



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

GUFF SHEET

24 December 2015

The past week:

The children's Tuesday evening athletics: The Wednesday teens and adults: and the Thursday fortnightly Trout Fly sessions have all wound up for 2015.

Unfortunately over the past few weeks a number from the club have experienced health or injury problems, and a speedy recovery is wished to them.

Long Mile Road:

Over the summer months this road gets very, very busy and care must be taken when using it. When running or walking on it avoid more than two abreast – watch for traffic (vehicles, bikes and other pedestrians etc). Not all users respect the speed limit allocated to the road.

Keep your eyes and ears open for other users.

Forth coming events:

Out of the City - over the holidays

Athletics - track and field - competition

Children

Friday 1 January – Tauranga twilight children's meeting for grade 10 to 14 – 2.30pm to 4.00pm. For the programme details visit www.athleticswaikatobayofplenty.org.nz

Adults

Friday 1 January - Tauranga twilight track and field meet, which incorporates the Athletics Waikato BOP track 3000 metres championships for grades under 18 (15,16,17) and above including masters grades. The programme and entry details can be found at www.athleticswaikatobayofplenty.org.nz

Distance events

Saturday 26 December – King and Queen of the Mountain - Mt Maunganui. This event doubles as the Athletics Waikato BOP mountain race championships. Visit www.athleticswaikatobayofplenty.org.nz for event details.

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.

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 –

This side of the club's activities will recommence Tuesday 26 January 2016.



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.

12 January - The clubs Running Clinic free information evening 7.30pm at the Neil Hunt Park clubrooms. The clinic caters for those wishing to take part on 30 April 2016, in either the 10km (16yrs plus), half marathon (18yrs plus), or the full marathon distance (20yrs plus). Contact is Teresa 0210428759 or 345 4541. The actual 15 week clinic commences 7.00am, Sunday 17 January from the Neil Hunt Park clubrooms.

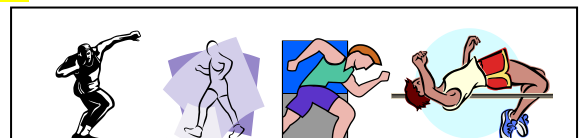
WEDNESDAYS

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) –

This section of the club is also taking a break over Christmas and New Year and will resume Wednesday 6 January 6.15pm sharp at the Stadium's No 2 ground Devon Street West, Rotorua The programme for the 6th is: 60 and 400 metres: a 1mile run or walk plus shot put



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-club 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 and win trophies.

Naturally we would like you to become a financial member of the Club

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

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 – The first 2016 event is scheduled for Thursday evening 14 January.



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.

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

RESULTS

Adults and teens track and field - No 2 Ground, Stadium – 16 December 2015

* Denotes upgraded to B12/G12

100 metres - run

Maria Brunton	G12	16.0
Conor Lysaght	B12*	17.3
Michael Allan	B12*	18.5
Sam Rossiter	M20	15.2
Mark Geddes	M50	17.3
Christine Kerrison	W60	18.6
Katelyn Kerrison	G12*	19.9

100 metres – walk

Denise Caudwell	W60	32.9
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200 metres – run

Sam Rossiter	M20	26.5
Brooklyn Tomo	M18	29.8
Alan Crombie	M45	32.0
Grant Unkovich	M50	35.2
Mark Geddes	M50	35.5

Maria Brunton	G12	35.8
Conor Lysaght	B12*	38.2
Michael Allan	B12*	39.0
Katelyn Kerrison	G12*	42.3

Christine Kerrison	W60	42.0
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200 metres – walk

Denise Caudwell	W60	76.2
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3000 metres – run

Sam Rossiter	M20	10.30.0
Luke Crombie	B12	12.46.9
Allan Crombie	M45	12.47.4
Phil Gulbransen	M60	12.58.1
Karyn McCready	W45	16.46.3

3000 metres – walk

Mark Geddes	M50	19.47.5
Diane Barratt-Kendell	W55	21.02.2
Rinus Adriaansz	M55	24.31.7
Tom Lamason	M70	30.02.0

Javelin (different weights thrown)

