



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

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore, Rotorua

## GUFF SHEET

2 March 2013

### The past week:

There was no local track and field this past week as Te Matatini was on in the Westbrook area.

Another successful Trout Fly event was held with many PB's being turned in. Results are on the reverse.

At Hamilton the Athletics Waikato BOP senior track and field championships were contested with a number from the club taking part. Results are herewith. A children's ribbon day was held at Paeroa.

The Club's 3 walk teams taking part in the "Length of Lake Taupo" on Saturday saw them take 2nd, 3rd and 4th places. Well done! See their report below.

### Volunteers - (The club's off Road Half Marathon – Sunday 10 March):

Volunteers from the Club are required to make the above event happen. There's two days where you can help – Saturday and Sunday, or both. This is a club owned event from which the club receives monetary proceeds. Place your name on the list at the clubrooms. Even if you are taking part in one of the events you can assist.

### Events on the local scene:

#### SUNDAYS

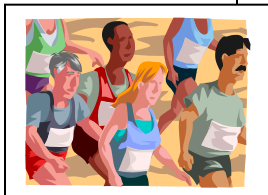
**The running clinic – Marathoners and half marathoners –**  
The marathon and half marathon clinic groups leave from the Neil Hunt Park clubrooms 7.00am sharp.

**10kers - Not all runs leave the clubrooms. This Sunday 3 March the meeting place is at the Waiariki car park, at the intersection of Old Taupo Rd, Mokoia Drive and the Hemo Gorge. Meet there at 7.30am.**

For further information on the Clinic call Jodie 021 970 482 or email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

**Others runners** – Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Find a group that is compatible with your fitness or join a clinic group. The first group heads off at 7.00am.

**Those that walk** – Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027



499 9471 – Pat Smyth 027 334 1425 – Sarah Wiwarena 027 248 3874 (348 7674 home)

#### TUESDAYS

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

#### Children's Athletics

The weekly children's athletics for those aged 2-11 years is from 5.10pm on a Tuesday evening at the No 3 ground – (up behind the hedge of the No 2 ground) Entrance to the ground is off Devon Street West

Contact person is Kerris Browne - Ph. 348 0790 evenings, 348 0863 day or email [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)

#### Distance athletes

**The running clinic** – Meets 5.25pm at the Neil Hunt Park clubrooms. Overall contact person is Jodie 021 970 482 or email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

**Other runners** – Meet 4.45pm at the Neil Hunt Park clubrooms - Contact person is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms.

#### WEDNESDAYS

#### Track and Field (athletics) for those 12 years plus

At the No 3 Ground, Devon Street West

At 5.10pm there is training sessions with competition proper commencing at 6.15pm

The programme for **Wednesday 6 March** is

6.15pm

3000 metres run/walk

Long jump

6.40pm

60 metres

6.55pm

100 metres

7.10pm

800 metres

Contact: Lindsay Foster 348 6818



## THURSDAYS

### Weekly:

#### Distance athletes

**The running clinic** – Meets 5.25pm at the Neil Hunt Park clubrooms. Overall contact person is Jodie 021 970 482 or email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

**Other runners** – Meet 4.45pm at the Neil Hunt Park clubrooms - Contact person is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm.

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms.

**Presentation – Thursday 14 March** – Johanna Ottosson will be at the clubrooms from 5.30pm for approx. 20 to 25 minutes to talk on benefits of osteopathy. Scheduled runs will follow. All welcome. See the full presentation programme below.

### Fortnightly:

#### Trout Fly series

The penultimate event in this fortnightly series is this coming **Thursday 7 March**. Come and run or walk 5.00km or 2.88km. Meet at the Neil Hunt Park clubrooms, 5.45pm for registration - entry fee \$5.00 per adult, \$3.00 per child, who must be accompanied by an adult. Contact person is Chris Corney 021 770 366 or [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz)

## Club running singlets, walkers tees, track suits:

See Kerris or Nikki at the Neil Hunt Park clubrooms, pre run - be there by 5:15pm. The last chance to order is Thursday 7 March as an order has to be placed. Don't miss out - people that have not ordered by then, may not have a singlet for Marathon day. Cost \$35.00

The new Tracksuit sets have arrived – children's plus a limited number of adult's. There are also a limited number of pants to match those who already have tracksuit jackets.

