



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

GUFF SHEET
28 November 2015

The past week:

The fine weather allowed both sections of the Club's track and field activities to go ahead last week.

The Thursday fortnightly Trout Fly event had again large numbers in attendance. Results are below.

Forth coming events:

SATURDAYS

Athletics - track and field – Weekend competition
Children

This Saturday 28 November - Children's pentathlon day at Cambridge

Adults

Saturday 28 November - open meet at Tauranga Domain 3.00pm. Programme details at www.athleticswaikatobayofplenty.org.nz

SUNDAYS

Distance athletes

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 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 - 07 346 3289 ah or 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 the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180

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 leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

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

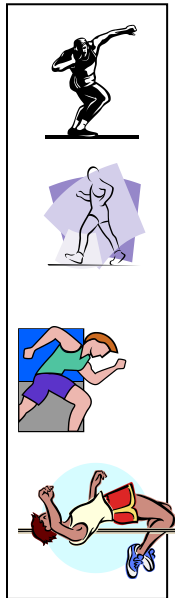
Pm –

Track and field (athletics) –

On the programme next Wednesday (2/12) at the Stadium's No 2 Ground, Devon Street West is:

- 6.15pm 60 metres
- 6.30pm Long jump
- 6.45pm 800 metres
- 7.00pm 100 metres
- 7.15pm 2000 metres run/walk

Come along and take part in the fortnightly mile (and if you wish other events) and judge how your fitness levels are coming along: challenge a running or walking colleague: learn pace judgment; increase your speed base: all while enjoying something different.



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. Please note: Only those who are current financial members of the Club will be able to take podium placings in the club championships when they commence late January next year.

THURSDAYS

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

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

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 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 3 December.

For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz If you can help with this event please contact Chris.

Tree felling in Whaka Forest:

Land prep operations are happening for approximately one week in the following areas.

- Lentil Link and Sidewinder will be CLOSED until the Land prep operations have been completed.

No Roads or Walking tracks will be CLOSED but CAUTION will be required. There will still be machinery on site in the Pipeline Road area undertaking the clean-up. Tracks and roads will be open but caution is required.

Your last opportunity to purchase:

"PETER SNELL AND THE KIWIS WHO FLEW" This book can be purchased direct from the author via: vernwalkernz@gmail.com. Ph: 09 8176002 evenings. Cost is \$45.50c (\$45.00, discounted to \$40.00, + postage of \$5.50c).

It is a great read, especially for those that competed in the early 1960s era. Would make a great Christmas present.

RESULTS

Adults and teens track and field - No 2 Ground, Stadium - 11 November 2015

18 November 2015

100 metres – run

Rebekah Edhouse	G13	13.9
Paetahi Mitchell	B12	14.4
Jaeda Smith	B13	15.0
Rob Lyle	M40	13.2
Stevie Fiske	M20	15.5
Grant Unkovich	M50	16.7
Christine Kerrison	W60	19.8
Alec Johnson	M18	12.3
Rebekah Edhouse	G13	13.5
Jaeda Smith	B13	14.7
Ronan Griffiths	B12	18.3
Siobhan Griffiths	W40	19.1



100 metres – walk

Denise Caudwell	W60	30.1
Alan Ryan	M65	35.9

200 metres - run

Rebekah Edhouse	G13	30.8
Paetahi Mitchell	B12	31.1
Jaeda Smith	B13	31.6
Hannah Muir	G12	32.3

Alec Johnson	M18	25.9
Rob Lyle	M40	26.9
Grant Unkovich	M50	35.8
Ronan Griffiths	B12	40.7

Stevie Fiske	M20	33.8
Christine Kerrison	W60	46.2

200 metres – walk

Denise Caudwell	W60	70.9
Alan Ryan	M65	77.7

3000 metre –run

Steven O'Callaghan	M20	10.15.0
Jason Steyn-Ross	M20	10.59.0
Sam Rossiter	M20	11.51.0
Luke Crombie	B12	12.53.0
Allan Crombie	M45	12.54.0
Siobhan Griffiths	W40	12.55.0
Phil Gulbransen	M60	12.57.0
Stevie Fiske	M20	13.15.0
Lindsay Foster	M60	13.16.0
Campbell Horn	M65	14.15.0
Max Bragg	M70	15.07.0
Ronan Griffiths	B12	15.45.0
Hannah Muir	G12	16.16.0

3000 metre – walk

Denise Caudwell	W60	23.38.0
Allan Ryan	M65	23.54.0
Tom Lamason	M70	26.42.0

Javelin (different weights thrown)

Rinus Adriaansz	M55	11.92
Sam Rossiter	M20	29.31
Denise Caudwell	W60	8.70
Alec Johnson	M18	32.65
Rob Lyle	M40	24.11
Christine Kerrison	W60	12.85

Athletics Waikato BOP Track and Field - Porritt Stadium 21 November 2015

Alec Johnson			
100 metres	6th	12.55	
200 metres	6th	24.96	
Shot put	8th	11.22	5kg
Javelin	1st	35.04	700g

