



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

14 March 2015

The past week:

Local track and field – There were fine evenings for the track and field sessions at the Stadiums No 2 ground last Tuesday and Wednesday.

Out of town track and field

Children – At the Athletics Waikato BOP championships at Porritt Stadium a number of the club's children had some very good results with at least 4 golds, some silvers and bronze medals making their way back to Rotorua. Congratulations. Results are below. Apologies to any member's performance that has been overlooked.

Teens and adults – Two club members headed to Wellington for the Athletics New Zealand championships, these being Molly Florence and Michael Voss. Results are below.

Distance events

New Plymouth Marathon – The results of those that wore the club colours at the annual New Plymouth marathon are below. Apologies to any member that has been overlooked.

Copthorne Half Marathon etc -The local Copthorne off Road half marathon and associated events held in Whaka Forest on Sunday were blessed with fine weather after a stormy night. Congratulations to all from the club that took part. It was great to see all the club uniforms around the course. Results are available from www.eventpromotions.co.nz - Off road half marathon.

This Club owned event is managed on behalf of the Club by Event Promotions and a very special thanks is extended to them for their management of the event and the various sponsors and land owners who came on board.

Also special thanks to those club members who assisted Event Promotions either on Saturday with the course/finish set up and on Sunday with marshalling, registration etc. – some both days.

Neil Hunt Park clubrooms - walking festival this weekend - 14th/15th March

This weekend the International Walking Festival is on in Rotorua. The start and finish to the festival is outside the Netherland (Dutch) Society clubrooms and the walkers will also be using the Lake City Athletic clubrooms. On Sunday morning for the 7.00am run, can you please park down in the car park by the soccer grounds. Or your pack leader will let you know if you are running from a different place. A few years

ago a car was broken into, so please be mindful of security and leave nothing valuable in the clubrooms or in your car.

Whaka Forest - logging operations:

Logging operations are continuing in the Forest. These are still in the region of Nursery Road and now in the Lentil Link, Sidewinder and Frontal Lobotomy areas. Signage will be placed up on notice boards around the forest and all affected tracks will be cordoned off and road closures will be put in place. Security will be on site to manage the road safety closures.



If you are also a mountain biker note the following tracks will be affected 24 Carat, Fools Gold, The River, and Lower National Downhill

Operations will be weekdays between 7.00am and 4.00pm. Note that log haulage trucks will make use of Pipeline Rd, Direct Rd, Red Tank Rd and Nursery Rd and could be operating at any time day or night.

Take care and give way to anything bigger than you! Listen to what's going on around you!

Events on the local scene:

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 7.25am at a venue to be advised.

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

Others 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. Wendy Monk



is convening this section of the club and can be contacted at wmoess@actrix.co.nz

The children's championship programme continues until 17 March. Please note that the Club's correct uniform is to be worn.

Distance athletes

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

Others 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 nearing completion. 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.

Programme - Wednesday 18 March

10000 metres championship for Grade 19 and above (Final night of the season)

5.30pm sharp - start for walkers and those runners likely to take 60 minutes plus to complete the distance

6.00pm sharp - start for runners who will complete the event under 60 minutes

Please arrange your own lap recorder

There are **no** other events this evening

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

Others 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 March - This is the final summer's series. 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:

Saturday 2 May - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via www.rotoruarunners.co.nz

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

Sarah Wiwarena – Ph: 348 7674 (evenings):
Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.

Neil Hunt Park clubrooms:

The Club's executive has updated the policy relating to the hire age of the Neil Hunt Park clubrooms. This can be viewed at the actual clubrooms or via the club's website

RESULTS

Teens and Adults Track and Field – 4 March 2015 (another perfect evening) * denotes: an athlete under Grade 12 – up graded to Grade 12

Championship events

Boy 12

Javelin Bradley Rumble 18.97

Boy 14

Javelin Brooklyn Tomo 36.45
Triple jump Brooklyn Tomo 8.48

Men 17

Javelin Alec Johnson 35.02

Men 20

3000 metres modified steeplechase	Steven O'Callaghan	10.46.8
	Sam Rossiter	15.27.9
Javelin	Sam Rossiter	26.75
Triple jump	Sam Rossiter	9.50

Men 40

3000 metres modified steeplechase	Adrian Lysaght	10.56.5
Javelin	Adrian Lysaght	18.59
Triple jump	Adrian Lysaght	7.54

Men 45

3000 metres modified steeplechase	Colin Davis	15.33.9
Javelin	Colin Davis	11.25
Triple jump	Colin Davis	6.45

Men 55

Javelin	Lindsay Foster	13.67
Triple jump	Lindsay Foster	7.22

Men 70

2000 metre modified steeplechase	Max Bragg	10.06.1
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Women 45

2000 metre modified steeplechase	Karyn McCreedy	9.13.2
Javelin	Karyn McCreedy	18.37
	Sharissa Hetherington	7.73

