



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
18 February 2017

The past week:

The past few days there's been the children's Tuesday evening athletics: the Teens and adults Wednesday evening track and field: the Thursday fortnightly Trout Fly series: a number of club members in one of the Tarawera Ultra events; the Running and walking clinics; Adrian Lysaght competing in the Buller gorge Marathon

Results of the Wednesday track and field, Adrian's performance and the Trout Fly are below.

Volunteers required:

The club owned Copthorne off Road half marathon and associated events are coming up on Sunday 5 March.

This means volunteers from the Club are being sought for the event. Tasks to be covered are: parking, registration, as a course marshall, drink station attendants and working in the finish area. There is a sheet at the Neil Hunt Park clubrooms for you to indicate your assistance. If running or walking ask a family member or friend to take your place. Can't get to the clubrooms then contact Rob Colledge on 07 348 7768



Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

This Saturday 18 February - open meeting at Porritt Stadium – 3.00pm start

Friday/Saturday/Sunday – 3/4/5 March – Athletics Waikato BOP senior track and field champs, Porritt Stadium, Hamilton. Entry to be in by Saturday 25 February to Athletics Waikato BOP PO Box 46 Hamilton 3240. Entry fee is \$10.00 for the first event; \$5.00 for each subsequent event. Visit AWBOP website and click on “Up-coming events” (right hand side). Then - scroll down to AWBOP T & F champs 4 March and follow instructions from there.

Remember that the Athletics New Zealand track and field championships (in Hamilton) will close soon. Refer to Athletics NZ website for entry details etc.

CHILDREN

This Saturday 18 February – Ribbon day at Tokoroa volunteers are being sought from all Athletics Waikato BOP clubs this day.

Saturday 25 February - Athletics Waikato BOP triple jump championships for athlete's grade 13 and 14 are at the Bellevue /Greerton Ribbon day, Tauranga Domain. Entry fee (\$5.00) to be with Sandra Murray 166A Nixon Street Hamilton 3216 or sanben@vodafone.co.nz by this Saturday (18/2). Please supply name, grade and whether you are a boy or girl.

Saturday 11 March – The Athletics Waikato BOP championships are at Porritt Stadium. Entries close next Tuesday 21 February with the Club's children's secretary – Jessica Pickering. Email lakecityca@gmail.com or give them to her no later than this Tuesday evening. No late entries are accepted.

SUNDAYS

Distance athletes

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

Running clinic - Full and half marathoners also leave 7.00am at the Neil Hunt Park clubrooms. 10kers meet at 7.30am at venues advised in their newsletter.

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 all sections of the Running clinic.

Children's athletics

This section is underway again.

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 22 February is the triple jump, hammer throw, 100 and 800 metres championships plus a non championship 1 mile

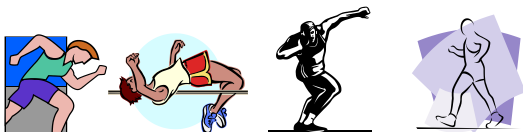
Please note that the hammer throw event not held prior to Christmas will now be on Wednesday 22 February starting at 7.15pm.

2016 /2017 track Mile Series

Don't worry if you have not had a chance to do any miles yet as there are still 3 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.**

- 22nd February, 7:00pm
- 1 March 7.00pm - Night of Miles
- 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 all sections of the Running clinic .

Trout Fly - fortnightly

The next event is **Thursday 23**

February - 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



The Club's social scene:

Details to come soon on the next Social event - Lake City Quiz Night!



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 the late entry fee kicks in from 21 February

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.rotorumarathon.co.nz the late entry fee kicks in from 1 April

The Magic Mile: Wednesday 1 March 2017

A Night of Miles event will be held on the evening of Wednesday 1 March on the athletic track at the Stadium's No 2 ground, Devon Street West, Rotorua commencing 7.00pm. Please be there prior to 7.00pm for registration etc.

In attendance, will be double Olympic 1500m medalist Nick Willis who has a programme "The Miler Method" which he is offering a special opportunity for Rotorua people to get involved in. Club members who are interested in doing the Miler

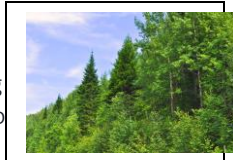
Method programme where you get personalised coaching from Nick and can interact with other people doing the programme around the world is \$US60. Register at

www.milermethod.com/bootcamps for the Rotorua Bootcamp. As part of the Miller Method Boot Camp building up to the final boot camp mile on 1 March, Club members Kim Stevenson and Jason Cameron are holding weekly group workouts on Wednesday evenings 4.30pm from Neil Hunt Park and Saturday mornings 9.00am at Puarenga Park behind MIGS Gym. Contact either Kim 021 082 22590 or Jason 027 2498 020 interested. You don't have to have joined the programme to participate on 1 March.

Want to practice over the real distance then come to the Club's Wednesday track and field session, 22nd February. See above under Wednesday.

