



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

GUFF SHEET
16 January 2016

The past weeks:

The Tauranga Twilight track and field met results are below, plus Michael Voss’ performance at the Tauranga 10000 metres invitational event. Another great effort by Michael.

Well done to those from the children’s section that participated at the recent North Island Colgate Games at Palmerston North. Their results are below with excellent placings recorded in large fields.

The club’s Running Clinic is under way with a well-attended information evening this past Tuesday evening.

Ipods and the like:

The club’s policy is that Ipods etc are not worn in club events. This includes all events – the track, the Trout Fly, the running and walking clinics, the off road half marathon etc. If a wearer if these devices start the New Year off with a resolution –“I’m going to run or walk and hear what is going on around me”.

Long Mile Road:

Over the summer months this road gets very, very busy and care must be taken when using it. When running or walking on it avoid more than two abreast – watch for traffic (vehicles, bikes and other pedestrians etc). Not all users respect the speed limit allocated to the road. Keep your eyes and ears open for other users.

Extreme care also needs to be taken when crossing Tarawera Road.



Whaka Forest:

Forest harvesting has started off Moerangi Road. Time Warp Mountain bike track will be permanently closed and Splitzenz bike track from 11 January. From 11 January Moerangi Road will be closed to all public between Tuhotu Ariki track and Buchanan Road. Trucks will be using Tikitapu,

Moerangi and 8 Mile gate Road. Please respect the signage and security in place.

Forth coming events:

Out and in the City

Athletics - track and field - competition

Children

Saturday 6 February - Tokoroa ribbon Day 10.00am

Adults

Saturday 16 January – Potts Classic – Hastings – Includes U20 New Zealand 3000 metre championships

Tuesday 19 January – Cooks Classic – Whanganui

Friday 22 January - Capital Classic – Wellington - includes senior 3000 metres championships.

Distance events

Sunday 17 January - The first run of the 2016 clubs running clinic 6.55am from the Neil Hunt Park clubrooms

Sunday 6 March - The Copthorne Off Road half Marathon in Whaka Forest. Visit www.eventpromotions.co.nz

Saturday 30 April - The 52nd Rotorua Marathon around Lake Rotorua. Visit www.rotorumarathon.co.nz

SUNDAYS

Distance athletes

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Clinic members please be there by 6.55am.

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.

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 –

This side of the club’s activities will recommence **Tuesday 26 January 2016.**



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 (including the running clinic members) leave from the Neil Hunt Park at 5.30pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road. Clinic members please be there by 5.20pm.

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

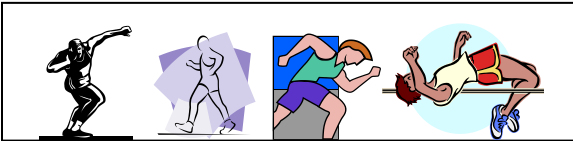
Pm –

Track and field (athletics) – the Stadium's No 2 Ground, Devon Street West, 6.15 sharp

The programme for the 20 January is:

6.15pm 60 metres
6.30pm Discus
6.45pm 200 metres
7.00pm 1mile run or walk

The following Wednesday (27/1) the club's championship programme is commencing. Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies.



You don't have to be a financial club member to take part in the weekly activities. There is a "Pay and Play" system in place where non-club members pay \$2.00 per person each evening they attend.

Naturally we would like all attendees to become a financial member of the Club

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

Groups (including the running clinic members) leave from the Neil Hunt Park at 5.30pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road. Clinic members please be there by 5.20pm.

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.



This series is underway again with the next event scheduled for Thursday 14 January and then 28 January.

For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz If you can help with this event please contact Chris.

RESULTS

Adults and teens track and field No 2 Ground - 6 January 2016

60 metres

Alec Johnson	M18	7.6
Rob Lyle	M40	7.7
Christine Kerrison	W60	13.5

400 metres

Sam Rossiter	M20	58.8
Rob Lyle	M40	63.1
Alec Johnson	M18	69.8
Megan Grant	W20	75.8
Amy Bray	W20	87.2

1 mile – run

Sam Rossiter	M20	5.46.2
Alan Crombie	M45	5.51.1
Megan Grant	W20	5.53.6
Lindsay Foster	M60	6.38.4
Phil Gulbransen	M60	6.49.7
Logan Marten	M40	6.55.1
Luke Crombie	B12	6.57.6
Amy Bray	W20	7.32.7
Max Bragg	M70	8.00.4
Rhonda Herring	W50	8.34.8

1 mile walk

Alan Ryan	M65	12.12.4
Gay Timpany	W50	12.22.9
Doris Bragg	W70	14.23.5

Shot put (different weights thrown)

Gay Timpany	W50	5.91
Alec Johnson	M18	10.14
Christine Kerrison	W60	5.79
Max Bragg	M70	6.33
Lindsay Foster	M60	7.46

Tauranga Twilight track and field - 1 January 2016

Alec Johnson - Men 18

100 metres	1st	12.46 -0.6w
Shot put	1st	11.79 5kg
Discus	1st	31.77 1.5kg
Javelin	1st	30.12 700g

Michael Voss – Men 20

3000 metres	1st	8.56.96
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Rob Lyle - Masters Men 40-44

100 metres	1st	12.74 -0.6w
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200 metres	1st	26.60 -0.8w
Long jump	1st	4.88 -0.3w

Tegan Fookes - girl 14

3000 metres	2nd	12.08.05
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Melkorka Leggett-Hilsmardittor - Women 18

Javelin	1st	35.68 500g
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Lillian Muir - girl 10

100 metres	4th	16.08	-1.8w
200 metres	4th	35.86	-0.2w
High jump	1st	1.05	
Long jump	1st	3.93	

Hannah Muir - girl 12

100 metres	6th	15.48	-1.6w
200 metres	5th	34.63	-3.1w
Shot put	6th	5.15	

Athletics Tauranga Invitational 10,000m, Tauranga Domain – 5 January 2016

Club member Michael Voss, the national junior 8km road champion, ran a PB 31:42.21 to win.

North Island Colgate Games - 8-10 January 2016 - Palmerston North

Gisele Howard 11 year girls - approx. 30 or 60 in each event

800 metres	13th
1500 metres	10th
Long jump	10th against 51 others
Discus	18th
High jump	16th

Trelise Howard 8 year girls – approx. 64 others

60 metres	2nd
100metres	2nd
200 metres	1st
Discus	1st
Long jump	4th

Nikita Harding 7 year girls – approx. 60 others

60metres	5th
100 metres	4th
200metres	5th
Long jump	3rd

Ngahere McCauley 9 year boys – approx. 64 others

60 metres	2nd
100 metres	1st
200metres	2nd
Long jump	1st
Shotput	4th

Hannah Muir 12 year girls- approx. 50 others

100 metres	22nd
200 metres	27th

Lillian Muir 10 years girls- approx. 60 others

100 metres	30th
200metres	11th
Long jump	4th place against 59 others

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

Ph/text 027 2773180

Adults

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



- Never jogged a whole 10km before? 16yrs+
- Working towards a Half Marathon? 18yrs+
- Considering the full Marathon in April 2016? 20yrs+

FREE INFO EVENING

7.30pm Tuesday 12th January

Venue: Lake City Athletic Clubrooms,
Neil Hunt Park (off Tarawera Road)
No obligation, no running on the night!

15 week Clinic starts **7am Sun 17th Jan**

Contact: Teresa 0210428759, 3454541
lakecitymarathonclinic@gmail.com
www.lakecity.co.nz