Trout Fly 19 Nov 2015**Event 2****2500 metres**

Sam Rossiter	1	9:00	2550
Kerry Robinson	2	9:42	2550
Richard Werahiko	3	11:15	2550
Sarah Lei	4	11:45	2550
John Marten	5	12:06	2550
Martin Harris	6	12:35	2550
Tom Yetsenga	7	12:40	2550
James Watson	8	12:47	2550
Emma Hickson	9	12:47	2550
Len Watson	10	12:54	2550
Freya Lord	11	12:58	2550
Ronan Griffiths	12	13:11	2550
Max Peterson	13	13:12	2550
Ciara Griffiths	14	13:13	2550
Trevor Smith	15	13:27	2550
Alex Sole	16	13:56	2550
Cody Shilton	17	14:14	2550
Javern Courtney	18	14:16	2550
Kerris Browne	19	14:39	2550
Hannah Shilton	20	14:41	2550
Bart Yetsenga	21	15:10	2550
Anita Roy	22	16:18	2550
Hannah Hickson	23	16:57	2550
Jodie Hickson	24	16:58	2550
Liam Hofman	25	17:38	2550
Ella Scott	26	17:39	2550
Greg Scott	27	17:40	2550
Elliot Castle	28	18:04	2550
Hayley Bason	29	18:10	2550
?????	30	19:00	2550
Katie Roy	31	19:11	2550
Claire Roy	32	19:26	2550
Charlotte Hamilton	33	19:28	2550
Erica Shilton	34	19:35	2550
Jasper Dobson	35	20:34	2550
Ian Dobson	36	20:40	2550
Rachael Hofmann	37	21:37	2550
Lauryn Hofman	38	21:38	2550
Lorna Dobson	39	22:20	2550
Peter Roy	40	22:43	2550
Eden Lynd	41	23:13	2550
Heather Wickett	42	23:19	2550
Kelly Mitchell	43	23:53	2550
Sam Atkinson	44	23:53	2550
Maureen Heald	45	24:30:00	2550 walker
Linda Montgomery	46	24:30:00	2550 walker
Alison King	47	26:07:00	2550
Tina Louise	48	26:33:00	2550 walker
Lucy Fisken	49	26:58:00	2550
Nicola Fisken	50	26:58:00	2550
Rachelle Cavanagh	51	27:00:00	2550
Liam Murphy	52	27:03:00	2550
?????	53	27:04:00	2550

5000 metres

Tony Broadhead	1	18:38	5000
Jason Steyn-Ross	2	19:03	5000
Sue Crowley	3	19:12	5000
Stephen Bjarnesen	4	19:13	5000
Gaine Petterson	5	20:07	5000
Greg Flynn	6	20:14	5000
Neil Kerrison	7	20:39	5000
Fred Shilton	8	21:23	5000
Bryn Hofmann	9	21:55	5000
Philip Gulbransen	10	22:09	5000
Graeme Pearson	11	22:32	5000
Tracey Hay	12	22:37	5000
Stevie Fiske	13	22:40	5000
Erin Leahy	14	23:00	5000
Scott Curran	15	23:05	5000
Richard Ball	16	23:31	5000
Karen Burns	17	23:32	5000
Bruce Easton	18	23:37	5000
Jason Finnerty	19	23:51	5000
Steve Bradley	20	24:08:00	5000
Sarah Manders	21	24:09:00	5000
John Harvey	22	24:13:00	5000
Colin Davis	23	24:25:00	5000
Rhys Downes	24	24:29:00	5000
Amy Bray	25	24:36:00	5000
Paul Carpenter	26	24:43:00	5000
Shayne Hossack	27	24:50:00	5000
Arturo Pingol	28	26:42:00	5000
Chris Browne	29	27:33:00	5000
Jack Peterson	30	27:41:00	5000
Lewis Yetsenga	31	27:48:00	5000
Becky Dimock	32	27:58:00	5000
Matt Fisken	33	28:25:00	5000
Kirsty Peterson	34	28:47:00	5000
Kasper Grunwell	35	29:22:00	5000
Hayden Martin	36	29:41:00	5000
Teresa Martin	37	29:42:00	5000
Sarah Nutall	38	30:07:00	5000
Sally Bradley	39	30:10:00	5000
Dee Horne	40	30:11:00	5000
Peter Vyver	41	30:17:00	5000
Rachael Catley	42	31:35:00	5000
Clare Jessep	43	31:38:00	5000
Angela Grunwell	44	34:38:00	5000
Susan Storvold	45	34:43:00	5000
Linda Johnston	46	34:47:00	5000
Mary Ann Nixon	47	34:49:00	5000
Antonia Wright	48	35:07:00	5000
Rachael Browne	49	36:46:00	5000
Denise Caudwell	50	37:02:00	5000 walker
Lance Shilton	51	37:33:00	5000 walker
Gay Timpany	52	39:32:00	5000 walker
Alan Ryan	53	39:33:00	5000 walker
Diane Barratt-Kendell	54	42:40:00	5000 walker
Rinus Adriaansz	55	42:41:00	5000 walker
Rebecca Norton	56	48:55:00	5000 walker
Carol Warren	57	48:56:00	5000 walker

Gay Bollmann 58 52:40:00 5000 walker
Tom Toki 59 52:44:00 5000 walker

June Jones and Ngahere Tapara are both registered for the 2.55 km but they don't appear on the results. Plus there are two times that don't have names attached to them???. If it's them which time belongs to whom?

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

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546