



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
19 March 2016

The past week:

The weather allowed the mid-week club activities to continue this past week.

Tuesday evening saw the children's athletes' championship programme in action. Wednesday evening the teens and adults second pentathlon evening was held – results attached.

Thursday evening was the penultimate Trout Fly evening for this summer. Results are below.

Saturday a number from the children's section took part in their Athletics Waikato BOP championships on the all-weather track at the Tauranga Domain. Sorry no results known.

Forest Operations:

There are operations underway in the forest currently, spraying before 10:30am Friday 18th March and further felling related closures ahead.

Please be mindful of these and avoid those areas closed for such operations. Felling occurs between 5am and 4:30pm weekdays, but tracks may be open after hours if conditions are safe. Please pay attention to signage and direction from marshals on site. Trucks will also be operating – be safe!

The walking festival: 18/19 March 2016

This weekend the International Walking Festival is on in Rotorua. The start and finish to the festival is outside the Netherland (Dutch) Society clubrooms in the Neil Hunt Park cul du sac. The festival walkers have been given permission to use our clubrooms - mainly the toilet and shower areas on the Saturday and Sunday.

On Sunday morning for the 7.00am club runners and walkers please park down in the car park by the soccer grounds. Please don't leave valuables in the clubrooms and make sure any left in your vehicle are well out of sight.

Clubrooms security:

Found by a club member last Friday morning that some of the down stairs windows of the building were wide open. If you open a window or door please ensure you close them before leaving the building.

Renewal of club membership:

With the move to online registration each member is soon to receive an email advising of the new procedure for online registration and this will also to give access to their existing records.

Each current financial member, and also those who were financial for the previous 12 months, will be advised of their own UserID and Password. They will also be given a link to the appropriate data base and from there they will be able to login and see what information they want.

Provision will be made for those that do not have access to the online registration system.

There is still one or two minor matters needing to be finalized before the system goes "live". Hopefully this not too far away

John Marten – club secretary/treasurer

Forth coming events:

In the City

Distance events

Saturday 30 April - The 52nd Rotorua Marathon around Lake Rotorua Visit www.rotoruumarathon.co.nz Entry forms available at the clubrooms. Late entry kicks in from 1 April.

SATURDAYS

With the club's summer activities in wind up mode, the Saturday afternoon winter activities will commence Saturday 16 April. More on what happens over the winter months in due course.

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. The 10km clinic group met at the clubrooms 7.30am unless advised otherwise.

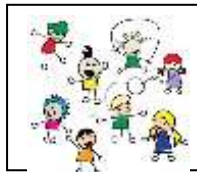
Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

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's No 2 Ground Devon Street West. Club nights include running, jumping throwing for those aged from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180 (Kerri).



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 running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. 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)

Wednesday 23 March – There is no competition this evening. But report to the Neil Hunt Park clubrooms in the cul du sac off Tarawera Road (left just past the Outdoorsman) at 6.00pm for the seasons prize giving. Eats being provided by the club. For catering purposes please contact Lindsay if attending – 07 348 6818 evenings.



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 running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. 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 the 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 final event is scheduled for Thursday 24 March. Dress up.

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 – 9 March 2016

Pentathlon results are attached

Trout Fly - 10 March 2016

Melanie Sweeny	1	10:35	2550
Leo Bamfield	2	11:21	2550
Lance Shilton	3	11:43	2550
Joshua Bamfield	4	12:05	2550
Alan Crombie	6	12:28	2550
Anja Crombie	5	12:28	2550
Kasper Grunwell	7	12:46	2550
Lizzie Avis	8	13:18	2550
Will Field	9	13:50	2550
Alex Sole	10	14:04	2550
Ciara Griffiths	11	14:08	2550
Siobhan Griffiths	12	14:08	2550
Scarlett Dowland	13	14:39	2550
Zara Osborne	14	14:45	2550
Caitlin Dalziel	15	14:46	2550
Sam Atkinson	16	14:53	2550
Cody Shilton	17	15:16	2550
Elliot Castle	18	15:29	2550
Ashleigh Randell	19	16:09	2550
Alexander Bamfield	20	16:52	2550
Rob Bamfield	21	16:53	2550
Anita Roy	22	17:18	2550
Louise Lord	23	17:24	2550
Joshua Finnerty	24	18:05	2550
Claire Randell	25	18:06	2550
Katrina Finnerty	26	18:07	2550
Judy Hewlett	27	18:15	2550
Katharine Twiddy	28	18:58	2550

Emily Avis	29	19:20	2550
Matt Avis	30	19:20	2550
	31	19:24	2550
Alan Twiddy	32	19:29	2550
Edward Twiddy	33	19:33	2550
Sian Twiddy	34	19:34	2550
Bryce Farley	35	19:58	2550
Rihanna Farley	36	20:12	2550
Kathryn Murphy	37	20:43	2550
Keira Murphy	38	20:43	2550
Tamsin Aitchison	39	21:30	2550
Bridget Aitchison	40	21:41	2550
MJ Pikimau	41	21:41	2550
Tamzin Joy	42	23:55	2550
Rina Joy	43	23:56	2550
Claire Roy	44	24:38:00	2550
Tom Tuki	45	24:46:00	2550
Tina Louise	46	25:15:00	2550
Hannah Shilton			2550
Katie Roy			2550
Jason Cameron	1	18:08	5000
Tony Broadhead	2	18:18	5000
David Cronshaw	3	18:44	5000
Stephen Bjarnesen	4	18:47	5000
Kerry Robinson	5	19:01	5000
Andrew Jamieson	6	19:17	5000
Sam Rossiter	7	19:19	5000
Andrew Twiddy	8	19:24	5000
Gaine Petterson	9	19:29	5000
Sue Crowley	10	19:37	5000
Kelsey Horne	11	21:02	5000
David Remmerswaal	12	21:44	5000
Jason Finnerty	13	21:50	5000
Fred Shilton	14	22:07	5000
Justine Randell	15	22:21	5000
Campbell Horn	16	22:35	5000
Philip Gulbransen	17	22:40	5000
Dylan Wright	18	23:01	5000
Scott Curran	19	23:13	5000
Kerryn Barker	20	23:31	5000
Kathy Jackson	21	23:43	5000
Bruce Easton	24	23:57	5000
Graeme Pearson	22	23:57	5000
Wayne Cameron	23	23:57	5000
Amy Bray	25	24:01:00	5000
Tracey Hay	26	24:01:00	5000
Natalie Miedema	27	24:07:00	5000

Sarah Manders	28	24:31:00	5000
Craig Pollard	29	24:35:00	5000
James Dowland	30	25:02:00	5000
Dee Horne	31	25:08:00	5000
Arturo Pingol	32	25:28:00	5000
Matt Fisken	33	26:16:00	5000
Freya Lord	34	27:16:00	5000
Chris Lord	35	27:20:00	5000
Richard Werahiko	36	27:22:00	5000
Kelly Mitchell	37	27:43:00	5000
Maree Bamfield	38	27:54:00	5000
Lauryn McGuys	39	27:55:00	5000
Mike Bray	40	27:55:00	5000
Marlena Martin	41	27:56:00	5000
Rachael Catley	42	27:57:00	5000
Kerris Browne	43	29:03:00	5000
Sarah Sucgang	44	29:08:00	5000
Peter Vyver	45	29:40:00	5000
Rena O'Connell	46	31:42:00	5000
Ann Ibbotson-Deam	48	34:42:00	5000
Rachael Browne	47	34:42:00	5000
Marama Christie	49	34:51:00	5000
Rinus Adriaansz	50	46:31:00	5000 Walker

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
Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Adults call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase