



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**  
**21 March 2015**

**The past week:**

**Local track and field** – Again both the Tuesday and Wednesday evening activities had fine weather.

**Out of town track and field** – A number of club members have been competing in their secondary school championships. Saturday saw their Athletics Waikato BOP championships at Tauranga. Those that qualified will move onto the North Island champs Mt Smart, Auckland, 28 March

**Trout Fly** - Rain again dogged last Thursday's event keeping the numbers down. Results are below.

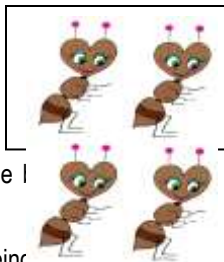
**Neil Hunt Park clubrooms:**

**Tuesday 24 March** - The club's Tiny Tots children's section are holding their prize giving from around 4.30pm to 7.00pm at the Neil Hunt Park clubrooms. This means that parking in the cul du sac will be at a premium. It is suggested parking be down in the car park by the soccer grounds or up on the grassed area at the corner of Tarawera/Long Mile Road. Please leave nothing valuable in the clubrooms or in sight in your vehicle.

**Tuesday 31 March** - The club's 5-11 year children's section are holding their prize giving from around 4.30pm to 7.00pm at the Neil Hunt Park clubrooms. Please apply the above.

The club has in the region of 300 children and this is why they are spreading their prize giving across two nights.

While on the subject of the clubrooms, the plague of ants is back. Please don't leave the likes of milk and food on the bench. This has happened in the past 10 days. Also should there be food scraps in the rubbish bin empty it into the drum outside kitchen.



And you have guessed it. Lights are still being areas.

**Whaka Forest - logging operations:**

Logging operations are continuing in the Forest. These are still in the region of Nursery Road and now in the Lentil Link, Sidewinder and Frontal Lobotomy areas. Signage will be placed notice boards around the forest and all affected



tracks will be cordoned off and road closures will be put in place. Security will be on site to manage the road safety closures. If you are also a mountain biker note the following tracks will be affected 24 Carat, Fools Gold, The River, and Lower National Downhill

Operations will be weekdays between 7.00am and 4.00pm. Note that log haulage trucks will make use of Pipeline Rd, Direct Rd, Red Tank Rd and Nursery Rd and could be operating at any time day or night.

Take care and give way to anything bigger than you! Listen to what's going on around you!

**Renewal of club membership:**

Please see the separate email and its attachments which relate to the renewal of your club membership for the forthcoming year - 1 April 2015 to 31 March 2016.

Those of you that are new to this year's running clinic and have paid the fee due please disregard the email. You are financial through to 31 March 2016.

**Events on the local scene:**

**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 7.25am at a venue to be advised.

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

**Others 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 are nearing completion for this summer. Just two sessions of prize giving's to go - Tuesdays 24/3 and 31/3 at the Neil Hunt Park Clubrooms off Tarawera Road. 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

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

**Others 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 in wind down mode. Their prize giving is scheduled for 25 March, 6.15pm, at the Neil Hunt Park clubrooms.

Contact: Lindsay Foster (348 6818 evenings) if you are attending

## 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

**Others 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 March** - This is the final event in this summer's series and is the one

**where you go all "fancy". That is wear fancy dress.** Running or walking you have a choice of 2.5km or 5.0km 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:**

**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.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz)

**Note that the late entry fee kicks in from 1 April**

## RESULTS

### **Teens and Adults Track and Field –**

**11 March 2015 (fine)** \* denotes: an athlete under Grade 12 – up graded to Grade 12

#### 1 mile - run

Sam Rossiter	M20	5.25.0
Karyn McCready	W45	6.11.3
Lindsay Foster	M55	7.00.6
Colin Davis	M45	7.04.2
Max Bragg	M70	7.25.9
Chris Bycroft	M40	7.40.9
Louise Rickard	W50	9.00.6

#### 1mile – walk

Denise Caudwell	W60	12.51.6
Rinus Adriaansz	M55	13.51.7

#### 400 metres – run

Mikusha Newick	G14	2.00.0
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#### Discus – different weights thrown