Women 50

2000 metre modified steeplechase	Luanna George	10.40.4
	Louise Rickard	12.22.2
Javelin	Luanna George	13.88

Women 65

Javelin	Carole Stark	5.85
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Non championship60 metres

Alec Johnson	M17	8.0
Brooklyn Tomo	B14	8.4
Rebekah Edhouse	G12	8.8
Bradley Rumble	B12	9.5
Paetahi Mitchell	*B12	9.9

2000 metres – run

Adrian Lysaght	M40	6.37.1
Sam Rossiter	M20	7.36.5
Lindsay Foster	M55	8.33.5
Colin Davis	M45	8.58.5
Max Bragg	M70	9.56.5
Luanna George	W50	9.58.8
Louise Rickard	W50	11.31.0

2000 metre – walk

Diane Barratt-Kendall	W55	11.34.5
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2000 metres steeplechase

Paetahi Mitchell	*B12	10.15.4
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Javelin

Glenn Rumble	M40	25.35
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Long jump

Rebekah Edhouse	G12	3.55
Luanna George	W50	2.60

New Plymouth Marathon – 7 March 2015

Shannon-Leigh Litt	25th	3.12.57
Sian Twiddy	36th	3.23.26

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Eddie Meijer

84th

4.03.36

Athletics New Zealand track and field championships – Wellington - 6/7/8 March 2015Molly Florence – senior women

100 metres	2nd	12.06	w -1.0
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Michael Voss – junior men

5000 metres	4th	15.35.35
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Athletics Waikato BOP – children's track and field championships - Porritt Stadium, Hamilton - 7 March 2015Grade 7 – girls

60m	Heat	2nd	Trelise Howard	10.44
	Final	3rd	Trelise Howard	10.73
200m	Heat	6th	Trelise Howard	1.03.89
Long jump		2nd	Trelise Howard	3.03
Discus		6th	Trelise Howard	9.86

Grade 7 – boys

60m	Final	4th	Hunter Weaver	11.00
100m	Heat 2	4th	Hunter Weaver	17.16
	Final	7th	Hunter Weaver	17.90
Long jump		7th	Hunter Weaver	2.64
Shot put		6th	Hunter Weaver	4.54

Grade 8 – boys

60m	Heat 2	1st	Ngahere McCauley	9.57
	Final	1st	Ngahere McCauley	9.57
100m	Heat 1	2nd	Ngahere McCauley	15.27
	Final	2nd	Ngahere McCauley	15.55
200m	Heat 1	1st	Ngahere McCauley	32.65
	Final	1st	Ngahere McCauley	31.49
Long jump		1st	Ngahere McCauley	3.81

Grade 9 – girls

60m	Heat 1	3rd	Anja Crombie	10.02
	Heat 3	2nd	Lillian Muir	9.64
	Final	6th	Lillian Muir	9.74
100m	Heat 1	4th	Lillian Muir	15.87
200m	Heat 1	7th	Anja Crombie	35.76
800m	Final	8th	Anja Crombie	3.12.32
Long jump		12th	Lillian Muir	3.16

Grade 9 – boys

100m	Heat 2	3rd	Oliver Weaver	15.60
	Final	4th	Oliver Weaver	15.60
800m	Final	5th	Oliver Weaver	2.48.13
Long jump		9th	Oliver Weaver	3.26
Shot put		8th	Oliver Weaver	4.25

Grade 10 – girls

100m	Heat 1	2nd	Phoenix Hoete	15.44
	Final	5th	Phoenix Hoete	15.51
200m	Heat 1	2nd	Phoenix Hoete	31.10
	Final	4th	Phoenix Hoete	32.26
400m	Race 1	1st	Phoenix Hoete	1.12.17
	Race 2	4th	Gisele Howard	1.19.37
800m	Final	4th	Gisele Howard	3.00.13
High jump		6th	Phoenix Hoete	1.05
Long jump		2nd	Gisele Howard	3.94
Discus		4th	Gisele Howard	14.86

Grade 10 – boys

100m	Heat 1	1st	Maddox Peyroux	14.42
	Final	3rd	Maddox Peyroux	14.45
200m	Heat 1	4th	Maddox Peyroux	31.66
Discus		5th	Maddox Peyroux	18.85

Grade 11 – girls

100m	Heat 2	2nd	Hannah Muir	15.14
200m	Heat 2	7th	Hannah Muir	33.62
800m	Final	3rd	Hannah Gapes	2.39.15
1500m	Final	1st	Hannah Gapes	5.33.27

Grade 11 – boys

1500m	Final	2nd	Luke Crombie	6.23.55
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Grade 14 – boys

Long jump		4th	Brooklyn Tomo	4.96
Shot put		1st	Brooklyn Tomo	11.90
Discus		1st	Brooklyn Tomo	37.64