



**LAKE CITY**  
*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

**Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore, Rotorua**

**GUFF SHEET**  
**26 March 2011**

**The week that was:**

Now that track and field and the Trout Fly series have wound up it is very quite on the local scene.

Many of the younger club members have been taking part in their school and regional school championships, and the benefit of belonging to the Club has shown in these results.

**Events on the local scene:**

**SUNDAYS**

**Those that run -**

*Marathon clinic* – meets at 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road). Don't be late, the groups leave on time.

Non clinic runners also meet 7.00am at the clubrooms, many joining a clinic group. At 8.30am a running group also leaves from TITC on Waipa Mill Road – contact person - Siobhan Griffiths – 021 1289925.

**Those that walk -**

The walkers marathon clinic group meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are: Colin Smyth 027 499 9471 – Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home)

**TUESDAYS**

**Distance athletes**

**Runners** – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599

**Marathon clinic runners** – those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm

**Marathon clinic walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms

**THURSDAYS**

**Distance athletes**

**Runners** – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

**Marathon clinic runners** – those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm.

**Marathon clinic walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms

**Forth coming events in Rotorua:**

**SATURDAY 2 APRIL** - *the first event of what we do over the winter months. That is running and walking over cross-country, on the road and in the Forest.*

Saturday 2nd is an open day at the Neil Hunt Park clubrooms off Tarawera Road (in the cul du sac just past the Outdoorsman). Meet 1.45pm and the head off into the forest for a jaunt of varying distances.

**All you need -**

- ◆ Is a comfortable pair of jogging shoes, shorts or leggings, a tee shirt, and warm clothes for afterwards. Bring a towel etc if you wish to shower.
- ◆ Distances vary between 2.5km and 10km, with shorter distances for kids and beginner adults and walkers.
- ◆ Remember that the whole family is welcome. Bring your cousins, kids, even mates from work, and walk or jog together.

**Don't hibernate over the winter months, come along and exercise with us**

**SATURDAY 30 APRIL**

The 47th Lion Foundation Rotorua Marathon around the shores of Lake Rotorua. Not up to the full marathon, then there's either a ½ marathon or a 5 or 10km fun run / walk for you. Enter on line at [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) or again grab an entry form from the clubrooms. Early entry closes 17 April.

**Events out of Rotorua:**

**TRACK AND FIELD**

**Seniors** 25-27 March – Athletics NZ track and field championships, Dunedin – Good luck to the small number of club members heading to Dunedin.

**Whaka Forest:**

Tree felling etc is still happening in the Forest. Don't enter the work areas, and watch for trucks etc. moving around the Forest.

**New club competition uniforms:**

The new club uniforms have arrived, but we are keen to sell what old style stock we have. This old stock is now selling for \$20.00 per garment. Want a cheap singlet then contact Kerris on 021 753691 or e-mail [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)

Prices for the new garments are - Singlets \$45.00, Walkers T-shirts \$35.00. These singlets are sublimated - i.e. there will be no seams between different colours. Likewise contact Kerris at - [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz) or phone 021 753691 if you are in the market for a new style singlet.

Payment to be made at time of uplifting either garment.

### Be Safe ..... BE seen:

If running or walking at night or early morning, have reflective material on shoes, parka or sweatshirt. Wear light coloured or white clothing or better still a yellow fluoro vest.

There are now a variety of visibility aids for runners and walkers - reflective belts, anklets, small lightweight flashing lights that can be attached to a belt, vests and even whole tracksuits that glow in a car's headlights.

Even when wearing safety gear you must still follow the basic road safety rules like any other pedestrians.

Be courteous to other road users - you will help promote a good image for the sport.

### Look . . . . . Listen:

It is important to be aware of your surroundings when running or walking, and for this reason we strongly recommend against the wearing of iPods.

Look and listen especially when out on the roads and streets and even in the Forest.

### Trophy winners - 2011 – senior track and field

- ◆ Champion of Champion (*senior points*)  
Kerris Browne
- ◆ Keith Hay Homes (*senior men's middle distance points*)  
Phil Kerrison
- ◆ Women's Sprints (*senior points*)  
Kerris Browne
- ◆ Cool Spring Jamaica Trophy  
Duane Willoughby
- ◆ Dorothy Malcolm Memorial Trophy  
(*Contribution to Wednesday nights as an official*)  
John Kirkland
- ◆ Lake City Athletic Club (*Coaches Trophy*)  
Dan Beazley
- ◆ Presidents Trophy (*junior points*)  
Callum Taylor

**For your physio needs contact  
The Physiotherapy Clinic –**

**[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380**

### RESULTS

#### Local track and field – 12 years and above - 16 March 2011

Denotes person aged under 12 – up graded to grade 12

#### 60 metres

Josiah Kilkelly	B14	8.2
Sam MacKenzie	B13	8.8
Talia Namana	G12	9.9
Sean Kilkelly	B12	11.4

Andrew Innes	B14	7.9
Michael Kilkelly	B14	7.9
Molly Florence	W16	8.0
Duane Willoughby	M16	8.3

#### 1 mile

Jason Steyn-Ross	M20	5.19.2
Steven O'Callaghan	M20	5.45.7
Sam Rossiter	M20	5.58.7
Duane Willoughby	M16	6.02.9
Michael Kilkelly	B14	7.11.3
Josiah Kilkelly	B14	7.11.9

Michael Rossiter	M20	7.14.1
Lily Florence	G12	7.58.7
Terina Fitzpatrick	G12*	8.03.7
Ella Florence	G13	8.10.1
Rinus Adriaansz	M50	10.23.3
Callum Taylor	B14	10.43.5
Max Bragg (w)	M65	10.58.8
Denise Caudwell (w)	W55	11.09.9
Mita Wijohn(w)	M45	11.47.5
Colin Smyth (w)	M70	12.06.2
Linda Montgomery (w)	W60	12.09.4
Maureen Heald (w)	W70	12.23.3
Doris Bragg (w)	W65	13.22.4

#### Shot put (different weights thrown)

Rinus Adriaansz	M50	5.40
Colin Smyth	M70	7.93
John Kirkland	M70	7.97
Marina Beazley	G12*	10.48
Brooklyn Tomo	B12*	7.50
Boston Tomo	M50	7.63
Mita Wijohn	M45	6.50
Andrew Innes	B14	6.40
Denise Caudwell	W55	6.52

Max		5.63
Dan Beazley	M55	8.13
Talia Namana	G12	8.47
Aria Browne	G12*	3.02
Javier Browne	B12*	4.64
Kerris Browne	W40	5.62
Chris Browne	M40	7.27
Tanja Leggett	G13	7.85
Melkorka Leggett	G12*	6.10
Linda Montgomery	W60	5.08
Maureen Heald	W70	5.30
Sharissa Hetherington	W40	5.07
Steven O'Callaghan	M20	6.34
Carole Starke	W65	4.74
Tienen Corporaal	M55	7.91
Molly Florence	W16	8.08

