



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

Email: [info@lakecity.co.nz](mailto: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**  
**28 January 2017**

### The past week:

The results of last Wednesday's teens and adult's track and field are below. These were held in fine but blustery conditions.

Since the inception of the Running Clinic in 1987 (the Marathon clinic as it was in those days) Sunday from memory was the first time the first run was held in wet and windy conditions. Well done to those that took part. Thanks to those that stood out in the wind and rain and acted as marshalls etc.

### 2017 Lake City Running Clinic:

The Lake City Running Clinic, for the 53rd Rotorua Marathon, Half Marathon and Quarter Marathon is now underway.

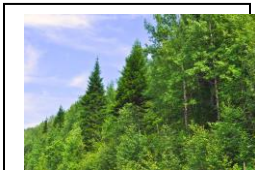
#### Meeting times/venue is:

- **Tuesday/Thursday evenings** just prior to 5.30pm, at the Neil Hunt Park clubrooms
- **Sunday mornings:** The full and half marathoners 7.00am at the Neil Hunt Park club rooms
- **The 10kers** 7.30am at the Neil Hunt Park clubrooms

If you are interested in joining the clinic and/or know of others who might be interested, please contact Teresa Martin on 0210428759; send us an email to [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com).

### Whaka Forest:

Logging operations are happening in the region of Hill Road across to the recently cutover area adjacent to



Pipeline Road. 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 any security people on site instructions.

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



### Social Sub-Committee:

A new Cub social sub-committee has been formed and are planning some fun and social activities for the year which are likely to include a quiz night, champagne breakfast, Friday night drinks....

The sub-committee would like to invite everyone to their first event being pack run's for all abilities around the Blue Lake, or further (or no run at all) and then for free BBQ sausages afterwards. BYO drinks and anything else you would like to eat.

- **When:** Thursday 2nd February at 5.45, running at 6pm
- **Where:** Blue Lake by the BBQ's (grass area)

Bring the kids too, as there will be a kids run

Come and meet the committee (Amy, Kelly, Chris, Brei, Tracey, Peter, Megan and Jodie), share any ideas and let us know if you would like to help out.

If the weather isn't looking great, it will be held at the clubrooms and a message put on Facebook on the 2nd.

### Forth coming events:

#### **SATURDAYS**

#### **Track and field – out of Rotorua**

##### **ADULTS**

**Sunday 28 January** – Grade 14/16 and U18 Interprovincial meet at Inglewood

**Saturday 4 February** – Open meeting at Porritt Stadium. 3.00pm start

**Saturday 11 February** – The Porritt Classic track and field met, Porritt Stadium, Hamilton. Visit Athletics NZ website and scroll down until the event is found. Online entry is the only way to enter and these close Friday 3 February.

#### **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.

**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

This section is underway again.

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

**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 the **1 February (next week)** is javelin and steeplechase (championship events), plus non championship 60 metres and a 1 mile. To take a podium place in a championship event you must be a financial Lake City club member.

### 2016 /2017 track Mile Series

Don't worry if you have not had a chance to do any miles yet as there are still 5 more to go in the series. The series is free to all club members. Non-members are welcome but the cost to enter is \$2 per mile.

See dates and times listed below for the remaining events.

**Please bear in mind that some evenings the event may start slightly ahead of the time listed.**

- 1st February, 7:05pm
- 1 March 7.00pm
- 8th February, 7:05pm
- 22nd February, 7:00pm
- 8th March, 7.30pm



## THURSDAYS

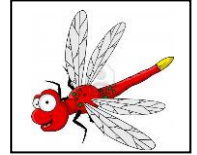
### Walkers

**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 the all sections of the Running clinic . Meet just before 5.30 please.



### Trout Fly - fortnightly

The next event is **Thursday 9**

**February** 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](mailto:chris-donna@xtra.co.nz)

### 2017 Distance events in Rotorua:

**Sunday 5 March** - The club's Cophorne 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](http://www.eventpromtions.co.nz)

**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.rotoruaramarathon.co.nz](http://www.rotoruaramarathon.co.nz)



### Officials training day

Athletics Waikato BOP are holding an officials training day on Sunday 5 February, 9.00am Porritt Stadium, Hamilton. No course fees. If interested in attending please contact Heather O'Hagan by Sunday 29 January advising her - name: club: phone and email details: current grading (if any).