Conor Lysaght	B12*	8.21
Maria Brunton	G12	5.39
Michael Allan	B12*	6.05
Sam Rossiter	M20	28.59
Brooklyn Tomo	M18	33.38
Adrian Lysaght	M40	16.97
Mark Geddes	M50	11.78
Rinus Adriaansz	M55	13.00
Karyn McCready	W45	17.86

The Night of Fives – Millennium Stadium - Auckland - 15 December 2015

Michael Voss	5000 metres	15.30.62	PB
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Trout Fly - 17 December 2015

Josh Gapes	1	09:45	2550
Hannah Gapes	2	09:58	2550
Sean Gapes	3	11:14	2550
Luke Crombie	4	11:39	2550
Reece Downes	5	11:50	2550
Conor Lysaght	6	11:51	2550
Lance Shilton	7	12:04	2550
Tom Yetsenga	8	12:30	2550
Jude Carpenter	9	12:37	2550

Maria Brunton	10	12:38	2550
Lewis Yetsenga	11	12:47	2550
Sarah Corcoran	12	12:48	2550
Koby Lett	13	12:57	2550
Anja Crombie	14	13:00	2550
Emma Hickson	15	13:00	2550
Ronan Griffiths	16	13:06	2550
Freya Lord	17	13:18	2550
Richard Werahiko	18	13:19	2550
Joshua Bamfield	19	13:46	2550
George Crouch	20	13:47	2550
Kasper Grunwell	21	13:57	2550
Cody Shilton	22	14:10	2550
Hannah Shilton	23	14:14	2550
Harrison Ford	24	14:19	2550
Jeffrey Conrad	25	14:31	2550
Amber Lysaght	26	14:33	2550
Hayley Bason	27	14:45	2550
James	28	14:53	2550
Hayden Martin	29	15:04	2550
Anita Roy	30	15:06	2550
Bart Yetsenga	31	15:07	2550
Max Ward	32	15:09	2550
Kelly Mitchell	33	15:10	2550
Kathy Jackson	34	15:12	2550
Mere Attwater	35	15:19	2550
Ciara Griffiths	36	15:27	2550
Julian Haines	37	15:31	2550
Lulu Yarrall	38	15:46	2550
Katelyn Kerrison	39	16:03	2550
Christine Kerrison	40	16:12	2550
Elliot Castle	41	17:01	2550
Ashleigh Randell	42	17:21	2550
Whare Hiki	43	17:23	2550
Linda Johnston	44	17:25	2550
Alexander Bamfield	45	18:23	2550
Maree Bamfield	46	18:24	2550
Arwen Barker	47	19:08	2550
Tamzin Joy	48	19:08	2550
Rina Joy	49	19:09	2550
Barbara Geddes	50	19:19	2550
Charlotte Smith	51	19:28	2550
Greg Smith	52	19:34	2550
Cherrie Hay	53	19:48	2550
Erica Shilton	54	19:53	2550
Moe Fraser	55	20:04	2550
Liz Hogan	56	20:27	2550
Marama Christie	57	20:35	2550
Lana Martin	58	20:35	2550
Chase Grunwell	59	21:04	2550
Angela Grunwell	60	21:05	2550
Christian Walmsley	61	23:31	2550
Claire Randell	62	23:52	2550
Justine Randell	63	23:53	2550
Moe Walmsley	64	24:42	2550
Travis Grunwell	65	25:23	2550
Hannah Hickson	66	25:35	2550

