



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

GUFF SHEET

21 February 2015

The past week:

Local track and field – Both sessions of Track and Field went ahead last week. The teens and adults results are below.

Trout Fly – This fortnightly Thursday evening event also had another good turnout. Results are herewith.

Out of town track and field

Children – It was off to Te Aroha for a ribbon day last Saturday.

Club Membership cards:

Those that have joined the Club via the Running Clinic please note your membership cards are now available from the Neil Hunt Park clubrooms. They are on the table to left inside the outside door. If you have paid your dues in the last few days please allow time for them to be processed.

2015 Running clinic:

Meeting times at the Neil Hunt Park clubrooms are:

Tuesday/Thursday evening - for all just prior to 5.25pm

Sunday morning - Marathon and half marathons 6.50am, 10kers 7.25am.

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759); Email lakecitymarathonclinic@gmail.com

Walker's Sunday clinic:

The Club's walker's clinic members are well into their buildup for one of the events on 2 May spending well over 4 hours plus on their feet on a Sunday. They meet Sunday morning just prior to 7.00am at the Neil Hunt Park clubrooms. Contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

Bike Festival:

Please be aware there are still cycling events on in and around the Forest this week.

Neil Hunt Park / Tarawera Road Traffic:

With traffic congestion on the road way into the clubrooms, club members leaving and returning (running, walking or driving) to/from the clubrooms please take care. Don't inflame the "problem" by running/ walking all over the roadway. Please also take care crossing Tarawera Rd over to Long Mile for forest running. Traffic is slower but this has increased congestion and

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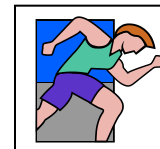
caution must be applied at all times. Also watch for traffic on the Long Mile proper.

Ipods and the likes:

The club's policy is that Ipods etc are not to be worn in club events. This includes all events – track, trout fly, the running and walking clinics, the off Road Half marathon etc

Events on the local scene and out of town:

SATURDAYS



Track and field

Adults

This Saturday 21 February / Sunday 22

February – Athletics Waikato BOP track and field senior championships. Entry has closed. The programme is on page 12 of the AWBOP handbook or visit <http://www.athleticswaikatobayofplenty.org.nz/Portals/12/The%20Final%20Summer%20handbook%202014-2015.pdf>

February 28 - Open meeting Porritt Stadium, Hamilton -.3.00pm

Children

This Saturday 21 February – Bellevue/Greerton Ribbon day at Tauranga.

Saturday 28 February – Ribbon Day at Paeroa

Saturday 7 March - Athletics Waikato Bay of Plenty Children Championships, Porritt Stadium, Hamilton

Entry forms are available at Tuesday club night or from Wendy Monk wmoess@actrix.co.nz or Lindsay Foster. Forms and payment need to be in to Wendy by **20th February 2015**. Electronic forms can be sent to Wendy. If paying via internet banking **please** make it clear that it's for the WBOP Children's Champs.

The Athletics Waikato BOP children's committee is asking for chiefs to help at their championships on 7 March. Even if you are not qualified to be a "Chief", but can assist please contact Wendy at wmoess@actrix.co.nz

SUNDAYS

Distance athletes

Running clinic - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions: 10kers meet at the at 7.25am at a venue to be advised

Other 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. 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 at the International Stadium, No 2 ground, Devon Street West, are underway.

Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



Those children who won trophies last year please return them to the Tuesday evening sessions.

See above for Athletics Waikato BOP championship entry details under Events out of town.

Mums and dads note that on Sunday 8 March at the Off Road half marathon and associated events there are events for children; 9.00am 1.5km fun run for 3 to 6 years; 9.10am 2.5km fun run for 7 to 10 years. The event headquarters are at the Waipa Mountain Bike carpark. Early entry closes before 23 February (\$10.00). The entry fee after the 23rd is \$15.00. Visit www.eventpromotions.co.nz for entry details etc.

Distance athletes

Running clinic - All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park Some meet 5.00pm, 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. 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 are at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp.

The championship programme is underway. Please note to take a championship placing you must be a fully paid up financial member of the Club for the financial year ending 31 March 2015.

Championship Programme for 25 February is:

6.15pm	Hammer throw 100 metres Long jump	championship - grade 16 and above Non championship Non championship
6.30pm	200 metres	Championship
6.50pm	1500 metres	Championship

All events cater for those that walk
Contact: Lindsay Foster (348 6818)



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THURSDAYS

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

Running clinic - All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 26 February - 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



Upcoming distance events:

Sunday 8 March - In Rotorua is the Copthorne off Road ½ Marathon, ¼ marathon, 5km and Little Devils Fun Run. Early entry closes 23 February. This club owned event is based in Whaka Forest and takes in some of the fabulous tracks and roads of the Forest. It is an event not to be missed!

