



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

GUFF SHEET
15 November 2014

The past week:

The Children's Tuesday evening athletics went ahead last week but the teens and adults Wednesday session was faced with a heavy downpour and had very limited number of events held: The first event of the Trout Fly series had an excellent number taking part – results are below: Adult club members headed to Tauranga for a track and field met.

Events on the local scene and out of town:

SATURDAYS

This Saturday 15 November

Track and field -

Adults - an open meeting 3.30pm Te Awamutu.

For the days programme visit
www.athleticswaikatobayofplenty.org.nz

Children – Ribbon Day at Te Awamutu - 10.00am

This Sunday 16 November – Distance - Whakatane Toi's Challenge run or walk. Good luck to those from the club taking part.

Saturday 22 November

Track and field

Children's Ribbon Day - here in Rotorua at the Stadium's No 2 Ground. See elsewhere in this publication re assistance required on this day. This is a big event for the children's committee, all of them new and feeling their way.

Adults

Open meeting Tauranga - 3.00pm. For the days programme visit www.athleticswaikatobayofplenty.org.nz

Sunday 30 November – The Hidden Trails town and country half marathon, 11km fun run walk and junior 4km run. This Kawerau based event winds its way through the trails of the native bush, farm roads to finish by a stream reserve. The course is different from previous years.

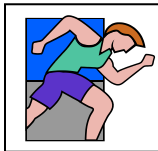
Visit www.kawerauharrierclub.co.nz for further information.

SUNDAYS

Distance athletes

Those 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, and commence at 5.15pm. Wendy Monk is convening this section of the club and can be contacted on wmoess@actrix.co.nz



Distance athletes

Runners

Some meet 4.45pm, 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. The action kicks off at 6.15pm sharp. Don't be shy – come and try some new skills - there's something for everyone! All welcome, runners, walkers, throwers, jumpers

The programme for next Wednesday 19 November is

6.15pm	Hurdles (those hurdling please assist with set up)
6.30pm	Discus
6.45pm	100 metres
7.00pm	400 metres
7.15pm	1500 metres run or walk

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

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

5:45pm

Running techniques at the Neil Hunt car park. Session will

include techniques to reduce knee injury, as well as the conventional running techniques. The How and Why of hill reps, springs, speed work, fartlek, tempo runs and time trials (will include the Trout Fly). Suitable for beginner joggers to improver runners - nobody is left behind! Contact Kerris 021 753691, email swingmills@xtra.co.nz, or check out Jogging the Power pole facebook page: <https://www.facebook.com/groups/joggingthepowerpole/>

Fortnightly - Next event 20 November

The Trout fly series - You have a choice of 3km 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



The Club's Children's Ribbon Day - a request for assistance

Friday 21 November 4.30pm (approx.)
Saturday 22 November 9.45am



Can you please assist the Children's committee to operate the Lake City ribbon day. This is a big event for us and we need a lot of people to make the day run as smooth as possible.

We especially need people to act as **Chiefs** for the different Track and Field events. In addition helpers to operate the BBQ/Shop/equipment set-up & pack-up etc. would be great.

Gear & Equipment:

Does anyone have a trailer and will be willing to:

- Collect the temporary fencing for the second Discus (pick-up Friday 21st & return - day TBC)
- Collect 10 trestle tables, 20 chairs & club tent from the Neil Hunt Park club rooms (prefer Friday 4.30pm but early Saturday (8.30 at latest))

Personal equipment:

- Tents/Gazbos we can set-up around the grounds to provide cover for officials/helpers

If you are able to help can you please contact either Wendy or Kerri: Wendy Monk: wmoess@actrix.co.nz Kerri Lohead: lakecityca@gmail.com

Club certificates:

There is still a huge number of championship certificates on the table of the Neil Hunt Park clubrooms. Check through them to see if you have won a championship place in the half marathon, marathon or the winter months cross-country or road events.



Placings in these events are broken down into the various age groups for runners and walkers.

