



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

**GUFF SHEET**  
**2 April 2016**

### The past week:

Again the weather person has not been kind to us. The mid-week clinic runs and walks had to contend with damp weather: the final Trout Fly had winter like conditions: the children’s Tuesday evening athletics also had dampish conditions for their final night of activities.

With the club’s various summer activities winding up its time to thank those that have given up their time to make them happen:

- the children’s athletics would not be possible without the core group of people that have been involved over the weeks
- the teens and adults track and field have had regulars turn up each week - some even managing the odd run, jump or throw
- the Trout Fly has seen a number of “new” faces assisting with the various areas of the event

A big thank is extended to all that have stepped up as volunteers over the summer months.



**back** this coming

Saturday pm by one hour. Other words daylight savings ends. On your mid-week runs or walks be safe by being seen. Don’t wear dark clothing: don’t run or walk all over the roads: wear a Hi Vis vest.

### Renewal of club membership:

You are now nearer to being able to renew our membership/subscription with the Club.

With the move to online registration each member will receive an email within the next few days from the Club advising of the new procedure for online

registration. Each financial member and those who were financial for the previous 12 months will be advised of their own UserID and Password.

You will be given a link to the appropriate data base and from there you will be able to login and see what information is wanted and make payment. The link will give you access to your existing records which in some instances you will have to update.

Provision has been made for those that do not have access to the online registration system. Refer to the clubs website [www.lakecity.co.nz](http://www.lakecity.co.nz) for the “manual form” or uplift one from the clubrooms.

**Please note those of you that have joined the Club in January/February as a new member via the Running Clinic no action is required to be taken by you. You have paid your membership as a Social Member for the forthcoming financial year.**

*John Marten – Club secretary/treasurer 029 348 2849*

### Forth coming events:

#### **In the City**

#### **Distance events**

**Saturday 30 April** - The 52nd Rotorua Marathon around Lake Rotorua Visit [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) Entry forms available at the clubrooms. You are now on the late entry fee.

#### **SATURDAYS**

With the club’s summer activities in wind up mode, the Saturday afternoon winter activities will commence Saturday 16 April. Meeting time is 1.45pm at the Neil Hunt Park club rooms. There will be some form of exercise for all – the young, the old, runners, walkers, the fast or slow or the in between. All welcome.

#### **SUNDAYS**

#### **Distance athletes**

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. . 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

### 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.

## 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

## 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.

## Tree felling in Whaka Forest:

Tree felling is happening along Hill and Pipeline Roads. Road closures week days include Hill, Pipeline, Reservoir, Nice, Chestnut and Moerangi Roads. Please adhere to safety notices, road closures and directions from security people that maybe on sight.



## Trophy Winners: teens and adults track and field

### Champion of Champions

Awarded on a point's basis from athletes 15 years plus (male or female) for overall points attained in the championship programme - **2016 – Sam Rossiter**

### Keith Hay Homes – Men's middle distance

Awarded on a point's basis - Points accumulated in the 800, 1500 and 3000 metres championship events - **2016 - Sam Rossiter**

### Sprint trophy – women's sprints

Awarded to woman who has amassed the greatest number of points over 100,200,400 metres championship events - **2016 - Maria Brunton**

### President's Trophy

Awarded on a points basis from athletes 12, 13, 14 years (male or female) for overall points attained in the championship programme - **2016 - Maria Brunton**

### Cool Spring Trophy

Best all round performances by an athlete aged 15 to 19 years in the championships – **2016 - Alec Johnson**

### Pentathlon Trophy

**Men** - Most points achieved across the Pentathlon evenings - **2016 - Alec Johnson**

**Women** - Most points achieved across the Pentathlon evenings - **2016 – Denise Caudwell**

### Dorothy Malcolm Memorial Trophy

Awarded to the persons who have made the greatest contribution to Wednesday evening's senior track and field – **2016 – Phil and Christine Kerrison**

Certificates are at the Neil Hunt Park clubrooms for the following to uplift

Doris and Max Bragg  
Tony Broadhead  
Wayne Cameron  
Alan and Luke Crombie  
Luanna George  
Gaine Petterson  
Kerry Robinson

## RESULTS

### Out Fly - 24 March 2016

Janie Sweeney	1	10:37	2550
Sarah Lei	2	12:12	2550
Chris Lord	3	12:22	2550
Kelly Mitchell	4	12:57	2550
James Watson	5	13:54	2550
Alex Sole	6	14:19	2550
Cody Shilton	7	14:32	2550
Sam Atkinson	8	14:44	2550
Harrison Lei	9	14:49	2550
Hayden Martin	10	15:01	2550
Emma Hickson	11	15:48	2550
Freya Lord	12	15:48	2550
Elliot Castle	13	16:37	2550
Ronan Griffiths	14	17:06	2550
Lewis Lei	15	17:07	2550
Jessica Martin	16	18:18	2550
Teresa Martin	17	18:18	2550

Erica Shilton	18	18:22	2550
Hannah Hickson	19	18:47	2550
Amber Lysaght	20	18:49	2550
Katharine Twiddy	21	19:04	2550
Alan Twiddy	22	19:16	2550
Sian Twiddy	23	19:22	2550
Jodie Hickson	24	19:22	2550
Conor Lysaght	25	21:56	2550
Maria Brunton	26	21:57	2550
Tahlia Pearce	27	21:58	2550
Rinus Adriaansz	28	22:34	2550 walker
Carl Fischer	1	16:32	5000
Adrian Lysaght	2	17:50	5000
Bruce Edwards	3	17:59	5000
Sue Crowley	4	18:28	5000
Sam Rossiter	5	19:20	5000
Stephen Bjarnesen	6	19:20	5000
Andrew Twiddy	7	19:25	5000
Andrew Hickson	8	19:40	5000
Bryn Hofmann	9	21:46	5000
Charlotte Pearson	10	22:24	5000
Rhys Downes	11	23:44	5000
Kathy Jackson	12	23:44	5000
Lance Shilton	13	23:49	5000
Fred Shilton	14	23:50	5000
Campbell Horn	15	24:00:00	5000
Bruce Easton	16	24:37:00	5000
Colin Davis	17	24:45:00	5000
Lizzy Guest	18	25:14:00	5000
Kelsey Horne	19	25:43:00	5000
Esther George	20	25:43:00	5000
Faith Barber	21	26:11:00	5000
Chris Bycroft	22	26:18:00	5000
Matt Fisken	23	26:41:00	5000
Kasper Grunwell	24	29:10:00	5000
Bruce Inglis	25	29:25:00	5000
Graeme Pearson	26	29:31:00	5000
Monique Scholte	27	30:01:00	5000
Peter Vyver	28	30:08:00	5000
Phil Kerrison	29	31:18:00	5000
Jackie Cirne	30	31:18:00	5000
Dee Horne	31	31:46:00	5000
Wendy Hill	32	31:46:00	5000
Angela Grunwell	33	33:23:00	5000
Rebecca Atkinson	34	33:23:00	5000
Chantelle Williams	35	38:40:00	5000

## 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

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