Pick up an entry form from the Neil Hunt Park clubrooms or visit www.eventpromotions.co.nz or the clubs website (www.lakecity.co.nz) and search under Events.

As this is a Lake City Athletic Club owned event volunteers from the club are required to assist on Saturday with pre event set up, and on Sunday with the actual event. i.e. registration, marshalls, drink stations etc. **The list is now at the Neil Hunt Park clubrooms to indicate if you, a family member or friend can assist on either or both days.**

Saturday 2 May - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via www.rotorumarathon.co.nz

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

Denise Caudwell - Ph 346 8431 (evenings)

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before on a Sunday.

RESULTS

Teens and Adults Track and Field –

11 February 2015 (turned very cold towards end) * Denotes:
an athlete under Grade 12 – up graded to Grade 12

Championship events

Boys 14

High jump Brooklyn Tomo 1.45

Boy Under 16

High jump Alec Johnson 1.00

Men 20

800 metres Steven O'Callaghan 2.15.1

Sam Rossiter 2.20.1

Jason Steyn-Ross 2.22.2

High jump Sam Rossiter 1.48

Jason Steyn-Ross 1.21

Men 40

800 metres Adrian Lysaght 2.24.8

High jump Adrian Lysaght 1.24

Men 55

800 metres Lindsay Foster 3.08.3

Women 50 (run)

800 metres Luanna George 3.31.9

Louise Rickard 4.13.3

Men 55 (walk)

800 metres Rinus Adriaansz 5.48.4

Women 45 (walk)

800 metres Sharissa Hetherington 8.49.8

Women 60 (walk)

800 metres Denise Caudwell 5.47.5

Non championship

100 metres

Rebekah Edhouse G12 14.8

Paetahi Mitchell *B12 16.1

Bradley Rumble B12 16.4

Alec Johnson BU16 12.3

Tom Voysey M19 13.3

Brooklyn Tomo B14 13.9

800 metres

Bradley Rumble B12 3.02.4

Paetahi Mitchell *B12 3.38.5

3000 metres

Steven O'Callaghan M20 9.36.6

Jason Steyn-Ross M20 10.20.0

Adrian Lysaght M40 10.20.5

Max Bragg M70 14.42.8

Louise Rickard W50 17.30.5

Rinus Adriaansz (w) M55 24.19.0

High jump

Rebekah Edhouse G12 1.15

Paetahi Mitchell *B12 1.15

Bradley Rumble B12 1.24

Conor Lysaght *B12 1.00

Trout Fly –12 February 2015 – No 7

2550 metres				
Nathan Gapes	1	09:38	2550	
Hannah Gapes	2	10:32	2550	*
Siobhan Griffiths	3	10:34	2550	*
Karine Bartos	4	10:55	2550	
Sean Gapes	5	11:44	2550	*
Richard Bartos	6	11:56	2550	
Lance Shilton	7	12:58	2550	
Leo Bamfield	8	13:07	2550	
Ronan Griffiths	9	13:10	2550	
George Crouch	10	13:12	2550	*
Tom Yetsenga	11	13:13	2550	
Abby Bateman	12	14:10	2550	*
Freya Lord	13	14:20	2550	
Michael Rossiter	14	14:28	2550	*
Lisa Prince	15	14:47	2550	
Bart Yetsenga	16	15:23	2550	
Ciara Griffiths	17	15:26	2550	
Cody Shilton	18	15:35	2550	
Fred Shilton	19	15:36	2550	
Ellie Porter	20	15:58	2550	*
Kasper Grunwell	21	16:06	2550	
Alexander Bamfield	22	16:38	2550	
Stella Win	23	16:43	2550	
Lily Gordon	24	16:46	2550	
Angela Grunwell	25	17:13	2550	*
Emma Hickson	26	17:34	2550	
Rick-Lee Pakau	27	17:37	2550	
Jade Mitchell	28	17:57	2550	*
Anna Phillips	29	17:58	2550	
Anita Roy	30	18:37	2550	*
Peter Roy	31	18:37	2550	*
Jyrome Walmsley	32	18:41	2550	*
Hannah Hickson	33	18:46	2550	*
Jodie Hickson	34	19:05	2550	*
Erica Shilton	35	20:55	2550	
Glen Porter	36	21:30	2550	
Samantha Bateman	37	21:40	2550	
Kathy Jackson	38	21:45	2550	
Chase Grunwell	39	21:59	2550	*
Maree Bamfield	40	22:00	2550	
Katie Roy	41	22:38	2550	*
Max Peterson	42	23:23	2550	*
Claire Roy	43	23:37	2550	
Jayda Moke	44	23:37	2550	
Moe Walmsley	45	25:24	2550	*
Christian Walmsley	46	25:24	2550	
Mandy Maulder	47	26:31	2550	
Dave Rossiter	48	26:31	2550	
Julie Fiske	49	27:32	2550	
Kath Holisoun	50	27:33	2550	
Tamsin Aitchison	51	29:10	2550	

