



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 November 2015**

**The past week:**

The children's section of the club were blessed with brilliant fine weather last Tuesday evening, whilst the Teens and Adults track and field had the opposite the next evening. The first Wednesday evening session was well and truly rained – four volunteers fronted.

The first fortnightly Thursday evening Trout Fly attracted a large number. Owing to the timer malfunctioning not all times have been recorded – sorry. Placings and a small number of times are below.

**Forth coming events:**

**SATURDAYS**

**Athletics – track and field** – Weekend competition  
**Children**

**This Saturday 14 November** – right here in Rotorua is the Club's Ribbon Day -10.00am at the Stadium's No 2 Ground It's not too late to offer your help on this day. The day for helpers will start at 9.00am till 3.00pm approx. You don't need to help all day, even a couple of hours would make a difference. Also if you are willing to lend this section of the club for the day a Gazebo to help shade officials/helpers that would be welcomed.

If you can help please contact Wendy Monk [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz) or 349 1812 promptly

**Saturday 21 November** – Te Awamutu Ribbon day, 10.00am

**Adults**  
**This Saturday 14 November** – Putaruru Bell team event at Porritt Stadium, Hamilton.

Entry details at [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz)

**Saturday 21 November** - open meeting Porritt Stadium 3.00pm

**SUNDAYS**

**Distance athletes**

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.

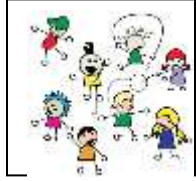
**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena - 07 346 3289 ah or 027 347 8115

**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 No 2 Ground, Devon Street West. Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: [lakecityca@gmail.com](mailto:lakecityca@gmail.com) or Ph/text 027 2773180 Kerri especially if you can assist with the evenings as a volunteer. Extra helpers are wanted. Even one extra helper per age group will give the children the chance to get the most out of the evening activities.



**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 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** - 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

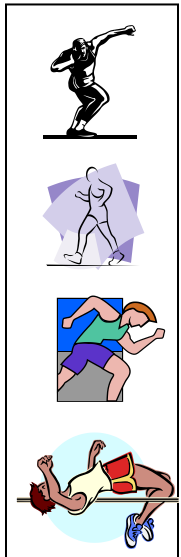
**Pm** –

**Track and field (athletics)** –

On the programme next Wednesday (18/11) at the Stadium's No 2 Ground, Devon Street West is:

- 6.15pm 100 metres
- 6.30pm Javelin
- 6.45pm 200 metres
- 7.00pm 3000 metres run or walk

The next mile event is on Wednesday 25 November starting 7.00pm. Come along and take part each fortnight and can judge how your fitness levels are coming along, challenge a running or walking colleague, learn pace judgment; increase your speed base, all while enjoying something different.



**THURSDAYS**

**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

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.

**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 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 19 November

For further details: Chris Corney - 021 770 366, email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz)

## **Tree felling in Whaka Forest:**

Land prep operations, managed by Timberlands Limited, will commence on Thursday, 12 November, in the Hill and Windy Road area, for approximately one week.



- Lentil Link and Sidewinder will be CLOSED until the Land prep operations have been completed.
- No Roads or Walking tracks will be CLOSED but CAUTION will be required.

Also note that harvesting and trucking out of logs in the Pipeline area will be finished on Friday. There will still be machinery on site at some stage undertaking clean up. Tracks and roads will be open but caution is required.

## **Two messages from: Athletics Waikato BOP**

### **Athletics Waikato BOP children's section - Ribbon days and Children's Incentive Scheme**

As part of the levy contribution to AWBoP for running costs, \$1.00 from each contribution has been set aside for the various sectors of the sport to use as an incentive scheme to encourage athletes to stay in the sport. With this in mind, the Children's Committee have developed the following incentive scheme, targeting athletes 10 years and over, approved at the recent Children's Committee Meeting.

"That athletes aged 10 and over, attend a minimum of three Ribbon Days prior to the Relay Champs.

