



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) No2 Ground the Stadium, Devon Street West – Rotorua

GUFF SHEET
19 November 2016

The past week:

The weather permitted all the Club’s activities to go ahead this past week. The first of the 1 mile series run/walk was held with a small number participating in the event. The evening’s results are below.

Congratulations to those club members that took part in one of the events associated with the Tarawera Marathon on Saturday.

Wednesday 7 December:

This is the day of the Bay of Plenty primary schools athletics day at the Stadiums No 2 Ground, Devon Street West. The event is primarily organized by Sport BOP but they are seeking assisting from club members on the day – no experience needed. The time frame required would be from 9.00am to around 2.30pm. Please contact Pam at 07 348 8448 or kennys@xtra.co.nz if you would like to assist no later than Monday 28 November.

Whaka Forest – logging operations are continuing until approx. Thursday 22nd December



- Roads and tracks closed **all weekdays** from 4.00am to 5.00pm are Windy Rd, Eagle V's Shark and Te Rua tracks.
- Tracks closed at times between these dates are Tukonohi and Lentil Link tracks.
- The parking area at the Tarawera gate (opposite black house) will be closed off to parking.
- All roads and tracks will be open and available on weekends and weekday evenings.
- Trucking will be mostly in and out of Tarawera Rd with some loaded trucks via Windy, Red Tank and Nursery to 8 Mile Gate Rd.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

Children

This 19 November – Ribbon day at Te Awamutu – 10.00am start

Saturday 3 December - Junior athletes (up to and including 14 years) Pentathlon Day at Cambridge. 9.00am start. No entry fee. Please register no later than Sunday 27 November at <http://www.sportsground.co.nz/cambridgeathleticandharrierclub>

Adults

This Saturday 19 November – A Throws meeting, Porritt Stadium Hamilton 10.00am followed by a. open meeting at the same venue, commencing 3.00pm.

Saturday 26 November - open meeting, Tauranga Domain. 3.00pm start

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

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.

20 November – The annual Toi’s Challenge in Whakatane - multi terrain 18kmrun/walk; 18k relay run/relay; 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details etc.

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.

Children’s athletics

Arrive 4.45 to 5.00pm at the International Stadium’s No 2 ground Devon Street West. Contacts 8115 or Jessica 027 602 1396

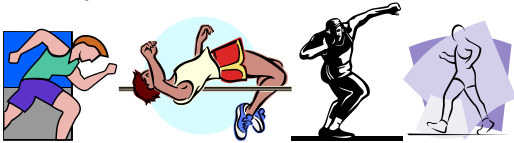


WEDNESDAYS

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 underway at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

The programme for next week (23 November) is: 100metres, javelin, 200 and 3,000 metres run or walk



THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

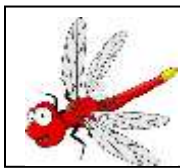
Pm – Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Trout Fly - fortnightly

The next event is this Thursday 17 November. 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



RESULTS

Teens and Adults track and Field 9 November 2016		
** Denotes upgraded to Grade 12		
60 metres - walk		
Denise Caudwell	W60	15.5
Gay Timpany	W50	15.5
Dianne Barratt-Kendell	W55	18.1
60 metres - run		
Race 1		
Isobelle Brake	G12	9.6
Billy Grace-King	**B12	10.1
Corey Davidson	G12	11.2
Race 2		

Ashleigh Moka	G13	8.7
Apache Davidson	B14	8.7
Gideon Grace-King	B13	9.0
Jesse Pakinga-Lawson	B13	9.0
Race 3		
Rebekah Edhouse	G14	8.4
Chris Lord	M50	9.2
Melody Armstrong	W20	9.7
Race 4		
Alec Johnson	M18	7.5
Rob Lyle	M40	7.6
Jason Finnerty	M20	8.3
400 metres - walk		
Dianne Barratt-Kendell	W55	2.15.3
Denise Caudwell	W60	2.15.6
400 metres - run		
Race 1		
Gideon Grace-King	B13	75.3
Isobelle Brake	G12	82.2
Corey Davidson	G12	87.0
Billy Grace-King	**B12	2.16.3
Race 2		
Rob Lyle	M40	60.2
Sam Rossiter	M20	63.8
Apache Davidson	B14	66.2
Jason Finnerty	M20	68.1
Rebekah Edhouse	G14	70.4
Megan Grant	W20	77.1
Race 3		
Chris Lord	M50	82.7
Melody Armstrong	W20	87.7
Amy Bray	W20	93.1
1 mile - walk		
Denise Caudwell	W60	11.50.1
1 mile - run		
Alan Crombie	M45	5.46.5
Sam Rossiter	M20	5.50.8
Kerry Robinson	M45	5.52.9
Gaine Petterson	M40	5.57.3
Mike Bray	M55	5.58.9
Megan Grant	W20	6.02.0
Apache Davidson	B14	6.21.9
Chris Lord	M50	6.51.9
Phil Gulbransen	M60	7.01.1
Jason Finnerty	M20	7.11.9
Rebekah Edhouse	G14	7.28.4
Amy Bray	W20	7.30.6
Corey Davidson	G12	8.17.6

Rhonda Herring	W50	9.07.0
Gideon Grace-King	B13	9.24.6
Shot put (different weights thrown)		
Isobelle Brake	G12	5.90
Corey Davidson	G12	3.33
Ashleigh Moka	G13	6.79
Melody Armstrong	W20	6.36
Gay Timpany	W50	5.53
Denise Caudwell	W60	5.05
Billy Grace-King	**B12	6.63
Jesse Pakinga-Lawson	B13	9.33
Gideon Grace-King	B13	5.46
Apache Davidson	B14	4.65
Alec Johnson	M18	11.39
Jason Finnerty	M20	8.20
Sam Rossiter	M20	8.01
Gaine Petterson	M40	7.49
Chris Lord	M50	8.41
Rinus Adriaansz	M60	5.01
Putaruru Bell Meeting – Tauranga Domain - 12 November 2016		
Alec Johnson	MU18	
100 metres	4th	11.91
Discus	1st	42.82
Javelin	1st	34.81

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

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