



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET

14 January 2012

Welcome to twenty twelve and the delightful weather we are having.

The weeks that were:

Santa came to the last Children's evening of 2011: The last evening for the teens and adults was a fun one with the feature event being the mile: A small number from the Club took part in the Mt Maunganui mountain race on Boxing day: The Club was represented by a number at the Tauranga New Year's day track and field met: The Club was represented in the Athletics NZ 10000m championships on 3 January – Nick Portas finishing 6th in 32.14.24: Tauranga Domain hosted the 2012 North Island Colgate Games where a huge contingent of the Club's youngsters competed.

The Neil Hunt Park clubrooms:

It has been noted over recent weeks that the clubrooms have been left unattended with the front door left propped open. **This is a big No No.** Those who are first to open the door, plus the organiser(s) of an activity based from the clubrooms (this includes the Sunday morning and weekly pack runs/walks) are responsible for the security of the Club rooms. Before departure, users must check that they are the last to leave and ensure that all lights are out, windows shut, and upon leaving that all doors are fully locked.

Remember it is a privilege to have access to the building via the key pad, not a right. We don't want to have only 2 or 3 people to be able to open the clubrooms.

Weekly / fortnightly events on the local scene:

SUNDAYS

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a

Sunday morning. Some at 7.00am: some a bit later. Find a group that is compatible with your fitness and head off into the Forest.

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

Those that walk – Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Sarah Wiwarena 027 248 3874 (348 7674 home).

TUESDAYS

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

Summer athletics: For Tiny Tots and children aged 5-11 years

This section of the Club will be taking a break from their weekly activities until 7 February

Contact – Kerris Browne – 021 753 691, or 348 0790 or swingmills@xtra.co.nz

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

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

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm

WEDNESDAYS

Summer athletics:

For teens and adults (12 years plus)

Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West – 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults.

The programme for Wednesday 18 January is:

6.15pm	- 1200m or 2000m walk
	- Javelin
	- Triple jump/ long jump
6.30pm	- 100 metres
6.45pm	- 2km steeplechase for grade 16 plus
7.00pm	- 400 metres
7.10pm	- 2000m run for all grades

Contact - Lindsay Foster – 348 6818 evenings

Please note that the track facilities are not available from Wednesday 25 January through to and including Tuesday 31 January. Why? Because of the Ragamuffin Concert.

Wednesday 1 February sees the club championship programme commence.

THURSDAYS - weekly

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

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THURSDAYS - fortnightly

The Trout fly series

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be. The next event is

26 January 2012

- You have a choice of 3km or 5.4km 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

THURSDAYS - alternate - between Trout Fly

Beginners Jogging

Comfortable 45 minutes to 1 hour jog in the lovely Redwoods led by Rachel and Kerris. Start 5:30pm from the Clubrooms, on middle Thursdays between the Trout Fly events. No charge for beginners' first three sessions - great way to keep your weekly motivation going!

Contacts are Rachel 027 3630644, Kerris 021 753691.

Events out of Rotorua:

Track and field:

For children:

Saturday 21 January – Open meeting at Porritt Stadium, Hamilton, which includes events for children. 3.00pm start. Events are: 100m, 200m, 400m, and 1500 (the 400/1500m events are for 10 to 14yrs), long jump and, shot put. \$3.00 entry fee for the afternoon.

For adults:

This Saturday 14 January – Open meeting at Porritt Stadium, Hamilton 3.00pm. Events are; 80, 200, 600, 1000, 3000 metres, 80/100/110m hurdles, 1500/2000/3000m walk, high jump, long jump, javelin and discus.

Saturday 21 January - Open meeting at Porritt Stadium, Hamilton, 3.00pm start. Events are: 100m,

200m, 400m, and 1500, long jump and, shot put. \$3.00 entry fee for the afternoon

Events happening locally in the New Year:

Sunday 4 March 2012 – The Kingsgate Hotel Rotorua off road ½ marathon, ¼ marathon (10.5km) and 5 km

This Club owned event, managed for the Club by Event Promotions is a family day with all events based in our fabulous Whaka Forest. As well as the longer distance events, there's a 1.5km run/walk for those aged 3 to 6 years and a 3km run/walk for those aged 7 to 10 years.