Brooklyn Tomo	B14	39.80
Alec Johnson	YM	36.96
Sharissa Hetherington	W45	15.29
Denise Caudwell	W60	12.63
Karyn McCready	W45	13.26
Rinus Adriaansz	M55	12.34
Mikusha Newick	G14	7.67
Lindsay Foster	M55	19.32
Carole Stark	W65	9.47

#### Long jump

Brooklyn Tomo	B14	4.63
Denise Caudwell	W60	2.72
Mikusha Newick	G14	3.08
Sam Rossiter	M20	5.02
Lindsay Foster	M55	3.54

### **Trout Fly – 12 March 2015 – No 9**

Duncan Smith	1	09:11	2550	*
Leo Bamfield	2	12:12	2550	*
Conor Lysaght	3	12:21	2550	*
George Crouch	4	12:41	2550	*
Javier Browne	5	13:30	2550	
James Watson	6	13:36	2550	
Jude Carpenter	7	13:39	2550	*
Anja Crombie	8	13:41	2550	
Kasper Grunwell	9	13:52	2550	
Hayden Martin	10	14:03	2550	*
Freya Lord	11	14:06	2550	
Emma Hickson	12	14:11	2550	
Bart Yetsenga	13	14:44	2550	*
Jade Mitchell	14	16:57	2550	*
Angela Grunwell	15	16:58	2550	*
Ann Eastcott	16	20:57	2550	

Hannah Hickson	17	21:42	2550	
Jodie Hickson	18	21:43	2550	
Bridget Aitchison	19	22:40	2550	
David Lythgoe	20	22:59	2550	
Peter Jackson	21	23:02	2550	
Aria Browne	22	25:42	2550	
Juliet Fordyce	23	25:44	2550	

Michael Voss	1	16:19	5000	
Ben McHale	2	16:59	5000	
Adrian Lysaght	3	17:02	5000	*
Megan Grant	4	19:47	5000	
Andrew Jamieson	5	19:48	5000	*
Alan Crombie	6	19:52	5000	*
Tony Broadhead	7	19:59	5000	
Neil Kerrison	8	20:00	5000	
Gaine Petterson	9	20:50	5000	
Bryn Hofmann	10	21:21	5000	*
Andrew Hickson	11	21:45	5000	
Nicola Fiskien	12	22:11	5000	
Chris Lord	13	22:15	5000	
Lindsay Foster	14	22:19	5000	*
Sarah Lei	15	22:29	5000	*
Wayne Cameron	16	22:34	5000	*
Scott Curran	17	22:35	5000	*
Launeln Kedney	18	22:38	5000	
Philip Gulbransen	19	22:43	5000	*
Faith McGregor	20	22:44	5000	
Kerryn Barker	21	22:48	5000	
Ray Hewlett	22	23:03	5000	*
Charlotte Hamilton	23	23:08	5000	*
Noreen Crombie	24	23:17	5000	
Sarah Manders	25	23:28	5000	*
Craig Pollard	26	23:30	5000	
Kathy Jackson	27	23:44	5000	*
Dee Horne	28	25:10	5000	
Colin Davis	29	25:14	5000	
Max Bragg	30	25:20	5000	*
Kaye King	31	25:58	5000	
Angus Lyall	32	26:05	5000	
Kerris Browne	33	27:01	5000	*
Matt Fiskien	34	27:08	5000	
Chris Bycroft	35	28:23	5000	
Louise Donaldson	36	28:25	5000	*
Lewis Yetsenga	37	28:45	5000	
Francis Dragicevich	38	29:31	5000	
Peter Vyver	39	29:35	5000	
Louise Rickard	40	29:57	5000	*
Linda Firth	41	30:09	5000	*
Jessica Bach	42	30:10	5000	*
Judy Hewlett	43	32:02	5000	
Debbie Allen-Knight	44	33:24	5000	*
Rachael Browne	45	36:16	5000	
MJ Pikimaui	46	41:07	5000	*

Rinus Adriaansz	47	41:38	5000	walker
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\*: season personal best.

### 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

**Sarah Wiwarena** – Ph: 348 7674 (evenings):

Mobile 027 248 3874

**Denise Caudwell** - Ph 346 8431 (evenings)

**Nikki Mitchell** - Ph: 349 2920 (evenings):

Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.