#### Track suit sizes / costs

Children's sizes	XXS to S	\$50
Adults sizes	M to XL	\$90
Pants only		\$35

### Distance running – locally:

- **Sunday 10 March** – Copthorne Hotel off Road ½ marathon, ¼ marathon, 5km fun run/walk plus Little Devils 1.5km or 2.5km fun run, right here in Rotorua in our famed Whakarewarewa Redwoods Forest. Visit [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) or uplift an entry form from the Neil Hunt Park clubrooms. **Early Bird entry has closed.**
- **Saturday 4 May** – The 49th Lion Foundation Rotorua Marathon, ½ marathon, ¼ marathon and 5.5km fun run/walk. Again here in Rotorua. The full marathon one lap of Lake Rotorua: the ½ out and back (plus a few suburb streets) on the last 9/10km of the marathon course: the 10.5km and 5.5km events around the Sulphur Flats and the last section of the marathon course.

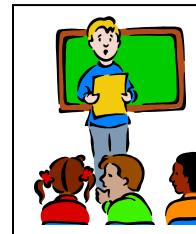
Visit [www.rotoruumarathon.co.nz](http://www.rotoruumarathon.co.nz) for more details or pick up an entry form from the clubrooms.

### Presentations:

Over the next couple of weeks the Running Clinic is hosting a series of presentations on a Thursday evening at the Neil Hunt Park clubrooms starting 5.30pm sharp for a duration of 20 to 25 minutes. Scheduled runs will follow. All welcome.

#### Dates:

- **Thursday 14 March** – Johanna Ottosson - Osteopath
- **Tuesday 19 March** – David Blundell - Nutrition



### Events out of Rotorua:

#### Track and Field

##### Adults

- **This Saturday 2 March** – open meeting at Porritt Stadium, Hamilton, 3.00pm.

##### Children

- **This Saturday March 2** – Greerton Ribbon Day at Tauranga.
- **Saturday 9 March** – Athletics Waikato BOP children's track and field championships, Porritt Stadium, Hamilton.

#### Distance

- **This Saturday 3 March** – New Plymouth marathon and associated events. Good luck to those club members taking part.

### Round Rarotonga Running Holiday:

Kerris Browne and Tony Broadhead are helping to organise a group running holiday for club members. The Round Rarotonga is in September, and is 8 days of sun and beaches dotted with various organised running events for individuals, families, and even children. Nice resort, well priced. Email Kerris to go on her list for regular updates and info - [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)

### Walkers:

#### Length of Taupo Relay – 23 February 2013

Only 13 seconds separated our three teams of Walkers after the first leg of eight in this relay over 67.5kms. There were 10 teams in our section of the relay and at the end of a very hot day there was only 2 minutes between our A & B Teams with only 12 minutes back to our C Team.

Some very close times were recorded on the individual laps as our teams were close enough to have their own races. The hero of the day must be Luanna who not only walked the first lap (15km) which consisted of a 2km uphill start but then filled in for our walker who pulled out of the team at the last moment. Her 2<sup>nd</sup> lap was the dreaded 5<sup>th</sup> leg (6.1km, 3km uphill) of Hatepe Hill.

Many thanks must go to our walkers who are not training for the marathon but helped us to fill the teams. Many thanks also to the Club Executive for part funding the trip.

1st	Woodville	8.27.42
2nd	Lake City "A"	8.52.30
3rd	Lake City "B"	8.55.59
4th	Lake City "C"	9.04.38