Christine Kerrison	52	29:10	2550	
5000 metres				
Michael Voss	1	16:05	5000	
Adrian Lysaght	2	17:23	5000	*
Jason Steyn-Ross	3	17:42	5000	*
Chris Corney	4	17:51	5000	*
Stephen Bjarnesen	5	18:07	5000	*
Andrew Hickson	6	18:54	5000	*
Josh Gapes	7	19:07	5000	
Colin Earwaker	8	19:24	5000	*
Brad Griffiths	9	20:13	5000	
Sue Crowley	10	20:19	5000	
Gaine Petterson	11	20:27	5000	*
Charlotte Pearson	12	20:54	5000	
Sam Rossiter	13	20:56	5000	
Lee Poston	14	21:26	5000	*
Chris Lord	15	21:27	5000	*
Ryan McLean	16	21:36	5000	
Julian Parker	17	21:56	5000	
Bryn Hofmann	18	22:10	5000	*
Russell Clarke	19	22:25	5000	
Nicola Fisken	20	22:28	5000	
Grant Utteridge	21	22:50	5000	*
Philip Gulbransen	22	23:00	5000	*
Sarah Lei	23	23:02	5000	
John Harvey	24	23:05	5000	
Graeme Pearson	25	23:17	5000	
Rob Bamfield	26	23:56	5000	
Charlotte Hamilton	27	24:13	5000	
Campbell Horn	28	24:14	5000	
Dee Horne	29	24:56	5000	*
Dan Morrison	30	25:25	5000	*
Max Bragg	31	25:45	5000	*
Ian Kemp	32	26:28	5000	
Daniel Graham	33	27:14	5000	
Chris Bycroft	34	27:49	5000	
Jack Peterson	35	28:17	5000	
Lewis Yetsenga	36	28:24	5000	
Matt Fisken	37	28:36	5000	
Becky Dimock	38	28:43	5000	
Sam Henderson	39	28:57	5000	*
Graeme Moore	40	28:58	5000	+ pram.
Katherine Phillips	41	29:18	5000	*
Peter Vyver	42	29:21	5000	
Louise Rickard	43	30:16	5000	*
Mere Attwater	44	30:16	5000	
Sheryl Pearson	45	30:33	5000	
Linda Firth	46	30:38	5000	*
Kirsty Peterson	47	30:39	5000	*
Shelley Rutten	48	31:16	5000	
Janine Van der Vegte	49	31:46	5000	*
Kim Oaklew	50	33:32	5000	
Wayne Mansell	51	33:43	5000	

John Holmes	52	33:44	5000	
Anastasia Rickard	53	34:08	5000	
Rachelle Cavanagh	54	34:36	5000	*
Liam Murphy	55	34:37	5000	+ pram.
Angel Pali	56	36:42	5000	
Keith Walmsley	57	37:01	5000	*
Minka Phillips	58	38:27	5000	
Rachael Browne	59	38:52	5000	
Jaimee Marsden	60	39:03	5000	
Jessica Bach	61	40:35	5000	
Brad Fordyce	62	40:40	5000	
Belinda Farmer	63	42:01	5000	+ pram.
Juliet Fordyce	64	42:17	5000	
Kerris Browne	65	42:18	5000	
Rinus Adriaansz	66	44:45	5000	walker
Diane B K	67	44:46	5000	walker*
Cherie Jackson	68	44:56	5000	walker
MJ Pikimai	69	44:57	5000	walker
Bridget Aitchison	70	44:57	5000	walker
*: season personal best.				

Neil Hunt Park clubrooms:

Lights are being left on in the Neil Hunt Park clubrooms.

If you are the last to leave the clubrooms, please ensure all lights are out, as well as windows and doors closed.

It only takes a few minutes to check out the building.



Please turn me off!