Heathers' details are Phone: ah: 07 862 7163 Email [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)

Heather is also seeking officials and volunteers to assist at the Athletics NZ track and field champs (17/18/19 March) being held at Porritt Stadium, Hamilton. Heather's contact details are above.

### The Magic Mile: Wednesday 1 March 2017

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 prior to 7.00pm for registration etc.

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 5 week 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](http://www.milermethod.com/bootcamps) for the Rotorua Bootcamp. As part of the Miler Method Boot Camp building up to the final boot camp mile on 1 March, Club members Kim Stevenson and Jason Cameron are holding weekly group workouts on Wednesday evenings 4.30pm from Neil Hunt Park and Saturday mornings 9.00am at Puarenga Park behind MIGS Gym. Contact either Kim 021 082 22590 or Jason 027 2498 020 interested.

You don't have to have joined the 5 week programme to participate on 1 March.

Want to practice over the real distance then come to the Club's Wednesday track and field sessions 1, 8, and 22nd February. See above under Wednesday

## RESULTS

<b>Teens and Adults - 18 January 2017</b>		
* Denotes upgraded to Grade 12 (v) = visitor		
<b>100 metres - run - non championship</b>		
Race 1		
Rebekah Edhouse	G14	13.3
Gisele Howard	G12	15.2
Anja Crombie	*G12	15.7
Race 2		
Alec Johnson	M18	12.0
Julian Smith (v)	MU20	12.5
Kurt Rice (v)	M20	13.2
Race 3		
Jason Finnerty	M20	13.2
Bryn Hoffman	M35	14.7
Mark Geddes	M55	17.0
Chris Bycroft	M45	18.1
Race 4		
Apache Davidson	B14	13.8
Jesse Pakinga-Lawson	B13	14.8

<b>100 metres - walk - non championship</b>		
Diane Barrett-Kendall	W55	23.1
Denise Caudwell	W60	27.0
Mark Geddes	M55	27.5
<b>400 metres - run- championship</b>		
Race 1		
Apache Davidson	B14	65.8
Rebekah Edhouse	G14	71.6
Gisele Howard	G12	73.6
Anja Crombie	*G12	84.3
Elliott Castle	*B12	94.3
Race 2		
Kurt Rice (v)	M20	58.0
Julian Smith (v)	M20	61.2
Sam Rossiter	M20	62.1
Alec Johnson	M18	66.2
Jason Finnerty	M20	67.5
Bryn Hoffman	M35	72.5
Chris Bycroft	M45	89.6
<b>400 metres - walk - championship</b>		
Mark Geddes	M55	2.16.6
Denise Caudwell	W60	2.40.5
Rinus Adriaansz	M60	2.55.0
Sharissa Hetherington	W45	5.06.2
<b>3000 metres - run- championship</b>		
Jason Cameron	M45	9.51.6
Matt Parsonage	M35	9.56.6
Adrian Lysaght	M40	10.26.9
Tony Broadhead	M45	10.45.6
Stephen Bjarnesen	M20	10.57.4
Apache Davidson	B14	11.24.4
Megan Grant	W20	11.25.9
Tracey Hay	W20	11.51.2
Sam Rossiter	M20	12.19.1
Bryn Hoffman	M35	12.20.1
Jason Finnerty	M20	13.39.9
Gisele Howard	G12	13.43.1
Phil Gulbransen	M60	13.46.5
Anja Crombie	*G12	14.23.0
Chris Bycroft	M45	14.23.9
Kurt Rice (v)	M20	14.56.0
Alec Johnson	M18	16.05.0
Doug Howard (v)	M40	16.08.0

<b>3000 metres – walk – championship</b>		
Diane Barrett-Kendall	W55	19.35.6
Mark Geddes	M55	19.50.2
Rinus Adriaansz	M60	24.48.9
<b>Shot put - championship – (different weights thrown)</b>		
Sharissa Hetherington	W45	4.42
Gisele Howard	G12	7.23
Sam Rossiter	M20	6.99
Jason Finnerty	M20	8.28
Alec Johnson	M18	10.82
Kurt Rice (v)	M20	5.99
Apache Davidson	B14	5.62
Anja Crombie	*G12	5.94
Denise Caudwell	W55	5.61
Bryn Hoffman	M35	7.85
Jesse Pakinga-Lawson	B13	10.10
Rinus Adriaansz	M60	5.08
Mark Geddes	M55	5.26

### **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