Copthorne off Road 1/2 Marathon, 1/4 marathon, 5km and Little Devils Fun Run. Early entry closes 23 February. This club owned event is based in Whaka Forest and takes in some of the fabulous tracks and roads of the Forest. It is an event not to be missed!

Pick up an entry form from the Neil Hunt Park clubrooms or visit [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) or the clubs website ([www.lakecity.co.nz](http://www.lakecity.co.nz)) and search under Events.

As this is a Lake City Athletic Club owned event volunteers from the club are required to assist on Saturday with pre event set up, and on Sunday with the actual event. i.e. registration, marshalls, drink stations etc. **The list is now at the Neil Hunt Park clubrooms to indicate if you, a family member or friend can assist on either or both days.**

**Saturday 2 May** - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: 1/2 marathon: 1/4 marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via [www.rotorumarathon.co.nz](http://www.rotorumarathon.co.nz)

## National rankings:

Athletics NZ 2014 National Ranking of Lake City members are:

### Molly Florence

Youth Women : 6th 100m : 12.07

Junior Women : 2nd 100m : 12.04

4th 200m : 25.9

3rd 200m : 25.3 (Wind Aided)

Michael Voss :

Youth Men : 1st : 1/2 Marathon : 1:15.31

2nd : 3000m : 8:39.8

Well done Molly and Michael

# RESULTS

**Teens and Adults Track and Field –  
4 February 2015 (fine)** \* Denotes an athlete  
under Grade 12 – up graded to Grade 12

## Championship events

### Boys 14

Hurdles	Brooklyn Tomo	19.0
Discus	Brooklyn Tomo	41.28

### Men 17

Hurdles	Alec Johnson	22.5
Discus	Alec Johnson	32.76

### Men 20

3000 metres	Sam Rossiter	11.39.5
Hurdles	Sam Rossiter	23.4
Discus	Sam Rossiter	20.48

### Men 40

3000 metres	Adrian Lysaght	10.24.1
Hurdles	Adrian Lysaght	29.2
Discus	Adrian Lysaght	15.81

### Men 45

3000 metres	Tony Broadhead	10.25.3
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### Men 50 (walk)

3000 metres	Mark Geddes	19.30.6
Discus	Mark Geddes	9.50

### Men 55 (walk)

3000 metres	Rinus Adriaansz	25.03.6
Discus	Rinus Adriaansz	11.54

### Men 65

3000 metres	Trevor Ogilvie	11.26.5
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### Men 70

3000 metres	Max Bragg	15.02.9
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### Women 45 (run)

3000 metres	Sue Crowley	11.33.6
	Karyn McCready	11.46.0
Discus	Sharissa Hetherington	16.16
	Karyn McCready	14.40

### Women 50

3000 metres	Luanna George	15.15.8
Discus	Luanna George	14.98

## Non championship

### 100 metres

Julian Smith	M19	12.0
Alec Johnson	MU17	12.0
Tom Voysey	M19	13.0
Brooklyn Tomo	B14	13.9
Rebekah Edhouse	G12	14.4
Paetahi Mitchell	*B12	16.1

### 200 metres

Julian Smith	M19	25.4
Alec Johnson	MU17	26.0
Tom Voysey	M19	30.2
Rebekah Edhouse	G12	30.8

### Discus

Bradley Rumble	B12	29.34
Paetahi Mitchell	*B12	14.98

### Hurdles

Rebekah Edhouse	G12	19.4
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## Porritt Classic – Hamilton – 7 February 2015

### Molly Florence

100 metres	Heat 1	2nd	12.22	w 2.5
	Final	5th	12.16	w 2.2

### Michael Voss

1500 metres		18 <sup>th</sup>	4.13.16
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## 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

**Denise Caudwell** - Ph 346 8431 (evenings)

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.