



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
27 February 2016

The past week:

The children's Tuesday evening athletics managed to escape the rain, but the Teens and Adults Wednesday evening track and field had to cope with damp conditions – underfoot and overhead.

Results of those club members that took part in the Athletics Waikato BOP track and field championships at Porritt Stadium, Hamilton, on the weekend are below.

Wanted:

Club members to be volunteers on the day of the Copthorne off road Half Marathon and associated events on the weekend 5/6



March. Saturday morning a number is required to assist with the start/finish set-up, collect gear from the clubrooms etc.

Sunday is the big day: Parking marshalls, pre event registration (if running or walking you can assist with registration), course marshalls, drink stations attendants etc are all required.

At the Neil Hunt Park clubrooms is a list for you to indicate your availability to assist on the weekend. If unable to get to the club rooms contact Rob Colledge (07 348 7768 evenings). Rob is co-ordinating the volunteers. **Names are needed on the list or with Rob by this Sunday 28 February.**

Should one of the events not be on your "to do list for 2016" become involved as a volunteer.

Forth coming events:

Out and in the City

Athletics - track and field - competition

Children

This Saturday 27 February – Ribbon day Porritt Stadium plus children's Athletics Waikato BOP triple jump championships

Saturday 5 March – Ribbon Day at Paeroa - 10.00am

Saturday 12 March – Athletics Waikato BOP championships at Tauranga for grade 7 to 14 inclusive.

Adults

This Saturday 27 February – met Porritt Stadium 3.30pm

Weekend 4 to 6 March - Athletics New Zealand track and field championships, Dunedin

Distance events

Sunday 6 March - The Copthorne Off Road half Marathon in Whaka Forest. Visit

www.eventpromotions.co.nz Entry forms available at the clubrooms. **You are now on the late fee**

Saturday 30 April - The 52nd Rotorua Marathon around Lake Rotorua Visit www.rotoruumarathon.co.nz Entry forms available at the clubrooms. Late entry kicks in from 1 April.

SUNDAYS

Distance athletes

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Clinic members please be there by 6.55am. The 10km clinic group met at the clubrooms 7.30am unless advised otherwise.

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

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 – are at 5.15pm at the International Stadium's No 2 Ground Devon Street West. Club nights include running, jumping throwing for those aged from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180 (Kerri).



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 including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members please be there by 5.20pm.

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

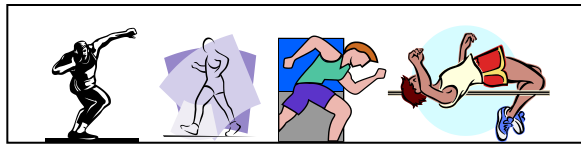
Pm -

Track and field (athletics) – the Stadium's No 2 Ground, Devon Street West, 6.15 sharp

The programme for the **2 March** is:

- 6.15pm Triple jump - championship
Javelin - championship
- 6.35pm 60 metres non championship
- 6.45pm 2km steeplechase, grade 18, masters women 35 plus, and masters men 60 plus
- 7.05pm 3km steeplechase Men 19, Men 20-34, Masters Men 35-59, Women 20-34
- 7.15pm 1 mile non-championship run or walk

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. Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies



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 including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members please be there by 5.20pm.

Trout Fly

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 the 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.



The next event is scheduled for Thursday 10 March

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 - 17 February 2016

* Denotes upgraded to B12/G12

Non championship

1 mile warm-up

Adrian Lysaght	M40	7.05.8
Sam Rossiter	M20	7.11.4
Stevie Fiske	M20	7.23.1
Jason Finnerty	M20	7.27.9
Maria Brunton	G12	7.29.3

Championships

2000 metres – walk

Rinus Adriaansz	M55	16.09.5
Sam Rossiter	M20	16.09.8

400 metres – run

Maria Brunton	G12	82.6
Christine Kerrison	W60	98.4

Sam Rossiter	M20	60.3
Jason Finnerty	M20	64.0
Stevie Fiske	M20	75.4
Chris Bycroft	M40	91.2
Chris Lord	M50	80.7
Lindsay Foster	M60	80.4
Phil Gulbransen	M60	86.2

400 metres – walk

Rinus Adriaansz	M55	3.00.1
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5000 metres – run

Sam Rossiter	M20	20.50.2
Stevie Fiske	M20	22.53.5
Jason Finnerty	M20	23.43.6
Adrian Lysaght	M40	17.32.1
Gaine Petterson	M40	19.40.9
Chris Bycroft	M40	26.04.0
Tony Broadhead	M45	17.54.0
Kerry Robinson	M45	18.45.0
Chris Corney	M50	19.39.9
Chris Lord	M50	23.15.7
Phil Gulbransen	M60	23.03.4
Lindsay Foster	M60	24.17.4
Bruce Easton	M65	23.30.5

5000 metres – walk

Rinus Adriaansz	M55	40.23.8
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Athletics Waikato BOP - track and field championships, 20-21 February 2016, Porritt Stadium, Hamilton

Alec Johnson – Men under 18

100 metres	2nd	12.16	w 1.1
200 metres	2nd	25.09	w 0.9
Shot put	2nd	10.93	5kg
Discus	2nd	36.84	1.5kg
Javelin	1st	33.08	700g

Carl Fischer – Men 20-34

800 metres	2nd	2.00.85
1500 metres	3rd	4.17.15
5000 metres	1st	16.18.0

Michael Voss - Men under 20

1500 metres	3rd	4.15.59
5000 metres	1st	15.21.0

Lucy Carey - Women 20-34

100 metres	4th	13.29	w 1.5
200 metres	4th	27.33	

Melkorka Leggett-Hilmarsdottir (Women under 18)

Javelin	1st	36.64	500gm
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Melkorka Leggett-Hilmarsdottir (Women under 20)

Javelin	1st	34.95	600gm
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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

Children's Uniforms

Kerri Lockhead - lakecityca@gmail.com
 Ph/text 027 2773180

Adults

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