



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

GUFF SHEET
21 November 2015

The past week:

Both Tuesday and Wednesday evenings of last week had brilliant weather this allowing both sections of the club's track and field activities to go ahead.

It was pleasing to have in attendance on Wednesday evening well in excess of the highest number that attended any evening last year. Welcome to those that had their first taste of track and field. Please return with some of your friends.

Lake City's annual ribbon day on Saturday was well attended with 238 athletes from around the wider Waikato Bay of Plenty region competing. With such a large turnout we were kept very busy. Lake City athletes performed very well and were able to test themselves against some of the best young athletes from the region. The Children's Committee would like to thank Lindsay Foster, Rinus Adriaansz, Mike Burkinshaw, Shaun O'Donnell, Sarah Wiwarena and Pam Kenny for all their help either leading up to the day and/or on the day as without all their assistance we would have struggled to operate. We also wish to thank Kerris for the usage of the Peterson tents as they provided much needed shelter on a hot but windy day and New Zealand Temporary Fencing. We received a lot of help from other clubs, Tokoroa, Matamata, Bellevue, Greerton, Putaruru, Denise Taylor (Announcer) and Tom Powell (Marshall).

Thanks very much from Wendy, Kerri and Anna
 (Children's sub-committee).

Forth coming events:

SATURDAYS

Athletics – track and field – Weekend competition
Children
This Saturday 21 November – Te Awamutu Ribbon day, 10.00am
Saturday 28 November – Children's pentathlon day at Cambridge

Adults

This Saturday 21 November - open meet Porritt Stadium 3.00pm Programme details at www.athleticswaikatobayofplenty.org.nz
Saturday 28 November – open meet, Tauranga Domain 3.00pm

SUNDAYS

Distance athletes

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 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 - 07 346 3289 ah or 027 347 8115

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

Children's athletics – are at 5.15pm at the International Stadium No 2 Ground, Devon Street West. Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180



Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms
Pm - Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance athletes

Groups leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

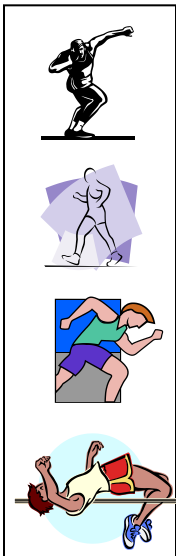
Am - For those over 15 years is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

Pm –

Track and field (athletics) –

On the programme next Wednesday (25/11) at the Stadium's No 2 Ground, Devon Street West is:

- 6.15pm 60 metres
- 6.30pm Discus
- 6.45pm 200 metres
- 7.00pm 1 mile run / walk



Come along and take part in the fortnightly mile (and if you wish other events) and judge how your fitness levels are coming along: challenge a running or walking colleague: learn pace judgment; increase your speed base: all while enjoying something different.

You don't have to be a financial club member to take part in the weekly activities. There is a "Pay and Play" system in place where non-cub members pay \$2.00 per person each evening they attend. Please note: Only those who are current financial members of the Club will be able to take podium placings in the club championships when they commence late January next year

THURSDAYS

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

Groups leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Trout Fly - This popular 3km or 5km run, jog, or walk is held fortnightly every Thursday evening on a course that winds through the Sulphur Flats area of the City. The entry fee is \$5.00 adults, \$3.00 for children who must be accompanied by an adult. Register at the Neil Hunt Park clubrooms between 5.45pm and 6.00pm and then head to start for a 6.15pm get away. The exercise is followed by BBQ sausages and chips. You do not have to be a club member to take part. The next two events are scheduled 19 November and 3 December.



For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz If you can help with this event please contact Chris.

Tree felling in Whaka Forest:

Land prep operations are happening for approximately one week in the following areas.

- Lentil Link and Sidewinder will be CLOSED until the Land prep operations have been completed.
- No Roads or Walking tracks will be CLOSED but CAUTION will be required.

There will still be machinery on site in the Pipeline Road area undertaking the clean-up. Tracks and roads will be open but caution is required.

