



Website: www.lakecity.co.nz
 Email: info@lakecity.co.nz
 Clubrooms: Neil Hunt Park off Tarawera Road
 Lynmore – Rotorua

GUFF SHEET
28 February 2015

The past week:

Local track and field – Another session for both sections of the club were completed this past week. The teens and adults results are below.

Out of town track and field

Children - The Bellevue/Greerton ribbon day was held at Tauranga on Saturday with a number of club members taking part.

Teens and adults – results from the Athletics Waikato BOP championships are below. Special mention must be made of Michael Voss's 5000 metres performance - 15.35.23. Great running!

Club Membership cards:

Those that have joined the Club via the Running Clinic please note your membership cards are now available from the Neil Hunt Park clubrooms. They are on the table to left inside the outside door. If you have paid your dues in the last few days please allow time for them to be processed.

Events on the local scene and out of town:

SATURDAYS

Track and field

Adults

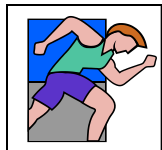
This February 28 - Open meeting Porritt Stadium, Hamilton - 3.00pm

Children

This Saturday 28 February – Ribbon Day at Paeroa

Saturday 7 March – The Athletics Waikato Bay of Plenty Children Championships, Porritt Stadium, Hamilton, 9.30am. Entries have closed.

The Athletics Waikato BOP children's committee is asking for chiefs to help at their championships on 7 March. Even if you are not qualified to be a "Chief", but can assist please contact Wendy at wmoess@actrix.co.nz



SUNDAYS

Distance athletes

Running clinic - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions: 10kers meet at 7.25am at a venue to be advised

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759): Email lakecitymarathonclinic@gmail.com

Other that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.
Those that walk – Meet just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

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

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Children's summer athletics - The weekly Tuesday sessions are at the International Stadium, No 2 ground, Devon Street West.

Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



Those children who won trophies last year please return them to the Tuesday evening sessions, giving it to either Kerri or Wendy.

The children's championship programme is starting 3 March and continuing until 17 March. Please note that the Club's correct uniform is to be worn.

Mums and dads note that on Sunday 8 March at the Off Road half marathon and associated events there are events for children; 9.00am 1.5km fun run for 3 to 6 years; 9.10am 2.5km fun run for 7 to 10 years. The event headquarters are at the Waipa Mountain Bike carpark. Early entry has closed. The entry fee is now \$15.00. Visit www.eventpromotions.co.nz for entry details etc.

Distance athletes

Running clinic – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

WEDNESDAYS

Am

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Pm - The weekly track and field (summer athletics) for those 12 and above are at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp.

The championship programme is well underway. Please note to take a championship placing you must be a fully paid up financial member of the Club for the financial year ending 31 March 2015.

Championship Programme 4 March is:		
6.15pm	Triple jump Javelin	championship – all grades championship – all grades
6.35pm	60 metres	Non championship
6.45pm	2km steeplechase	Championship for men and women grade 16, masters women 35 plus, master men 60 plus
7.05pm	200 metres	Non championship
	3km steeplechase	for men 19, senior men 20-34) and masters men 35-59
	2km run/walk	Non championship

All events cater for those that walk
Contact: Lindsay Foster (348 6818)



THURSDAYS

Weekly

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa By Pass Road

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Running clinic – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 12 March - You have

a choice of 2.5km or 5.0km run, jog or walk on a flat course.

Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with the event starting at 6.15pm sharp. Cost \$5.00 for adults and \$3.00 for children. Contact – Chris Corney – 021 770 366



Upcoming distance events:

Wednesday 4 March - New Zealand top runners, East African based Zane and Jake Roberston will be hosting a session of drills etc on Wednesday 4 March 4.00pm at Hamilton's Porritt Stadium. RSPV to administrator@athleticswbop.org.nz if you are attending. Zane recently recorded a New Zealand national record when he ran 59.47 for the half marathon distance in Marugame, Japan

Sunday 8 March – In Rotorua is the Copthorne off Road ½ Marathon, ¼ marathon, 5km and Little Devils Fun Run. Early entry has closed. This club owned event is based in Whaka Forest and takes in some of the fabulous tracks and roads of the Forest. It is an event not to be missed!

