



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
21 January 2017

The past week:

The Thursday fortnightly Trout Fly was the only club participant activity this past week - results are below.

Tuesday evening the Running Clinic had its first get together with an information evening at the Neil Hunt Park clubrooms. See below for details of the first run of the 15 week programme.

2017 Lake City Running Clinic:

The Lake City Running Clinic, for the 53rd Rotorua Marathon, Half Marathon and Quarter Marathon will commence with the first run on **Sunday 22 January, 7am from the club rooms**. If you are interested in joining the clinic and/or know of others who might be interested, please contact Teresa Martin on 0210428759; send us an email to lakecitymarathonclinic@gmail.com. Or better still turn up on Sunday morning with your mates just prior to 7.00am

Whaka Forest:

Logging operations have commenced in the region of Hill Road across to the recently cut over 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.

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



Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

This Saturday 21 January 2017 – Open meeting at Porritt Stadium. 3.00pm start

This Sunday 22 January – Waikato BOP masters track and field championships 9.00am Tauranga Domain

Saturday 11 February – The Porritt Classic track and field met, Porritt Stadium, Hamilton. Visit Athletics NZ website and scroll down until the event is found. Online entry is the only way to enter and these close Friday 3 February.

SUNDAYS

Distance athletes

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

From 22 January the 2017 Running Clinic meets just prior to 7.00am at 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.

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

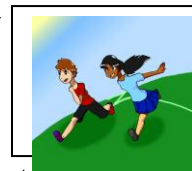
Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes the Running clinic members as from 24 January – meet just before 5.30 please.

Children's athletics

This section resumes this coming Tuesday

24 January 2017. 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

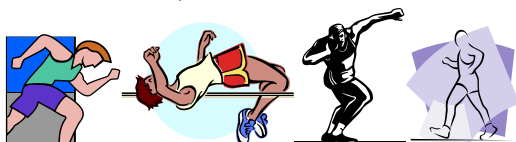
Pm – **Track and field** for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

The programme for the **25 January (next week)** is discus, 200 and 1500 metres championship events, plus non championship 100 metres and long jump. To take a podium place in a championship event you must be a financial Lake City club member.

2016 /2017 track Mile Series

Don't worry if you have not had a chance to do any miles yet as there are still 5 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.**

- 1st February, 7:05pm
- 8th February, 7:05pm
- 15th February, 6:50pm
- 22nd February, 7:00pm
- 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 the Running clinic members as from 26 January Meet just prior to 5.30pm please.

Trout Fly - fortnightly

The next event is **Thursday 26**

January. 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



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

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.rotoruararathon.co.nz



Officials training day

Athletics Waikato BOP are holding an officials training day on Sunday 5 February, 9.00am Porritt Stadium, Hamilton. No course fees. If interested in attending please contact Heather O'Hagan by Sunday 29 January advising her - name: club: phone and email details: current grading (if any).

Heathers' details are Phone: ah: 07 862 7163 Email ohagan@visique.co.nz

Heather is also seeking officials and volunteers to assist at the Athletics NZ track and field champs (17/18/19 March) being held at Porritt Stadium, Hamilton. Heather's contact details are above.

RESULTS

Trout Fly - 12 January 2017

Sam Rossiter	1	10:21	2550
Justine Randell	2	11:45	2550
Jackson Matthews	3	12:13	2550
Cody Shilton	4	12:19	2550
Maria Brunton	5	12:19	2550
Emma Hickson	6	12:51	2550
Logan Marten	7	13:02	2550
Hannah Shilton	8	13:17	2550
Amber Lysaght	9	13:37	2550
Conor Lysaght	10	13:53	2550
Callum Downes	11	14:51	2550
Anita Roy	12	15:49	2550
Katrina Finnerty	13	15:50	2550
Judy Hewlett	14	16:23	2550
Raelene Cockrell	15	16:35	2550
Hannah Hickson	16	17:18	2550
Jodie Hickson	17	17:23	2550
Joshua Finnerty	18	17:47	2550
Katie Roy	19	20:54	2550
Heather Downes	20	22:59	2550
Emma Downes	21	22:59	2550
Katharine Twiddy	22	24:54:00	2550
Alan Twiddy	23	24:55:00	2550
Edward Twiddy	24	25:01:00	2550
Sian Twiddy	25	25:18:00	2550
Jeanette Dekker	26	26:37:00	2550
Amelia Matthews	27	26:37:00	2550
Erin Jeffrey	28	27:01:00	2550
Nick Jeffrey	29	27:04:00	2550
Claire Roy	30	29:10:00	2550
Cati Pearson	31	29:27:00	2550
Hemopereki Simon	32	34:42:00	2550
Sam Osborne	1	15:53	5000

Adrian Lysaght	2	17:35	5000
Dirk Peters	3	17:55	5000
Jamie Stewart	4	17:59	5000
Tony Broadhead	5	18:14	5000
David Cronshaw	6	18:17	5000
Stephen Bjarnesen	7	18:22	5000
Chris Corney	8	18:32	5000
Sue Crowley	9	18:54	5000
Andrew Twiddy	10	19:43	5000
Stephan Brudel	11	20:12	5000
Fred Shilton	12	20:45	5000
Tracey Hay	13	20:46	5000
James Wilce	14	21:17	5000
Campbell Horn	15	21:42	5000
Megan Grant	16	21:59	5000
Peter Roy	17	22:12	5000
Stevie Fiske	18	22:16	5000
Chris Lord	19	22:37	5000
Charlotte Pearson	20	22:40	5000
Russell Clarke	21	23:02	5000
Clare Barratt-Wood	22	23:14	5000
Kerryn Barker	23	23:23	5000
Jason Finnerty	24	23:47	5000
Philip Gulbransen	25	23:54	5000
Lance Shilton	26	24:31:00	5000
Rhys Downes	27	24:32:00	5000
Chris Bycroft	28	25:39:00	5000
Sam Atkinson	29	25:50:00	5000
Kathy Jackson	30	25:51:00	5000
Charleen Harsanit	31	29:53:00	5000
Glen Brown	32	29:53:00	5000
Sheryl Pearson	33	34:28:00	5000
Maribel Carlyle	34	34:42:00	5000
Martin Carlyle	35	35:05:00	5000
Heather Leary	36	38:20:00	5000

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