That these athletes have competed in at least one field event at these Ribbon Days".

Names will be drawn at the Children's Relay Champs

To draw two names from each age group and gender, i.e. Gr 10 girl x 2, Gr 10 boy x 2 etc.

If more than one child per family in these age groups, all children entitled to be in draw, as all pay levies.

After New Year the Ribbon Days and the Children's Champs will be included in a second draw, following the same guidelines as above. Names will be drawn at the Children's Champs.

Prizes will be petrol vouchers - \$40 per draw.

Please encourage your registered athletes to attend ribbon days, and be in the draw for petrol vouchers.

## **Colgate Games Entry forms and Information**

Club registered athletes aged 7 and up to 14 years, are eligible to attend the Colgate Games in January. Information on the Colgate Games, both North Island and South Island, can be found on the NZ Children's Athletics website - go to Athletics NZ [www.athletics.org.nz](http://www.athletics.org.nz)

On the Menu Bar - GET INVOLVED, go to the drop down box and click on Children's Athletics NZCAA. This will take you to their website. On that menu bar is COLGATE - go into the North Island one (or South Island one) and on the right under Notices is the Entry Forms, Rules and Conditions of Entry.

Entry form and the appropriate entry fee is to be with Wendy Monk ([wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz) or 07 349 1812) no later than Friday 27 November. **All entries must go through the Club. Individuals cannot enter direct**

## **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](mailto:lakecityca@gmail.com)

Ph/text 027 2773180

### **Adults**

**Sarah Wiwarena** - Ph: 346 3289 (evenings):

Mobile 027 347 8115

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

**Nikki Mitchell** - Ph: 349 2920 (evenings):

Mobile 027 464 8546

## **RESULTS**

### **Auckland Marathon and associated events - 1 November 2015**

Below are the results that have been brought to the guff sheets attention. Apologies to anyone over looked. Gun times used.

#### Marathon

Adrian Lysaght	2.41.44	M40
Sue Crowley	3.18.24	W45
Kirsty Peterson	4.49.01	W40
Gay Timpany (w)	6.24.53	W50

#### Half marathon

Phil Gulbransen	1.41.03	M60
Steve Bradley	1.49.14	M50
Jeannette Dekker	2.23.55	W55

Janet Shorland	2.46.39	W45
Glennis Hennessy (w)	2.53.40	W50
<u>12km</u>		
Jason Steyn-Ross	54.48	M20
Natasha Timms	1.28.30	W35
Kelli Lalich	1.28.33	W40

**Trout Fly Event**  
**5-11 - 2015 1**

Name	Place	Time	Distance	Notes
Siobhan Griffiths	1	10:55	2550	
Luke Crombie	2	11:01	2550	
Reece Downes	3	11:40	2550	
Lance Shilton	4	12:07	2550	
Anja Crombie	5	12:17	2550	
Len Watson	6	12:43	2550	
John Marten	7	12:51	2550	
Jack Peterson	8	12:59	2550	
Jasmin Donaldson	9	13:01	2550	
Hannah Shilton	10	13:13	2550	
Ciara Griffiths	11	13:15	2550	
Freya Lord	12	13:24	2550	
Richard Werahiko	13	13:25	2550	
Jessica Bach	14		2550	
Emma Hickson	15		2550	
Cody Shilton	16		2550	
Fred Shilton	17		2550	
Casper Grunwell	18		2550	
Christine Crowley	19	14:09	2550	
Koby Lett	20		2550	
Hayden Martin	21		2550	
Mere Attwater	22	14:21	2550	
Kerris Browne	23	14:22	2550	
Kelly Corcoran	24	14:35	2550	
Matt Corcoran	25	14:36	2550	
Jo Cheesman	26	15:00	2550	
Alex Sole	27	15:09	2550	
Ella Hollows	28	15:14	2550	
Harrison Smith	29	15:22	2550	
Penny MacCormich	30	15:42	2550	
Morgan MacCormich	31	15:42	2550	
Charlotte Smith	32	15:43	2550	
Anita Roy	33	15:49	2550	
Max Peterson	34	15:55	2550	
Hayley Bason	35	16:16	2550	
Hannah Hickson	36	16:26	2550	
Jodie Hickson	37	16:27	2550	
Jessica Martin	38	17:37	2550	

