



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
26 November 2016

The past week:

The weather affected club activities last week. Tuesday evening the children’s athletics took a rain check and the number attending the Thursday evening Trout Fly series was the smallest for some time. The teens and adults track and field went ahead on Wednesday evening. Their results and the Trout Fly are below.

Out of the City a number from the club took part in Tois Challenge at Whakatane on Sunday. Google Toi’s Challenge for their results

Wednesday 7 December:

This is the day of the Bay of Plenty primary schools athletics day at the Stadium’s No 2 Ground, Devon Street West. The event is primarily organized by Sport BOP but they are seeking assisting from club members on the day – no experience needed. The time frame required would be from 9.00am to around 2.30pm. Please contact Pam at 07 348 8448 or kennys@xtra.co.nz no later than Monday 28 November if you would like to assist.

Running/walking shoe discounts:



Lake City Athletic Club financial members can obtain a discount from the following Rotorua shoe retailers:

- Podium Podiatry & Footwear, 1266 Tutaneikai Street, Rotorua
- Smith Sports Shoes 1293 Tutaneikai Street, Rotorua
- Stirling Sports 1277 Tutaneikai Street, Rotorua

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

Children

Saturday 3 December - Junior athletes (up to and including 14 years) Pentathlon Day at Cambridge. 9.00am start. No entry fee. Please register no later than **Sunday 27 November** at <http://www.sportsground.co.nz/cambridgeathleticandharrierclub>

Saturday 10 December – Children’s relay championships, Tauranga

Adults

Saturday 26 November - open meeting, Tauranga Domain has been **CANCELLED**

Weekend 3 and 4 December - NZ Secondary Schools championships Waitakere, Auckland

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

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.

Children’s athletics

Arrive 4.45 to 5.00pm at the International Stadium’s No 2 ground Devon Street West. Contacts Sarah 027 347 8115 or Jessica 027 602 1396



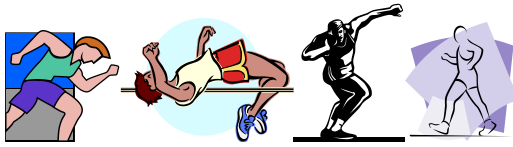
WEDNESDAYS

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

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.

The programme for next week (30 November) is: 60 metres, long jump, 800, 100 and 2,000 metres run or walk



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.

Trout Fly - fortnightly

The next event is **Thursday 1 December**

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



Whaka Forest - logging operations are continuing until approx. Thursday 22nd December

- Roads and tracks closed **all weekdays** from 4.00am to 5.00pm are Windy Rd, Eagle V's Shark and Te Rua tracks.
- Tracks closed at times between these dates are Tukonohi and Lentil Link tracks.
- The parking area at the Tarawera gate (opposite black house) will be closed off to parking.
- All roads and tracks will be open and available on weekends and weekday evenings.
- Trucking will be mostly in and out of Tarawera Rd with some loaded trucks via Windy, Red Tank and Nursery to 8 Mile Gate Rd.



RESULTS

Teens and Adults Track and Field		
16 November 2016		
** Denotes upgraded to Grade 12		
60 metres - run		
Race 1		
Apache Davidson	B14	8.7

