



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
 Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
 Clubrooms: Neil Hunt Park off Tarawera Road  
 Lynmore - Rotorua

## GUFF SHEET

20 December 2014



### The past week:

It was a fine evening for the children's Tuesday athletics this past week. The teens and adults Wednesday evening was subject to damp conditions, but this did not detract from a great evening. A new format for the evening was held, this being a pentathlon involving taking part in 5 events: 100 metres, long, shot, discus and 1500 metres with each performance being allocated points: The results are attached. Overall winner was Alec Johnson. The event proved very popular with the attendees and the volunteers.

A special thanks to Adrian whose idea it was and for his behind the scene efforts in turning the performances into points.

### Congratulations:

Congratulations to club and executive member, Kim Stevenson, on his award which was announced at the recent Bay of Plenty sports awards. Kim received the Bay of Plenty Secondary Schools Principal's award for his service to athletics and cross-country via the school system. Kim's coaching and work with secondary schools sports spans many, many years. Well-deserved Kim!

### 2015 Running clinic:

Please see the attachment relating to the Running Clinic Info evening being held on Tuesday 13 January, 7.30pm at the Neil Hunt Park clubrooms.

### Guff sheet:

The guff sheet is taking its annual holiday and will not be back until early January. Have a safe and enjoyable Christmas and New Year.

### Events on the local scene and out of town:

#### SATURDAYS

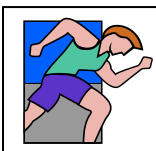
##### Track and field

##### Children -

The next children's competition is the Tauranga Twilight meeting on 1 January  
 Refer to [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for the afternoon's programme and entry details.

##### Adults

Like the children's section the next competition for adults is the Tauranga Twilight meeting at Tauranga Domain, 1 January. Visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for the day's programme and entry details. Within the programme is the



Athletics Waikato Bay of Plenty 3000 metres track championships for those aged 15 and above.

#### Distance running

Friday 26 December – Mount Maunganui King and Queen of the Mountain, incorporating Athletics Waikato BOP Mountain races championships for Youth grades and above. Visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for event and entry details.

#### 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 **are taking a rest until the first Monday of February**. 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, **are taking a break until Tuesday 27 January**.

Wendy Monk is convening this section of the club and can be contacted at [wmoess@actrix.co.nz](mailto: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 are **taking a rest until the first Wednesday of February**. 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 at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp. **This section will be taking a break until 7 January**.

#### Programme for 7 January is:

6.15pm	60 metres	Long jump
6.40pm	800 metres	
7.00pm	100 metres	
7.20pm	3000 metres (run/walk) for grade 16 and above	

Contact: Lindsay Foster (348 6818)



## 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 - (will include the fortnightly Trout Fly). Suitable for beginner joggers to improver runners - nobody is left behind! Contact Kerris 021 753691, email [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz), or check out Jogging the Power pole facebook page:

<https://www.facebook.com/groups/joggingthepowerpole/>

## Fortnightly

### The Trout fly series

**Next event is 15 January** - You have a

choice of 2.5km 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



## RESULTS

### Teens and Adults Track and Field – No 2 ground - Rotorua 10 December 2014 (overcast with rain towards the end)

\* upgraded to grade 12

#### Pentathlon evening

##### 100 metres

Sue Crowley	W45	15.2
Karyn McCreedy	W45	16.2
Luanna George	W50	18.0
Knisha Ruland	W40	18.5

Alec Johnson	MU16	12.5
Conor Lysaght	*B12	18.2
Max Bragg	M70	21.3

Sam Rossiter	M20	13.7
Jason Steyn-Ross	M20	14.0
Lindsay Foster	M55	15.8

Adrian Lysaght	M40	15.6
Denise Caudwell (w)	W60	25.5
Mark Geddes (w)	M50	27.0
Rinus Adriaansz (w)	M55	38.2
Doris Bragg (w)	W70	38.5

##### 1500 metres

Jason Steyn-Ross	M20	4.51.8
Sam Rossiter	M20	4.53.1
Adrian Lysaght	M40	4.54.5
Sue Crowley	W45	5.18.9
Karyn McCreedy	W45	5.41.8
Alec Johnson	MU16	6.25.0
Lindsay Foster	M55	6.27.7
Conor Lysaght	*B12	7.07.3
Max Bragg	M70	7.09.6
Luanna George	W50	7.11.4
Knisha Ruland	W40	8.25.5
Mark Geddes (w)	M50	9.45.7
Denise Caudwell (w)	W60	11.13.5

Rinus Adriaansz	(w)	M55	11.19.8
Doris Bragg (w)		W70	12.51.4

#### Discus (different weights thrown)

Adrian Lysaght	M40	15.28
Conor Lysaght	*B12	16.03
Jason Steyn-Ross	M20	14.07
Sam Rossiter	M20	17.92
Max Bragg	M70	13.64
Doris Bragg	W70	7.59
Denise Caudwell	W60	9.97
Luanna George	W50	12.37
Karyn McCreedy	W45	12.43
Brooklyn Tomo	B14	40.69
Alec Johnson	MU16	41.46
Lindsay Foster	M55	21.57
Sue Crowley	W45	16.62
Knisha Ruland	W40	20.45
Jimah Ruland-Whata	B13	11.75
Rinus Adriaansz	M55	13.00
Mark Geddes	M50	11.38

#### Shot put (different weights thrown)

Jason Steyn-Ross	M20	6.75
Sam Rossiter	M20	7.43
Adrian Lysaght	M40	5.64
Conor Lysaght	*B12	3.21
Luanna George	W50	5.55
Denise Caudwell	W60	6.35
Sue Crowley	W45	6.02
Karyn McCreedy	W45	5.67
Knisha Ruland	W40	7.43
Doris Bragg	W70	5.10
Brooklyn Tomo	B14	12.14
Alec Johnson	MU16	10.84
Max Bragg	M70	6.47
Mark Geddes	M50	5.07
Rinus Adriaansz	M55	4.72
Lindsay Foster	M55	6.60
Jimah Ruland-Whata	B13	5.22

#### Long jump

Adrian Lysaght	M40	3.65
Conor Lysaght	*B12	3.05
Brooklyn Tomo	B14	4.47
Jason Steyn-Ross	M20	2.72
Sam Rossiter	M20	4.42
Denise Caudwell	W60	2.85
Doris Bragg	W70	1.05
Max Bragg	M70	2.19
Rinus Adriaansz	M55	1.27
Sue Crowley	W45	2.78
Mark Geddes	M50	2.47
Karyn McCreedy	W45	2.32
Knisha Ruland	W40	2.81
Alec Johnson	MU16	4.50
Lindsay Foster	M55	3.79
Luanna George	W50	2.57

### Athletics Waikato BOP - track and field -13 December 2014, Tauranga Domain

#### Alec Johnson - Under 16 men

100 metres	1st	12.09	
200 metres	1st	24.46	
Javelin	1st	35.66	700g
Shot put	1st	10.79	5kg

### **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.

## **RUNNING CLINICS**

For Rotorua Marathon, ½ and 10km

**Considering the Marathon in May 2015?  
Working up towards a Half Marathon?  
Aiming to run your 1st ever 10km event?**

### **FREE INFO EVENING**

**7:30pm Tues 13th January**

15 week Clinic starts 7am Sun 18th January

Venue: Lake City Athletic Clubrooms,  
Neil Hunt Park (off Tarawera Road)

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For more details contact:

JODIE 021 970482 or TERESA 021 0428759

lakecitymarathonclinic@gmail.com

[www.lakecity.co.nz](http://www.lakecity.co.nz)