Your last opportunity to purchase:

"PETER SNELL AND THE KIWIS WHO FLEW." This book can be purchased direct from the author via: vernwalkernz@gmail.com. Ph: 09 8176002 evenings. Cost is \$45.50c (\$45.00, discounted to \$40.00, + postage of \$5.50c).



It is a great read, especially for those that competed in the early 1960s era.

RESULTS

Adults and teens track and field - No 2 Ground, Stadium - 11 November 2015

60 metres - run

Kurt Rice	M20	8.0
Sam Rossiter	M20	8.5
Andrew Dube	M45	8.5
Gaine Peterson	M40	10.5

Rebekah Edhouse	G13	8.6
Jaeda Smith	B13	9.6
Colin Davis	M45	9.9
Erin Leahy	W20	11.3

Rob Lyle	M40	8.6
Christine Kerrison	W60	11.5

60 metres - walk

Denise Caudwell	W60	17.7
Alan Ryan	M65	20.7

400 metres - run

Sam Rossiter	M20	57.8
Kurt Rice	M20	59.1
Rob Lyle	M40	63.8
Andrew Dube	M45	69.8
Brooklyn Tomo	B15	71.3
Alan Crombie	M45	72.8
Colin Davis	M45	73.7
Phil Gulbransen	M60	85.5

Rebekah Edhouse	G13	71.4
Kerry Robinson	M45	72.4
Gaine Petterson	M40	76.7
Luke Crombie	B12	78.5
Jaeda Smith	B13	79.1
Erin Leahy	W20	87.8
Christine Kerrison	W60	105.2

1 mile -run

Steven O'Callaghan	M20	5.13.0
Jason Steyn-Ross	M20	5.33.0
Sam Rossiter	M20	5.51.0
Kerry Robinson	M45	5.57.0
Alan Crombie	M45	6.00.0
Gaine Peterson	M40	6.04.0
Lindsay Foster	M60	6.37.0
Phil Gulbransen	M60	6.46.0
Erin Leahy	W20	6.48.0
Colin Davis	M45	6.51.0
Luke Crombie	B12	6.54.0
Jaeda Smith	B14	6.59.0
Campbell Horn	M65	7.14.0
Chris Bycroft	M40	7.19.0

1 mile – walk

Denise Caudwell	W60	11.47.0
Alan Ryan	M65	11.53.0
Rinus Adriaansz	M55	12.24.0
Linda Montgomery	W65	13.13.0
Tom Lamason	M70	13.52.0

Shot put (different weights thrown)

Brooklyn Tomo	M18	11.19
Kurt Rice	M20	7.10
Denise Caudwell	W60	5.94
Alan Ryan	M65	5.55
Christine Kerrison	W60	7.60
Jesse Pakinga-Lawson	B12	9.30
Rinus Adriaansz	M55	6.00
Erin Leahy	W20	5.20
Gaine Petterson	M40	7.60
Campbell Horn	M65	5.81

Athletics Waikato BOP - Track and Field

17 October 2015 – Porritt Stadium, Hamilton

Alec Johnson

100m	2nd	12.02	wind 2.6
200m	1st	25.81	wind 2.9
Shot put	1st	11.03	5kg
Discus	4th	28.62	1.5kg

31 October 2015 – Porritt Stadium, Hamilton

Melkorka Leggett - under 18 Women

Javelin	1st	34.54	500g
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7 November 2015 – Tauranga Domain

Alec Johnson - under 18 men

100	3rd	11.89	wind 3.1
Discus	2nd	29.28	1.5kg
Shot put	1st	11.94	5kg

Brooklyn Tomo – under 18 men

Discus	2nd	38.22	1.25kg
High Jump	2nd	1.50	
Shot put	2nd	11.92	5kg

14 November 2015 – Porritt Stadium, Hamilton

Melkorka Leggett - under 18 Women

Javelin	1st	35.32	
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Alec Johnson

100 m	3rd	11.78	wind 3.6
Shot put	1st	10.55	5kg
Discus	1st	37.66	1.25kg
Javelin	4th	31.97	

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

Children's Uniforms

Kerri Lockhead - lakecityca@gmail.com
Ph/text 027 2773180

Adults

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546