Gideon Grace-King	B13	8.7
Billy Grace-King	**B12	10.3
Conor Lysaght	**B12	10.3
Race 2		
Lillian Muir	**G12	9.3
Isobelle Brake	G12	9.7
Mizuki Carman	B13	10.9
Corey Davidson	G12	10.9
Race 3		
Rebekah Edhouse	G14	8.2
Ashleigh Moka	G13	9.0
Maria Brunton	G13	9.8
Jacob Jansen	B12	10.9
Race 4		
Rob Lyle	M40	7.7
Jason Finnerty	M20	8.3
Matt Owen	M20	8.6
Adrian Lysaght	M40	9.5
Race 5		
Apache Davidson	B14	8.8
Gideon Grace-King	B13	8.8
60 metres - walk		
Dianne Barratt-Kendell	W55	14.5
Denise Caudwell	W60	14.8
200 metres - run		
Race 1		
Isobelle Brake	G12	35.2
Billy Grace-King	**B12	37.5
Jacob Jansen	B12	38.0
Corey Davidson	G12	38.0
Race 2		
Apache Davidson	B14	30.9
Gideon Grace-King	B13	32.9
Conor Lysaght	**B12	44.0
Race 3		
Rebekah Edhouse	G14	29.9
Ashleigh Moka	G13	33.0
Maria Brunton	G13	34.0
Race 4		
Rob Lyle	M40	26.2
Jason Finnerty	M20	28.9
Matt Owen	M20	29.5
Adrian Lysaght	M40	30.8
200 metres - walk		
Dianne Barratt-Kendell	W55	61.5
Denise Caudwell	W60	64.7
1 mile - run		
Adrian Lysaght	M40	5.34.9

Sam Rossiter	M20	5.44.0
Apache Davidson	B14	5.56.0
Phil Gulbransen	M60	6.59.1
Jason Finnerty	M20	7.07.9
Maria Brunton	G13	7.17.7
Jacob Jansen	B12	7.37.3
Corey Davidson	G12	7.44.5
Rebekah Edhouse	G14	7.50.3
Matt Owen	M20	8.26.9
1 mile - walk		
Dianne Barratt-Kendell	W55	10.36.7
Denise Caudwell	W60	12.04.0
Discus – different weights thrown		
Isobelle Brake	G12	12.76
Corey Davidson	G12	8.85
Denise Caudwell	W60	12.78
Conor Lysaght	**B12	13.12
Billy Grace-King	**B12	10.08
Gideon Grace-King	B13	17.24
Apache Davidson	B14	11.70
Jason Finnerty	M20	25.11
Matt Owen	M20	15.74
Adrian Lysaght	M40	14.38
Rinus Adriaansz	M60	13.30
Throws meet- Porritt Stadium Hamilton 19 November 2016		
Men under 18		
Alec Johnson		
Shot	4th	11.04
Discus	1st	42.45

Trout Fly - 17

December 2016

Chris Corney	1	11:07	2550
Rhys Downes	2	11:54	2550
Ronan Griffiths	3	12:00	2550
Jackson Matthews	4	12:28	2550
Emma Hickson	5	12:38	2550
Mikaia McPeak	6	12:38	2550
Ciara Griffiths	7	13:11	2550
Callum Downes	8	14:27	2550
Katie Hatcher	9	14:43	2550
Joshua Finnerty	10	15:51	2550
Olivia Harris	11	16:42	2550
Caleb Finnerty	12	16:58	2550
Katrina Finnerty	13	16:59	2550
Angela Grunwell	14	17:11	2550
Raelene Cockrell	15	17:12	2550
Hannah Hickson	16	19:41	2550
Jodie Hickson	17	21:21	2550
Amelia Matthews	18	21:43	2550

Jeanette Dekker	19	21:43	2550
Matthew Parsonage	1	17:16	5000
Dirk Peters	2	17:42	5000
Adrian Lysaght	3	18:01	5000
Hugh Bootten	4	18:18	5000
David Cronshaw	5	19:22	5000
Jason Steyn-Ross	6	19:31	5000
Megan Grant	7	19:36	5000
Clare Barratt-Wood	8	22:17	5000
Charlotte Pearson	9	22:21	5000
Chris Lord	10	22:35	5000
Kerryn Barker	11	23:04	5000
Philip Gulbransen	12	23:07	5000
Jason Finnerty	13	26:16:00	5000
Sam Atkinson	14	27:55:00	5000
Kelly Mitchell	15	27:56:00	5000
Rachael Catley	16	28:00:00	5000
Rinus Adriaansz	17	42:19:00	5000 Walker
Blake Corney			5000 DNF got lost

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

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