



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

GUFF SHEET
24 January 2015

The past week:

Local track and field – Another fine evening was enjoyed at the teens and adults Wednesday evening track and field. Results are below.

Children’s Colgate Games - 4 from the Club took part in children’s North Island Colgate Games at Wellington with 3 first placings a second and a third placing coming north to Rotorua. These were all won by Grade 8 Ngahere McCauley. Maddox Peyroux (Grade10) was 5th in his 100 final and was a 200 metres semi-finalist. Currently Hunter (grade 7) and Oliver (grade 9) Weaver’s results are not available.

Trout Fly – This popular fortnightly Thursday evening series has recommenced with a large number taking in the tracks around Sulphur Point. Results are below.

2015 Running clinic:

The 15 week tried and proven running clinic is now underway. Last Sunday saw a good muster at the Neil Hunt Park clubrooms. 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 7.30am.

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

The Club’s walker’s clinic members are well into their buildup for one of the events on 2 May spending around 4 hours on their feet on a Sunday.

Ipods and the likes:

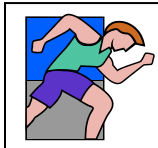
The club’s policy is that Ipods etc are not to be worn in club events. This includes all events – track, trout fly, the running and walking clinics, the off Road Half marathon etc. If a wearer of these devices how about starting the New Year off with the resolution “I’m going to run or walk and hear what’s going on around me”.

Events on the local scene and out of town:

SATURDAYS

Track and field
Adults

The next Athletics Waikato BOP competition is an



Open met at Tauranga Domain 31 January. The same day (evening) is the Athletics NZ 10,000 metres championships at Mt Smart Stadium. This event doubles as the AWBOP championships. Enter through Athletics NZ. Out of town during January are the Cooks Classic (Wanganui) and Capital Classic (Wellington).

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 same venue but at 7.30am**

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 **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 at the International Stadium, No 2 ground, Devon Street West, **are recommencing this coming Tuesday 27**



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

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 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 are at the Stadium’s No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp. Next week the championship programme will commence. Please note to take a

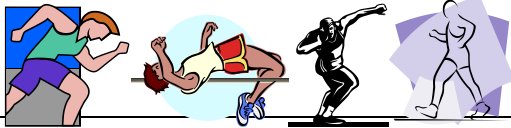
championship placing you must be a fully paid up financial member of the Club.

Championship Programme for 28 January is:

6.15pm 100 metres Shot put
 6.45pm 400 metres
 6.50pm Non championship 1500 metres

All events cater for those that walk

Contact: Lindsay Foster (348 6818)



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 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 29 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



Upcoming distance events:

Sunday 8 March – here in Rotorua 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. And 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.

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

RESULTS

Teens and Adults Track and Field – 14 January 2015 (fine) * Denotes an athlete under Grade 12 – up graded to Grade 12

1200 metres walk

Sam Rossiter	M20	8.04.6
Max Bragg	M70	8.23.5
Rinus Adriaansz	M55	9.03.9
Knisha Ruland	W40	9.35.2
Tom Lamason	M70	10.03.5
Kurt Rice	M19	10.16.6
Jessica Bach	W17	10.17.2
Kevin Bach	M17	10.18.2
Sarah Bain	W17	10.21.7
Doris Bragg	W70	10.30.5
Xianar Pike	W17	10.59.5
Courtney Wiggins	W17	11.00.8
Sharissa Hetherington	W45	14.18.9

60 metres

Kurt Rice	M19	7.8
Tom Voysey	M19	8.0
Xianer Pike	W17	9.1
Courtney Wiggins	W17	9.5

Knisha Ruland	W40	10.8
Max Bragg	M70	12.7
Doris Bragg (w)	W70	26.3
Sharissa Hetherington	W45	35.7

100 metres

Kurt Rice	M19	12.5
Tom Voysey	M19	12.8

Mere Attwater	W50	18.3
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400 metres

Sam Rossiter	M20	61.1
Kevin Bach	M17	71.2
Courtney Wiggins	W17	79.4
Sarah Bain	W17	85.4
Jessica Bach	W17	98.4
Mere Attwater	W50	1.46.3

2000 metres

Sam Rossiter	M20	8.19.0
Max Bragg	M70	9.55.8
Rinus Adriaansz (w)	M55	15.18.7
Knisha Ruland (w)	W40	15.30.2
Mere Attwater (w)	W50	15.45.2
Tom Lamason (w)	M70	17.25.2
Doris Bragg (w)	W70	17.54.1

Long jump

Kevin Bach	M17	4.17
Sarah Bain	W17	3.17
Jessica Bach	W17	2.99
Mere Attwater	W50	2.37
Kurt Rice	M19	4.66
Knisha Ruland	W40	2.76