RESULTS

Lake City teens and Adults Track and Field - 5 November 2014 - (wet evening)

1200 metre walk

Mark Geddes	M50	8.03.8
Tom Lamason	M70	12.10.3

Javelin - Different weights thrown

Adrian Lysaght	M45	19.30
Mark Geddes	M50	13.20
Sue Crowley	W45	12.55

Track and Field - Tauranga Domain - 8 November 2014

Molly Florence - junior women

100 metres	2nd	12.10
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Alec Johnson Under 16

100 metres	1st	11.96	
Discus	1st	42.74	1.24kg
Shot put	1st	10.70	5kg
Javelin	1st	33.63	700g

Trout Fly - 5 November 2014

Sam Pinckney	1	12:49	2880
Conor Lysaght	2	13:10	2880
Ronan Griffiths	3	13:11	2880
Natalie Pinckney	4	13:40	2880
Matt Fisken	5	13:59	2880
Ciara Griffiths	6	14:39	2880
Stella Pinckney	7	14:41	2880
Christine Crowley	8	14:58	2880
Stella Win	9	15:33	2880
Lily Gordon	10	15:37	2880
James Watson	11	15:40	2880
Mere Attwater	12	15:43	2880
Sam Atkinson	13	16:07	2880
Freya Lord	14	16:12	2880
Emma Hickson	15	16:18	2880
Rhonda Herring	16	17:01	2880
Jeannette Dekker	17	18:13	2880
Jade Mitchell	18	18:23	2880
Amber Lysaght	19	21:23	2880
Eleanor Crowley	20	21:27	2880
Peter Vyver	21	22:17	2880
Hannah Hickson	22	22:36	2880
Mandy Maulder	23	23:13	2880
Sam Rossiter	24	23:13	2880
Jessica Martin	25	25:12	2880
Jodie Hickson	26	25:13	2880
Jason Steyn-Ross	1	17:53	5000
Sue Crowley	2	18:01	5000
Andrew Twiddy	3	18:53	5000

Graeme Pearson	4	19:23	5000	
Russell Clarke	5	19:40	5000	
Brad Griffiths	6	19:43	5000	
Siobhan Griffiths	7	19:53	5000	
Charlotte Pearson	8	19:54	5000	
Sian Twiddy	9	20:43	5000	
Mike Bray	10	20:55	5000	
Tom Forsythe	11	21:04	5000	
Gaine Petterson	12	21:09	5000	
Nicola Fisken	13	21:28	5000	
Chris Lord	14	21:59	5000	
Kerryn Barker	15	22:08	5000	
Lindsay Foster	16	22:27	5000	
Andrew Hickson	17	22:36	5000	
Bruce Easton	18	22:37	5000	
Campbell Horn	19	22:41	5000	
Craig Pollard	20	22:43	5000	
Chris Browne	21	22:45	5000	
Sarah Lei	22	22:47	5000	
Luke Templeton	23	22:49	5000	
John Harvey	24	23:07	5000	
Philip Gulbransen	25	23:09	5000	
Kyle Wilson	26	23:31	5000	
Daniel Graham	27	23:51	5000	
Ed Osborne	28	23:54	5000	
Martin Harris	29	24:19	5000	
Sarah Manders	30	24:30	5000	
Neville Harper	31	24:34	5000	
Lewis Yetsenga	32	24:44	5000	
Amy Bray	33	24:57	5000	
Steve Fiske	34	25:14	5000	
Kaye King	35	25:17	5000	
Kelly Mitchell	36	23:23	5000	
Teresa Martin	37	25:25	5000	
Tom Yetsenga	38	25:36	5000	
Viola Hoephingel	39	25:40	5000	
Chris Bycroft	40	26:12	5000	
Rachael Catley	41	27:34	5000	
Kerris Browne	42	28:10	5000	
Zoe Matthews	43	28:38	5000	
Alison Scott	44	28:42	5000	
Waverley Newson	45	29:13	5000	
Philip MacAlister	46	29:27	5000	
Wendy Sandford	47	29:34	5000	
Heather Lang	48	29:38	5000	
Sheryl Pearson	49	29:57	5000	
Shelley Rutten	50	30:01	5000	
Jordon Jones	51	31:50	5000	
Samantha Henderson	52	32:16	5000	+ Pram
Bart Yetsenga	53	36:56	5000	
Kirsten Yetsenga	54	37:21	5000	
Sonya Hunt	55	40:50	5000	Walker

Rinus Adriaansz	56	40:50	5000	Walker
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Club email address:

Should you wish to communicate with the club via email please note that the club's address is now info@lakecity.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

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

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

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.