



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

GUFF SHEET
29 November 2014

The past week:

Another week where the weather hampered club activities.

Tuesday evening saw the children's athletics held, but another damp Wednesday evening curtailed the teens and adults track and field. Results of the limited events held are herewith.

The results of Thursday fortnightly Trout Fly which was blessed with fine weather are below.

Out of Rotorua a number of club members participated in the Queenstown marathon and associated events, while locally others took part in the various events associated with the Running Festival. Results of both these can be viewed on the respective events websites.

The Club's Children's Ribbon Day:

After a damp start the Club's annual children's Ribbon Day at the Stadium's No 2 ground went ahead. The Children's Committee would like to thank all the Lake City members who assisted in both the lead up and running of the Ribbon Day, especially Lindsay Foster and Kerris Browne. The children had a great time and you helped to make that happen.

Entry into Children's Colgate Games:

Entries to the Colgate Games need to be sent to Wendy Monk by the 29th November, the official closing date is the 30th. However Wendy requires time to enter the children's forms online and entries can only be done by the club. Payment needs to be made to the club, if internet banking ensure you enter Colgate in reference so that these fees can be easily identified. Entry form available on Athletics NZ website: please send completed forms (advise how paid) to wmoess@actrix.co.nz

Events on the local scene and out of town:

SATURDAYS

Track and field

This Saturday 29 November -

Children -

Relay championship day at the Tauranga Domain 9.30am

Adults

No competition



Distance

This Sunday 30 November - The Hidden Trails town and country half marathon, 11km fun run walk and junior 4km run. This Kawerau based event winds its way through the trails of the native bush, farm roads to finish by a stream reserve.

SUNDAYS

Distance athletes

Those 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, and commence at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



Distance athletes

Runners

Some meet 4.45pm, 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 at the Stadium's No 2 Ground, Devon Street West. The action kicks off at 6.15pm sharp. Don't be shy - come and try some new skills - there's something for everyone! All welcome, runners, walkers, throwers, jumpers

The programme for next Wednesday 3 December is

<u>6.15pm</u>	1200 metre walk all grades Javelin Triple/long jump
<u>6.30pm</u>	60 metres
<u>6.45pm</u>	100 metres
<u>7.00pm</u>	400 metres
<u>7.20pm</u>	2km run and modified Steeplechase (grade 16 and above)



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

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

5:45pm

Running techniques at the Neil Hunt car park - (will include the fortnightly Trout Fly). Suitable for beginner joggers to improve runners - nobody is left behind! Contact Kerris 021 753691, email swingmills@xtra.co.nz,

or check out Jogging the Power pole facebook page: <https://www.facebook.com/groups/joggingthepowerpole/>

Fortnightly

The Trout fly series

Next event 4 December - You have a choice of 3km 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



Club email address:

Should you wish to communicate with the club via email please note that the club's address is now info@lakecity.co.nz

Whaka Forest – tree felling

During working hours tree felling is still happening in the region of Radio Hut Road and Nursery Road. Should be you be lucky enough to run / walk or mountain bike in the Forest during working hours please keep clear of this area. Do not enter any closed off areas.



Free Info Evening - Round Rarotonga 2015

Wednesday 26th November 7:30pm at the Lake City Athletic clubrooms, Neil Hunt Park to find out what this running holiday is all about, when, where, who is going, and how much it costs. If you've never done a running holiday before, this is very interesting! Stories from those who have been - place getters, back of the pack, and kids in the relays. Real variety of running, walking and fun relay events on an awesome little paradise where you don't even need a visa and can take your own meat on the plane. We need to place our \$100 deposits very soon to get our discounted group accommodation before the Aussies take over!! Contact Kerris Browne for more info email swingmills@xtra.co.nz , 021 753691 or facebook group: <https://www.facebook.com/groups/RotoruansRaro/>

Christmas stocking fillers:

In the last 12 months there have been a couple of excellent books published, that you may wish to put on your Christmas list. The first is Simon Earle's "Take on the Lake" the story of the Rotorua Marathon. Simon can be contacted at 07 347 0519 or the book can be purchased for McLeod's Booksellers, Pukuatua Street. The second book is Vern Walkers "Peter

Snell and the Kiwis that Flew". Paper Plus are the stockiest of Vern's book.

RESULTS

Teens and Adults Track and Field – No 2 ground - Rotorua 19 November (wet evening) * denotes under 12 up graded

100 metres

Alec Johnson	MU16	12.3
Tom Voysey	MU18	13.0
Sam Rossiter	M20	14.2
Adrian Lysaght	M40	14.6

Jerome Kilkelly	B13	15.5
Renee Dudson	G12	16.0
Grace Kilkelly	GU16	16.4
Maddison Mitchell	G12	17.2
Maureen Kilkelly	*G12	23.0

400 metres

Sam Rossiter	M20	61.8
Adrian Lysaght	M40	65.6
Alec Johnson	MU16	72.0
Maddison Mitchell	G12	75.8
Jerome Kilkelly	B13	78.7
Shannon-Leigh Litt	W20	98.6
Maureen Kilkelly	*G12	1.58.1