Trout Fly – 15 January 2015 – No 5

2550 metres			
Lance Shilton	1	12:05	2550
Luke Crombie	2	12:34	2550
Conor Lysaght	3	13:06	2550
Anja Crombie	4	13:15	2550
Luanna George	5	13:20	2550
Hannah Shilton	6	13:36	2550
Alex Sole	7	13:38	2550
George Crouch	8	13:41	2550
Freya Lord	9	13:48	2550
Caitlin Dalziel	10	13:55	2550
Zara Osborne	11	13:55	2550
James Watson	12	14:24	2550
Sam Cheesman	13	14:50	2550
Michael Rossiter	14	15:35	2550
Mere Attwater	15	15:48	2550
Logan Nicholson	16	16:29	2550
Bayley Booth	17	17:00	2550
Kasper Grunwell	18	17:02	2550
Emma Hickson	19	17:06	2550
Joel Nicholson	20	17:40	2550
Rachael Browne	21	18:49	2550
Rachel Cavanaugh	22	18:52	2550 + pram.
Jacob Mitchell	23	18:59	2550
Katie Mitchell	24	19:00	2550
Jamie Mitchell	25	19:00	2550
Fred Shilton	26	19:19	2550
Jack Mitchell	27	19:34	2550
Kelly Mitchell	28	19:35	2550
Keith Walmsley	29	20:06	2550
MJ Pikimaui	30	20:09	2550
Cherie Jackson	31	20:09	2550
Hannah Hickson	32	20:57	2550
Jodie Hickson	33	20:58	2550
Erica Shilton	34	20:59	2550
Harry Cheesman	35	21:19	2550
Anita Roy	36	21:21	2550
Jade Mitchell	37	21:26	2550
Aria Browne	38	21:26	2550
Hannah Kiernan	39	21:28	2550
Lynne Kiernan	40	21:29	2550
Clare Roy	41	21:34	2550
Chase Grunwell	42	22:02	2550
Angela Grunwell	43	22:03	2550
Jo Cheesman	44	22:08	2550
Daniel Cheesman	45	22:09	2550
Katie Roy	46	22:47	2550
Peter Roy	47	22:48	2550 + pram.
Christian Walmsley	48	23:04	2550
Jyrome Walmsley	49	23:04	2550
Mandy Maulder	50	26:21	2550
Sharyn Bruce	51	28:07	2550
Clodagh Nicholson	52	28:08	2550

Gail Mitchell	53	28:11	2550
Ivan Mitchell	54	28:11	2550
5000 metres			
Adrian Lysaght	1	18:03	5000
Stephen Bjarnesen	2	18:35	5000
Josh Martelli	3	19:05	5000 Short cut.
Alan Crombie	4	20:02	5000
Russell Clarke	5	20:14	5000 Short cut.
Sam Rossiter	6	20:33	5000
Melanie Thompson	7	20:55	5000
Stephanie McHale	8	21:50	5000
Chris Lord	9	22:10	5000
Faith McGregor	10	22:11	5000
Nicola Fiskien	11	22:42	5000
Lee Poston	12	22:44	5000
Daniel Graham	14	23:31	5000
Kerryn Barker	15	23:35	5000
John Harvey	16	23:36	5000
Noreen Crombie	17	23:42	5000
Mark Fisher	18	23:48	5000
Justine Randell	19	24:03	5000
Philip Gulbransen	20	24:08	5000
Graeme Pearson	21	24:26	5000
Dave Fischer	22	24:27	5000
Wayne Cameron	23	24:28	5000
Kathy Jackson	24	24:30	5000
Stephen Rolls	25	24:54	5000
Sarah Manders	26	25:06	5000
Campbell Horn	13	23:09	5000
Amy Bray	27	25:25	5000
Martin Harris	28	25:28	5000
Dan Morrison	29	25:29	5000
Kaye King	30	25:33	5000
Matt Fiskien	31	26:46	5000
Chris Bycroft	32	27:31	5000
Laura Fisher	33	28:08	5000
Nyree Grigsby	34	28:11	5000
Jenny Patterson	35	28:23	5000
Kerris Browne	36	30:12	5000
Rachael Lee	37	30:13	5000
Sam Henderson	38	30:46	5000
Graeme Moore	39	30:48	5000 + pram.
Rhonda Herring	40	31:20	5000
TeAwaroa Raerino	41	32:08	5000
Michael Ludbrook	42	32:13	5000
Peter Vyver	43	32:14	5000
Sheryl Pearson	44	32:32	5000
Stephanie Thompson	45	32:36	5000
Leanne Willis	46	32:56	5000
Marcelle Morrison	47	33:09	5000
Stephanie Thompson	48	33:12	5000
Cherie Smith	49	33:13	5000
Shontelle Bishara	50	33:51	5000
Heather Wickett	51	34:02	5000

Jammel Ruland	52	34:03	5000	
Jaimee Marsden	53	38:13	5000	
Diane B K	54	48:53	5000	walker
Rinus Adriaansz	55	48:53	5000	walker

Track and Feld – Potts Classic – Hastings – 17 January 2015

Molly Florence

100 metres 4th 12.37 w 0.9

Michael Voss

1500 metres 5th 4.03.04

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.