Event headquarters at the mountain bike car park (off State Highway 5).

Entry forms are at the clubrooms, or visit www.eventpromotions.co.nz for online entry.

Saturday 28 April 2012 - The Lion Foundation Rotorua Marathon and associated events

Entry forms for the round the Lake marathon and its associated events (½ marathon, ¼ marathon and 5km) are also at the clubrooms. Online entry is available at: www.rotoruarun.co.nz

Results:

Teens and Seniors Track and Field - weekly

results * Denotes an athlete under Grade 12 – up graded to Grade 12

21 December 2011 (fun night)

1 Mile

Nick Portas	M20	4.49.6
Sam Rossiter	M20	5.44.6
Kris Adriaansz	M20	5.58.9
Stevie Fiske	M20	6.14.5
Karyn McCready	W40	6.25.3
Georja Kidd	G13	6.30.0
Michael Rossiter	M20	6.57.8
Martin Harris	M60	7.53.1
Mark Geddes (w)	M50	9.51.0
Tom Lamason (w)	M65	12.53.6

King and Queen Mt Maunganui – 26 December 2011 - Athletics Waikato BOP championships

M20
1. Iain Macdonald (Tga) 19.24
2. Nick Portas 20.19

W20
1. Helen Rountree (Ham) 23.23
2. Cati Pearson 27.30

Non championships

148. Sheryl Pearson W50 39.28

Junior Mountain race

1. Ben Cochrane(Mt Mg) 9.58
11. Bayley Martin 11.24

Tauranga twilight track and Field – 1 January 2012**Women 17****Molly Florence**

100 metres	1st	12.51
200 metres	3rd	26.42

Women 35-39**Mel Martin**

100 metres	1st	14.56
200 metres	1st	30.62

Women 40-44**Leanne Leggett**

Discus	1st	19.96
Javelin	1st	18.39

Girls 12**Melkorka Leggett**

100 metres	2nd	15.22
200 metres	7th	34.01
Discus	1st	17.21
Javelin	1st	23.61
Long jump	3rd	3.52
Shot put	5th	5.62

Girls 14**Tanja Leggett**

100 metres	3rd	15.73
200 metres	2nd	34.32
Discus	1st	14.47
Javelin	1st	23.01
Long jump	3rd	3.64
Shot put	1st	7.18

Boys 10**Bjarni Leggett**

100 metres	4th	17.01
High jump	3rd	1.05
Long jump	4th	3.27
Shot put	4th	5.24

Girls 10**Briet Leggett**

100 metres	5th	18.02
Long jump	4th	2.79
Shot put	4th	3.32

Olina Bjarnadottir

100 metres	6th	19.99
200 metres	5th	42.36
Long jump	6th	2.47
Shot put	5th	2.79

Freyja Bjarnadottir

100 metres	7th	21.56
200 metres	6th	49.98
Long jump	7th	1.89
Shot put	6th	2.52

Athletics Waikato BOP 3000 metres championships**1 January 2012, Tauranga****Men 20**

1. Cory Whiting	Hawks	9.13.08
2. Liam Walsh		9.32.28

Athletics New Zealand 10000 metres championships**Tauranga Domain - 3 January 2012 – Men 20**

1. Stephen Lett	Akld	30.36.35
6. Nick Portas		32.14.24

Supporting events**Men 17 – Callum Taylor**

Long jump	1st	5.85
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North Island Colgate Games: – Tauranga 6-8 January 2012

Congratulations to all those younger members who took part in the Games. No doubt this was an experience enjoyed by all, and will benefit future participation in our sport. Results can be viewed at www.athletics.org.nz

On the home page click on NZCCA and scroll down the page.

Marathon Clinic:

The first season of the Club's 2012 marathon clinic gets underway at 6.55am at the Neil Hunt Park clubrooms, this Sunday, 15 January.

Club championships:

With the teens and adults track and field championships commencing on Wednesday 1 February please note that a person needs to be an actual financial club member at the time of the event is taking place. That is having paid a subscription to the Club prior to the event commencement.

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
or 07 347 8380

