



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

*Track and Field (children and adults) No 2 Ground the
Stadium, Devon Street West - Rotorua*

GUFF SHEET
14 January 2017

The past week:

It's been quiet on the local scene this past week. The results of the Adults and Teens (more of the younger members than adults in attendance) are below.

Well done to the youngsters from the club that attended the North Island Colgate Games over the weekend at Hastings. Some 2500 athletes took part in the 3 day competition and our small Club team did the Club very proud. Their results are below.

2017 Lake City Running Clinic:

The Lake City Running Clinic, for the 53rd Rotorua Marathon, Half Marathon and Quarter Marathon will commence with our first run on Sunday 22 January, 7am from the club rooms. Our information evening is on **this Tuesday 17 January, 7pm at the club rooms**. If you are interested in joining the clinic and/or know of others who might be interested, please contact Teresa Martin on 0210428759, send us an email - or come along to our information night. Bring along adult family members, workmates, friends etc! Email: lakecitymarathonclinic@gmail.com

Whaka Forest:

Logging operations have commenced in the region of Hill Road across to the recently cut over area adjacent to Pipeline Road. With Hill Road closed weekdays and possibly some weekends the mountain bike shuttle bus will be using Nursery Road and Katore Road, so take care if running/walking in these regions. There is no access into the work site. Unauthorised entry into the work site may result in a trespass notice being issued.



Also remember that 8 Mile Gate Road is out of bounds at all times.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

Saturday 21 January 2017 – Open meeting at Porritt Stadium. 3.00pm start

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

From 22 January the 2017 Running Clinic meets at 7.00am at 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.

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

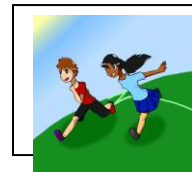
Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. **This includes the Running clinic members as from 24 January.**

Children's athletics

This section is taking a break over the school holiday period and resumes

Tuesday 24 January 2017. Arrive 4.45

to 5.00pm at the International Stadium's No 2 ground Devon Street West. Contacts are 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 at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

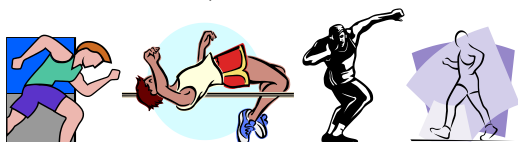
The programme for the 18 January is shot put , 400 and 3000 metres championship events, plus non championship 100 metres.. To take a podium place in

a championship event you must be a financial Lake City club member.

2016 /2017 track Mile Series

Don't worry if you have not had a chance to do any miles yet as there are still 5 more to go in the series. The series is free to all club members. Non-members are welcome but the cost to enter is \$2 per mile. See dates and times listed below for the remaining events. **Please bear in mind that some evenings the event may start slightly ahead of the time listed.**

- 1st February, 7:05pm
- 8th February, 7:05pm
- 15th February, 6:50pm
- 22nd February, 7:00pm
- 8th March, 7:30pm



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. This includes the Running clinic members as from 24 January

Trout Fly - fortnightly

The next event is **Thursday 26 January**.

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



2017 Distance events in Rotorua:

Sunday 5 March - The club's Copthorne Rotorua off Road Half marathon and associated events in Whaka Forest. This event doubles as the Club's half marathon championships. Entry forms are at the Neil Hunt Park clubrooms or visit www.eventpromtions.co.nz

Saturday 6 May - The 53rd Lion Foundation Rotorua Marathon and associated events (half marathon, Quarter marathon and 5.5km fun run). This event doubles as the club's marathon championship. Entry forms are the club rooms or visit www.rotoruarathon.co.nz



Officials training day

Athletics Waikato BOP are holding an officials training day on Sunday 5 February, 9.00am Porritt Stadium, Hamilton. No course fees. If interested in attending please contact Heather O'Hagan by Sunday 29 January advising her - name: club: phone and email details: current grading (if any).

Heathers' details are Phone: ah: 07 862 7163 Email ohagan@visique.co.nz

Heather is also seeking officials and volunteers to assist at the Athletics NZ track and field champs (17/18/19 March) being held at Porritt Stadium, Hamilton. Heather's contact details are above.

RESULTS

Track and Field -Teens and Adults - 4 January 2017		
* Denotes upgraded to Grade 12		
60 metres - run		
Race 1		
Alec Johnson	M18	7.8
Apache Davidson	B14	9.1
Jesse Pakinga-Lawson	B13	9.7
Race 2		
Gisele Howard	G12	9.3
Maria Brunton	G13	9.9
Trelise Howard	*G12	10.5
Amber Lysaght	*G12	11.9
Race 3		
Conor Lysaght	*B12	10.6
Harlyn Pearce	*B12	11.7
Race 4		
Maria Brunton	G13	9.8
Conor Lysaght	*B12	10.1
Harlyn Pearce	*B12	11.3
Amber Lysaght	*G12	12.7
Race 5		
Apache Davidson	B14	8.1
Gisele Howard	G12	9.1
Jesse Pakinga-Lawson	B13	9.1
Corey Davidson	G12	11.3
200 metres - run		
Race 1		
Alec Johnson	M18	26.3
Apache Davidson	B14	29.2
Race 2		
Gisele Howard	G12	33.3
Maria Brunton	G13	36.7
Harlyn Pearce	*B12	44.8

Amber Lysaght	*G12	45.6
1 mile - run		
Adrian Lysaght	M40	5.18.6
Sam Rossiter	M20	5.35.4
Apache Davidson	B14	5.56.7
Megan Grant	W20	5.57.5
Conor Lysaght	*B12	6.45.1
Gisele Howard	G12	6.47.5
Alec Johnson	M18	7.40.9
Maria Brunton	G13	7.46.3
Corey Davidson	G12	7.47.2
Amber Lysaght	*G12	8.01.9
Discus (Different weights thrown)		
Conor Lysaght	*B12	15.22
Corey Davidson	G12	10.02
Gisele Howard	G12	22.00
Trelise Howard	*G12	14.95
Amber Lysaght	G12	4.10
Harlyn Pearce	*B12	9.00
Apache Davidson	B14	12.00
Alec Johnson	M18	38.45
Jesse Pakinga-Lawson	B13	28.32
Rinus Adriaansz	M60	13.40

North Island Colgate Games – Hastings - 6/7/8 January 2017

7-9 years received pennants for 1st, 2nd and 3rd placings only and finalist ribbons
 10-14 years received medals for 1st, 2nd and 3rd placings from heat/semi/finals and finalist ribbons for top 8 placings.

Gisele Howard - 12 year Girl

Silver Medal 2nd place in Long Jump lost by 1cm. PB
 10th - 800 metres
 10th - 1500 metres
 16th - Discus

Trelise Howard - 9 year Girl

2nd - 200 metres
 1st - 60 metres
 3rd - Discus
 2nd - Long jump
 2nd - 100 metres

Lillian Muir – 11 year Girl

16th - 200metres made semi-finalist - PB
 8th - High jump
 7th - Long jump PB
 17th- (?? event not supplied) made semi-finalist

Nikita Harding – 8 year Girl

2nd - Long jump
 Finalist ribbons for Discus and 100 metres
 Finalist ribbon for 60 metres

Cooper Simes – 9 year Boy

Finalist Shotput
 1st - Long jump
 1st - 100 metres
 1st -200 meters
 Finalist ribbon for Discus

Hannah Gapes - 13 year Girl

6th – 1500 metres
 6th – 800 metres

Thanks to Rebecca Howard for collating and supplying these results

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) - \$20.00

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