Whaka Forest:

Logging operations are happening in the region of Hill Road across to the recently cutover 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. Unauthorised entry into the work site may result in a trespass notice being issued. Please obey the instructions of security people on site.



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

RESULTS

Teens and Adults - 8 February 2017		
* Denotes upgraded to Grade 12. Athletes upgraded are not eligible for a teens and adults championship placing. Athletes can only take a championship place in their true competition grade		
2000m walk - championship		
Diane Barrett-Kendall	W55	12.31.1
Sam Rossiter	M20	12.31.7
Mark Geddes	M55	13.03.2
High Jump - championship		
Gisele Howard	G12	1.25
Sam Rossiter	M20	1.15

Rebekah Edhouse	G14	1.15
Apache Davidson	B14	1.25
Jason Finnerty	M20	1.40
High jump - non championship		
Trelise Howard	*G12	1.05
100 metres - run - non championship		
Race 1		
Giselle Howard	G12	15.6
Trelise Howard	*G12	16.8
Corey Davidson	G12	19.4
Elliot Castle	*B12	21.6
Race 2		
Sam Rossiter	M20	13.2
Jason Finnerty	M20	13.5
Rebekah Edhouse	G14	13.8
Apache Davidson	B14	14.1
100 metres - walk		
Diane Barratt-Kendell	W55	25.4
Mark Geddes	M55	29.5
1 mile - run - non championship		
Apache Davidson	B14	5.33.3
Sam Rossiter	M20	6.19.7
Jason Finnerty	M20	6.28.2
Corey Davidson	G12	7.37.7
Rebekah Edhouse	G14	7.49.0
Elliot Castle	*B12	9.16.8
1 mile - walk - non championship		
Mark Geddes	M55	10.41.2
Alan Ryan	M65	12.41.2
Diane Barrett-Kendall	W55	13.31.7
Buller Gorge Marathon - 11 February 2017		
W O'Connor (Havelock North)	1st	2.43.52
Adrian Lysaght	2nd	2.45.55
(1st 44-49)		

Trout Fly 9 February 2017

Stephen Bjarnesen	1	17.38	5000
Chris Corney	2	18.28	5000
Dave Cronshaw	3	18.53	5000
Andrew Twiddy	4	18.58	5000
Stephen Parker	5	19.06	5000
Cameron McKenzie	6	19.13	5000
Greg Flynn	7	19.27	5000
Gaine Petterson	8	19.29	5000
Tracey Hay	9	19.37	5000
Peter Roy	10	19.38	5000
Russell Clarke	11	19.55	5000
Neil Kerrison	12	20.25	5000
Fred Shilton	13	20.38	5000
Steve Holloway	14	20.40	5000
Stevie Fiske	15	21.10	5000
Sam Rossiter	16	21.10	5000
James Wilce	17	21.15	5000
Clare Barrat-Wood	18	21.29	5000
Chris Lord	19	21.33	5000
Adam King	20	22.04	5000
Brei Gudsell	21	22.04	5000
Billy Ferguson	22	22.20	5000
Lance Shilton	23	22.23	5000
Justine Randell	24	22.37	5000
Phil Gulbransen	25	22.40	5000
Jason Finnerty	26	22.55	5000
Wayne Cameron	27	23.53	5000
Noreen Crombie	28	24.15	5000
Amy Bray	29	24.40	5000
Dee Horne	30	25.24	5000
Ray Hewlett	31	25.58	5000
Peter Vyver	32	31.17	5000
Diane Barrat-Kendell	33	34.07	5000 Walk
Rinus Adriaansz	34	48.51	5000 Walk
Erin Jeffrey	35	49.30	5000 Walk +pram
Melanie Sweeney	1	10.58	2550
Anja Crombie	2	11.40	2550
Kerryn Barker	3	11.47	2550
Cody Shilton	4	12.44	2550
Shayne Hossack	5	13.38	2550
Chris Browne	6	13.38	2550
Anita Roy	7	14.28	2550

Elliot Castle	8	14.49	2550
Scarlett Dowland	9	14.51	2550
Ashley Randell	10	14.52	2550
Jim Dowland	11	14.55	2550
Katrina Finnerty	12	16.02	2550
Raelene Cockrell	13	16.03	2550
Caleb Finnerty	14	16.06	2550
Judy Hewlett	15	16.20	2550
Kelly Mitchell	16	16.22	2550
Kathy Jackson	17	16.22	2550
Clare Randell	18	16.37	2550
Aaron Randell	19	16.38	2550
Joshua Finnerty	20	17.01	2550
Sheryl Pearson	21	18.14	2550 Walk+pram
Dan Borja	22	19.53	2550
Freya Lord	23	20.45	2550
Emma Hickson	24	20.52	2550
Jade Mitchell	25	21.02	2550
Sam Atkinson	26	21.02	2550
Jeanette Dekker	27	21.20	2550 Walk+pram
Clare Roy	28	21.30	2550
John Borja	29	21.59	2550
Katie Roy	30	23.43	2550
Hannah Hickson	31	24.01	2550
Jodie Hickson	32	24.24	2550

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