Pick up an entry form from the Neil Hunt Park clubrooms or visit www.eventpromotions.co.nz or the clubs website (www.lakecity.co.nz) and search under Events.

As this is a Lake City Athletic Club owned event volunteers from the club are required to assist on Saturday with pre event set up, and on Sunday with the actual event. i.e. registration, marshalls, drink stations etc. **The list is now at the Neil Hunt Park clubrooms to indicate if you, a family member or friend can assist on either or both days.**

Saturday 2 May - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via www.rotoruarunners.co.nz

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

Nikki Mitchell - Ph: 349 2920 (evenings):

Mobile 027 464 8546

Sarah Wiwarena – Ph: 348 7674 (evenings):

Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.

RESULTS

Teens and Adults Track and Field –

18 February 2015 (perfect evening) * Denotes: an athlete under Grade 12 – up graded to Grade 12

Championship events

Boys 12

Long jump	Bradley Rumble	3.51
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Boys 14

1200 metres - walk	Brooklyn Tomo	10.12.0
Long jump	Brooklyn Tomo	4.23

Men 20

2000 metres - walk	Sam Rossiter	12.37.6
5000 metres - run	Steven O'Callaghan	16.53.0
	Jason Steyn-Ross	17.34.0
	Sam Rossiter	21.48.2
Long jump	Sam Rossiter	4.35

Men 40

2000 metres - walk	Adrian Lysaght	16.24.7
5000 metres - run	Adrian Lysaght	17.06.2
Long jump	Adrian Lysaght	3.26

Men 45

5000 metres - run	Colin Davis	23.48.5
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Men 50

2000 metres - walk	Mark Geddes	12.42.6
5000 metres - walk	Mark Geddes	34.18.6
5000 metres - run	Chris Corney	17.45.3
	Dave Cronshaw	19.08.1

Men 55

2000 metres - walk	Rinus Adriaansz	15.11.5
	Don Morrison	17.45.0
5000 metres - walk	Rinus Adriaansz	42.02.5
5000 metres - run	Don Morrison	24.24.4

Men 70

2000 metres - walk	Peter Vyver	17.35.5
5000 metres - run	Max Bragg	24.53.4
	Peter Vyver	28.53.4
	Peter Vyver	1.59

Long jump

Women 45

5000 metres - run	Karyn McCready	21.20.5
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Women 50

2000 metres - walk	Mere Attwater	15.16.4
5000 metres - run	Luanna George	25.47.3
	Louise Rickard	29.08.7
Long jump	Luanna George	2.58
	Mere Attwater	2.20

Women 60

2000 metres - walk	Denise Caudwell	14.58.1
Long Jump	Denise Caudwell	2.69

Non championship

60 metres

Rebekah Edhouse	G12	9.6
Mere Attwater	W50	11.1

Long jump

Paetahi Mitchell	*B12	3.24
Rebekah Edhouse	G12	3.22

Open track and field meeting- Porritt Stadium - 14 February 2015

Molly Florence

100 metres	1st	12.51	
200 metres	1st	25.39	w 0.3

Alec Johnson

100 metres open	6th	12.64	w 1.9
Shot put	2nd	10.49	5.00kg
Discus	2nd	33.85	1.5kg

Athletics Waikato BOP teens and adults track and field championships

Day 1 – Porritt Stadium, Hamilton - 21 February 2015

Molly Florence

Senior women	100 metres	1st	12.25	w1.1
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Alec Johnson

Youth men	100 metres	4th	12.06	w2.2
	Shot put	1st	10.91	5kg
	Discus	2nd	35.23	1.5kg

Day 2 – Tauranga Domain- 22 February 2015

Molly Florence

Senior women	200 metres	1st	25.20	w1.0
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Alec Johnson

Youth men	200 metres	4th	24.64	w0.7
	Javelin	1st	34.67	700gm

Melkorka Leggett

Youth women	Javelin	1st	30.94	500gm
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Michael Voss

Junior men	5000 metres	1st	15.35.23	
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Neil Hunt Park clubrooms:

Lights are being left on in the Neil Hunt Park clubrooms.

If you are the last to leave the clubrooms, please ensure all lights are out, as well as windows and doors closed.

It only takes a few minutes to check out the building.



Please turn me off!