Teresa Martin	39	17:38	2550	
Sam Atkinson	40	17:41	2550	
Katie Roy	41	17:57	2550	
Greg Smith	42	18:10	2550	
Astrid Nuttall	43		2550	
Peter Roy	44		2550	
Chase Grunwell	45		2550	
Erica Shilton	46		2550	
Daniel Cheesman	47		2550	
Holly Cheesman	48		2550	
Elliot Castle	49		2550	
Kerry Reynolds	50		2550	
Claire Roy	51		2550	
Travis Grunwell	52		2550	
Angela Grunwell	53		2550	
Lana Martin	54		2550	
Lucy Fisken	55		2550	
Nicola Fisken	56		2550	
Rachel Cavanaugh	57		2550	
Liam Murphy	58		2550	

Name	Place	Time	Distance	Notes
Jason Cameron	1	17:11	5000	
Stephen Bjarnesen	2	17:42	5000	
Colin Earwaker	3	17:46	5000	
David Cronshaw	4	17:49	5000	
Jason Steyn-Ross	5		5000	
Sam Rossiter	6		5000	
Bob Korau	7		5000	
Manaia Christianson	8		5000	
Mike Bray	9		5000	
Graeme Pearson	10		5000	
Kerry Robinson	11		5000	
Sue Crowley	12		5000	
Neil Kerrison	13		5000	
Alan Crombie	14		5000	
Andrew Jamieson	15		5000	
Gaine Petterson	16		5000	
Kelsey Horne	17		5000	
Esther George	18		5000	
Tracey Hay	19		5000	
Shayne Hossack	20		5000	
Philip Gulbransen	21		5000	
Stevie Fiske	22		5000	
Erin Leahy	23		5000	
Lindsay Foster	24		5000	

Sarah Lei	25	5000	
Jamie Quinao	26	5000	
Scott Curran	27	5000	
Amy Bray	28	5000	
Richard Ball	29	5000	
Kerryn Barker	30	5000	
Chris Browne	31	5000	
Campbell Horn	32	5000	
Dee Horne	33	5000	
Kelly Mitchell	34	5000	
Paul Carpenter	35	5000	
Sarah Manders	36	5000	
Viola Hoepfingel	37	5000	
Cy Atkinson	38	5000	
Chris Bycroft	39	5000	
Max Ward	40	5000	
Andrea Pollard	41	5000	
Sarah Corcoran	42	5000	
Kaye King	43	5000	
Becky Dimock	44	5000	
Matt Fisker	45	5000	
Olivia Bootten	46	5000	
Peter Vyver	47	5000	
Turia Jones	48	5000	
George Crouch	49	5000	
Sam Cheesman	50	5000	
Cherie Smith	51	5000	
Rachael Groome	52	5000	
Kirsty Peterson	53	5000	
Chloe Saunders	54	5000	
Lexie McCosh	55	5000	
Alison King	56	5000	
Rachael Birdsall	57	5000	
Michelle Morse	58	5000	
Jeannette Dekker	59	5000	
Rachael Hofmann	60	5000	
Marama Christie	61	5000	
Sedona Litt	62	5000	
Dana Litt	63	5000	
Rachael Browne	64	5000	
Antonia Wright	65	5000	
Rinus Adriaansz	66	5000	Walker
Wairata Warbrick	67	5000	Walker
Kathy Warbrick	68	5000	Walker
Tina Louise	69	5000	Walker
Tom Tuki	70	5000	Walker

Gay Bollmann	71	5000	Walker
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