



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
25 February 2017

The past week:

Another week of the activities has been ticked off by all the various sections of the Club.

Results of the Wednesday track and field are below.

Volunteers required:

The club owned Cophthorne off Road half marathon and associated events are rapidly coming up on Sunday 5 March.

Volunteers from the Club are being sought for the event. Tasks to be covered are: parking, registration, as a course marshall, drink station attendants and working in the finish area. There is a sheet at the Neil Hunt Park clubrooms for you to indicate your assistance. If running or walking ask a family member or friend to take your place. Can't get to the clubrooms then contact Rob Colledge on 07 348 7768.

MORE volunteers are still required!!



Sulphur Point –



Te Ngae Road areas (Trout Fly): Please be mindful that the Trout Fly course is a public area accessed by runners, walkers and cyclists - from Lake City members through to the local community and tourists as well. All people using the Te Ngae Rd/Sulphur Flats route should be mindful of other users of the area and employ general courtesy and common sense when sharing the path. This general courtesy and

common sense also applies to tracks and roads within Whaka Forest.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

Saturday/Sunday – 4/5 March – Athletics Waikato BOP senior track and field champs, Porritt Stadium, Hamilton. **Entry to be in by this Saturday 25 February** to Athletics Waikato BOP PO Box 46 Hamilton 3240. Entry fee is \$10.00 for the first event; \$5.00 for each subsequent event. Visit AWBOP website and click on “Up-coming events” (right hand side). Then - scroll down to AWBOP T & F champs 4 March and follow instructions from there.

People are required to act as officials at the AWBOP champs. Contact Heather O’Hagan at ohagan@visique.co.nz if you can assist.

Remember that the Athletics New Zealand track and field championships (in Hamilton) entries will close soon. Refer to Athletics NZ website for entry details etc.

CHILDREN

This Saturday 25 February - Ribbon day at Tauranga Domain – 10.00am start

Saturday 4 March – Paeroa ribbon day. 10.00am start

Saturday 11 March – The Athletics Waikato BOP championships are at Porritt Stadium. Entries have closed. No late entries are accepted.

SUNDAYS

Distance athletes

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

Running clinic - Full and half marathoners also leave 7.00am at the Neil Hunt Park clubrooms. 10kers meet at 7.30am at venues advised in their newsletter.

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 all sections of the Running clinic.

Children's athletics

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

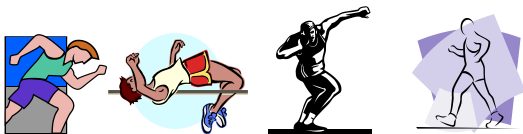
Pm – Track and field for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

Next Wednesday (1 March) is the Night of Miles commencing at 7.00pm. See below for details. **It will be appreciated that club members wear their club uniform this evening.**

2016 /2017 Track Mile Series

We are coming to the end of the club's 1 mile series with only two more events scheduled.

- 1 March 7.00pm - Night of Miles.
- 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 all sections of the Running clinic .

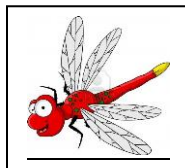
Trout Fly - fortnightly

The next event is **Thursday**

9 March - 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



The Club's social scene:

Details to come soon on the next Social event - Lake City Quiz Night!



The Magic Mile: **Next Wednesday - 1 March**

A Night of Miles event will be held on the evening of Wednesday 1 March on the athletic track at the Stadium's No 2 ground, Devon Street West, Rotorua commencing 7.00pm. Please be there by 6.45pm. **It will be appreciated that club members wear their club uniform.**

In attendance will be double Olympic 1500m medalist Nick Willis who has a programme "The Miler Method" which he is offering a special opportunity for Rotorua people to get involved in. Club members who are interested in doing the Miler Method programme where you get personalised coaching from Nick and can interact with other people doing the programme around the world is \$US60. Register at www.milermethod.com/bootcamps

Publicity:

Please note should you be involved in publicity relating to your Club, please mention the Club's name – the Lake City Athletic Club - and wear your club uniform if pics are likely to be taken. Thank you

Whaka Forest:

Logging operations are still happening in Whaka Forest. 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. Please obey the instructions of security people on site.



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

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 **You are now on to the late entry fee. Entry can be made on the morning.**

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.rotoruarunners.co.nz the late entry fee kicks in from 1 April

RESULTS

Teens and Adults Track and Field - 15 February

2017.* Denotes upgraded to Grade 12. Athletes upgraded are not eligible for a teens and adults championship placing. Athletes can only take a championship place in their true competition grade

Long jump - championship		
Rebekah Edhouse	G14	3.74
Hannah Muir	G13	3.90
Sam Rossiter	M20	4.32
Gisele Howard	G12	4.02
Jesse Pakinga-Lawson	B13	3.80
Apache Davidson	B14	4.08
Sharissa Hetherington	W45	1.04
5000 metres - run - championship		
Stephen Bjarnesen	M20	17.54.3
Sam Rossiter	M20	19.24.8
Tracey Hay	W20	19.52.2
Russell Clarke	M20	19.54.8
Apache Davidson	B14	20.57.6
Phil Gulbransen	M60	22.42.7
Chris Bycroft	M45	25.11.9
Peter Vyver	M75	30.44.1
5000 metres - walk - championship		
Mark Geddes	M55	21.18.5
Dianne Barrett-Kendall	W55	32.30.3
60 metres - run - non championship		
Race 1		
Rebekah Edhouse	G14	8.0
Hannah Muir	G13	9.0
Lillian Muir	*G12	9.2
Anja Crombie	*G12	9.9
Race 2		
Apache Davidson	B14	8.8.
Jesse Pakinga-Lawson	B13	9.7
60 metres - walk- non championship		

Diane Barratt-Kendell	W55	13.9
Mark Geddes	M55	15.7
Peter Vyver	M75	26.4
1 mile - run - non championship		
Apache Davidson	B14	5.37.2
Sam Rossiter	SM	6.44.8
Rebekah Edhouse	G14	6.53.0
Anja Crombie	*G12	6.53.9
Lillian Muir	*G12	7.32.1
Hannah Muir	G13	8.09.0
Elliott Castle	*B12	8.13.5
1 mile - walk - non championship		
Alan Ryan	M65	12.07.0
Long jump - non - championship		
Lillian Muir	*G12	3.95
Anja Crombie	*G12	3.22

Athletics New Zealand - publications:

If you don't get Athletics in Action emailed to you as a club member, but would like to receive it and/or the Weekly Roundup, you can subscribe from the Athletics New Zealand website <<http://www.athletics.org.nz/>> (near the bottom of the front page). These are two great places to catch up with what is happening in your sport and to find out your oppositions performances etc.

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