Jodie Hickson	67	25:36	2550	
Katie Roy	68	26:27	2550	
Claire Roy	69	27:37	2550	
Kerryn Barker	70	27:41	2550	
Leah Barker	71	27:42	2550	
Judy Hewlett	72	27:52	2550	
Sheryl Pearson	73	29:34	2550	with pram
Rachel Cavanaugh	74	29:37	2550	
Liam Murphy	75	29:38	2550	
Tina Louise	76	32:00	2550	walker
Tom Tuki	77	32:00	2550	walker
Manawa Walmsley	78	33:14	2550	
Atareta Walmsley	79	33:15	2550	
Flynn Haines	80	35:26	2550	
Louise Haines	81	35:27	2550	
Claudia Haines	82	35:27	2550	
Sjors Corporaal	1	16:18	5000	
Lance Downie	2	17:18	5000	
Dirk Peters	3	17:54	5000	
Adrian Lysaght	4	18:07	5000	
Stephen Bjarnesen	5	18:30	5000	
Kerry Robinson	6	18:52	5000	
Kaya	7	19:01	5000	
Henderson/Corporaal				
Sue Crowley	8	19:12	5000	
Thomas Dwight	9	19:17	5000	
Mike Bray	10	19:20	5000	
Fred Shilton	11	19:30	5000	
David Cronshaw	12	19:40	5000	
Alan Crombie	13	19:52	5000	
Gaine Petterson	14	20:08	5000	
Daniel Gapes	15	20:25	5000	
Jason Steyn-Ross	16	20:44	5000	
Lawrie Scott	17	21:17	5000	
Sam Rossiter	18	21:29	5000	
Tracey Hay	19	21:39	5000	
Siobhan Griffiths	20	22:08	5000	
Richard Ball	21	22:12	5000	
Philip Gulbransen	22	22:13	5000	
Dylan Wright	23	22:33	5000	
Nicole O'Donnell	24	22:51	5000	
Stevie Fiske	25	23:12	5000	
Campbell Horn	26	23:14	5000	
Bruce Easton	27	23:28	5000	
Leo Bamfield	28	23:43	5000	
Rob Bamfield	29	23:44	5000	
Anna Gray	30	23:48	5000	
Ray Hewlett	31	23:49	5000	
Jason Finnerty	32	23:49	5000	
Kelly Corcoran	33	23:50	5000	
Sarah Manders	34	23:56	5000	
Amy Bray	35	24:01	5000	
Chris Lord	36	24:02	5000	
Clare Barratt-Wood	37	24:22	5000	
Charlotte Pearson	38	24:23	5000	
Paul Carpenter	39	24:33	5000	

Lizzy Guest	40	25:03	5000	
Martin Harris	41	25:04	5000	
Charlotte Hamilton	42	26:28	5000	
Graeme Pearson	43	26:47	5000	
Kay Paulger	44	26:51	5000	
Lloyd May	45	26:53	5000	
Chris Bycroft	46	27:36	5000	
Dana Lett	47	27:38	5000	
Peter Bloore	48	27:45	5000	
Teresa Martin	49	27:50	5000	
Rhonda Herring	50	28:06	5000	
Rachael Catley	51	28:21	5000	
Sarah Sucgang	52	28:42	5000	
Shirley Day	53	29:49	5000	
Cherie Smith	54	30:31	5000	
Alison King	55	30:38	5000	
Peter Vyver	56	30:40	5000	
Peter Roy	57	32:06	5000	
Mark Geddes	58	34:49	5000	walker
Keith Walmsley	59	35:20	5000	
Diane Barratt-Kendell	60	35:30	5000	walker
Alan Ryan	61	43:40	5000	walker
Rinus Adriaansz	62	46:38	5000	walker
Shelia Wilson	63	46:40	5000	walker
Sonya Hunt	64	53:15	5000	walker
Sonia Gallimore	65	53:15	5000	walker
Allison Scott	66	53:15	5000	walker

Guff sheet:

The guff sheet is taking a break over the festive season and will be back early January. Wishing everyone a Merry Christmas and a Happy New Year





LAKE CITY
Athletic Club INC

RUNNING CLINICS
For 10km, Half and Full Marathon

- Never jogged a whole 10km before? 16yrs+
- Working towards a Half Marathon? 18yrs+
- Considering the full Marathon in April 2016? 20yrs+

FREE INFO EVENING
7.30pm Tuesday 12th January

Venue: Lake City Athletic Clubrooms,
Neil Hunt Park (off Tarawera Road)
No obligation, no running on the night!

15 week Clinic starts 7am Sun 17th Jan

Contact: Teresa 0210428759, 3454541
lakecitymarathonclinic@gmail.com
www.lakecity.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