1500 metres

Adrian Lysaght	M40	5.04.8
Maddison Mitchell	G12	6.12.7
Shannon-Leigh Litt	W20	6.19.8

Discus (different weights thrown)

Pahu	B13	30.12
Bradley	B12	27.28
Alec Johnson	MU16	41.00
Adrian Lysaght	M40	14.15
Jerome Kilkelly	B13	12.06

Athletics Waikato BOP – open meet – Tauranga – 22 November 2014

Molly Florence - Women 19

100 metres	1st	12.27
200 metres	1st	26.02

Alec Johnson – Men under 16

100 metres	1st	11.97	
200 metres	3rd	24.79	
Javelin	1st	32.44	700g
Shot put	1st	10.39	5kg
Discus	1st	42.22	1.25kg

Melkorka Leggett - Women under 16

Javelin	1st	31.74	500g
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Trout Fly - 20 November 2014 - Event 2

2880 metres			
Jason Steyn-Ross	1	10:12	2880
Chris Lord	2	12:05	2880
Hannah Gapes	3	12:08	2880
Kelly Mitchell	4	13:15	2880
Conor Lysaght	5	13:25	2880

Lewis Yetsenga	6	13:56	2880	
Stella Win	7	14:09	2880	
Tom Yetsenga	8	14:09	2880	
Adrian Hutchings	9	14:20	2880	
Kaleigh Aitchinson	10	14:27	2880	
Hannah Shilton	11	14:53	2880	
Locky Kidd	12	15:06	2880	
Greg Kidd	13	15:07	2880	
Freya Lord	14	15:10	2880	
Michael Rossiter	15	16:38	2880	
Brooke Kendall	16	16:51	2880	
Lily Gordon	17	16:55	2880	
Kathy Jackson	18	16:56	2880	
Irene Law	19	18:19	2880	
Kate Shapley	20	18:23	2880	
Gillian Shapley	21	18:23	2880	
Javier Browne	22	21:37	2880	
Adam Morris	23	21:38	2880	
Cameron Glasgow	24	21:39	2880	
Jeremy Goh	25	23:01	2880	
Olivia Goh	26	23:02	2880	
Kerris Browne	27	23:03	2880	
Bradley Law	28	24:34	2880	
Joel Nicholson	29	24:36	2880	
Hamish Lawes	30	26:24	2880	
Max Kidd	31	26:28	2880	
Stephanie Kidd	32	26:29	2880	
Jade Mitchell	33	31:15	2880	
Eleanor Crowley	34	31:17	2880	
Clodagh Nicholson	35	31:20	2880	
Rachelle Wollard	36	31:21	2880	
Cody Shilton	37	31:21	2880	
Stacy Berry	38	31:22	2880	
Erica Shilton	39	31:33	2880	
5000 metres				
Steven O'Callaghan	1	17:15	5000	+ pram
Carl Fisher	2	17:46	5000	
Sue Crowley	3	18:31	5000	
Colin Earwaker	4	20:32	5000	
Sam Rossiter	5	20:50	5000	
Charlotte Pearson	6	20:56	5000	
Bruce Law	7	21:25	5000	
Matthew Dunn	8	21:35	5000	
Chris Browne	9	21:58	5000	
Shannon-Leigh Litt	10	22:02	5000	
Graeme Moore	11	22:14	5000	
Bruce Easton	12	22:21	5000	
Sarah Lei	13	22:39	5000	
Nick Jeffrey	14	22:42	5000	
Campbell Horn	15	22:48	5000	
John Harvey	16	22:52	5000	
Grant Utteridge	17	22:54	5000	
Graeme Pearson	18	23:03	5000	
Philip Gulbransen	19	23:15	5000	
Sarah Manders	20	24:09	5000	

Ed Osborne	21	24:28	5000	
Martin Harris	22	24:39	5000	
Josh Greeves	23	25:04	5000	
Nicola Fisken	24	25:22	5000	
Matt Fisken	25	25:22	5000	
Lawrie Scott	26	26:37	5000	
James Watson	27	26:44	5000	
Alison Scott	28	27:03	5000	
Becky Dimock	29	27:09	5000	
Bart Yetsenga	30	27:09	5000	
Rachael Catley	31	27:16	5000	
Peter Vyver	32	27:23	5000	
Peter Bloore	33	28:07	5000	
Chris Bycroft	34	28:13	5000	
Agnes Stokland	35	28:15	5000	
Liam Murphy	36	28:36	5000	
Jordon Jones	37	30:00	5000	
Sheryl Pearson	38	30:11	5000	
Robert Corbett	39	30:21	5000	
Katherine Phillips	40	30:25	5000	
Kate Wareing	41	30:28	5000	
Dennis Phillips	42	30:44	5000	
Ann Eastcott	43	30:49	5000	
Frances Fordyce	44	30:49	5000	
Samantha Henderson	45	31:32	5000	+ pram
Leanne Wills	46	31:54	5000	
Nicky Hayes	47	33:29	5000	
Marinus Adriaansz	48	41:20	5000	walker
Rachelle Cavanagh	49	48:39	5000	walker
Linda Johnston	50	48:39	5000	walker

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

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.