Colin & Pat

## RESULTS

### Trout Fly - 21 February 2013

#### 5km:

1	Steven O'Callaghan	16.16
2	Sorjs Corporaal	16.39 (PB 0.27) Record Vet. Men
3	Matt Parsonage	16.45
4	Duncan Smith	16.53 (PB 0.19)
5	Michael Voss	17.12
6	Bruce Edwards	17.16
7	Jason Steyn-Ross	17.52
8	Graeme Pearson	18.19
9	Hamish Worboys	18.20
10	Sam Rossiter	18.24 (PB 0.40)
11	Sue Crowley	18.40 (PB 0.22) Record Women
12	Richard Ball	19.11
13	Stephen Bjorgensen	19.29 (PB 0.19)
14	Shane Hossack	19.57 (PB 1.48)
15	Kris Adriaansz	20.18
16	Andy Hickson	20.29
17	Logan Marten	20.53 (PB 0.02)
18	Richard Apps	21.01 (PB 0.33)
19	Erin Leahy	21.18
20	Nicole O'Donnell	21.26 (PB 0.48)
21	Graeme Moore	21.42 (PB 0.31)
22	Chris McGuire	22.11
23	John Harvey	22.39
24	Phil Chandler	22.59
25	Phil Gulbransen	23.01 (PB 0.27)
26	Hamish Duncan	23.02
27	Mike Porter	23.28 (PB 0.52)
28	Jodie Hickson	23.31 (PB 0.06)
29	Stephen Rolls	23.37 (PB 0.26)
30	Kerryn Barker	23.54
31	Kelly Mitchell	24.15 (PB 0.26)
32	Stevie Fiske (+pram)	24.27
33	Andy Barwell	24.32 (PB 1.26)
34	Hugh McGuire	24.41
35	Ed Van Den Brooke	24.42
36	Max Bragg	24.42 (PB 0.31)
37	Jannah Terselk	24.51 (PB 2.05)
38	Tim Anderson	24.56 (PB 0.16)
39	Daniel O'Connell	25.01
40	Claire Gower-James	25.30
41	Guy Kingi	25.36
42	Peter Vyver	25.48
43	Marie McKenzie	25.49 (PB 1.09)
44	Olivia Goh	26.02
45	Nicole Young	26.12
46	Chris Bycroft	26.26 (PB 0.01)
47	Sam Henderson	26.44 (PB 0.02)
48	Helen Mossman	27.05
49	Nicola Hunt	27.24 (PB 0.48)

50	Cindy Carpenter	27.31
51	Matt Fisken	27.47
52	Viv Sutton	28.02 (PB 0.27)
53	Liam Dagg	28.04 (PB 1.15)
54	Nikola Buckley (+pram)	28.23
55	Shirley Day	29.09 (PB 0.41)
56	Frances Fordyce	29.15
57	Rena O'Connell	29.53 (PB 0.46)
58	Debbie Allen-Knight	29.55 (PB 0.06)
59	Louise Rickard	29.59 (PB 0.16)
60	Anne Marie Voss	30.46
61	Gavin Voss	31.25
62	Rachael Browne	31.59
63	Alison King	32.19 (PB 0.42)
64	Janet Shortland	34.21 (PB 2.29)
65	Vicky Armstrong	34.22 (PB 0.37)
66	Shirley Brown	34.59
67	Di Enright	34.59

#### 2.88 km:

1	Tom Voss	11.12 (PB 0.23)
2	Kaya Corporaal	11.21 (PB 0.48)
3	Chris Browne	11.27 (PB 0.23)
4	Cati Pearson	11.57 (PB 0.15)
5	Ben Voss	12.50
6	Max Voss	13.05
7	Hunter Potter	13.40
8	Michael Rossiter	13.56
9	Oliver Atkinson	14.13 (PB 3.08)
10	Lachlan Ross	14.21 (PB 2.57)
11	Bruce Ross	14.39 (PB 2.40)
12	Mark Teakel	15.22
13	Natasha Teakel	15.22 (PB 2.15)
14	Alie Corporaal	15.39
15	Cy Atkinson (+pram)	15.51
16	Sami Atkinson	16.15 (PB 0.32)
17	Sheryl Pearson	16.47
18	Waverley Newson	16.57 (PB 1.23)
19	Stephanie Thompson	17.02 (PB 1.12)
20	Kerris Browne	17.06 (PB 0.52)
21	Jamil Ruland	17.10 (PB 0.20)
22	Stacey Van Der Vegte	17.13 (PB 0.15)
23	Wendy Neves	17.18 (PB 0.20)
24	Yvonne Mansell	17.18 (PB 0.20)
25	Kelly Van Der Vegte	17.34 (PB 2.09)
26	Vicky Armstrong	17.36
27	Lachlan Roeve	17.45
28	Zara Osborne	17.46 (PB 1.19)
29	Eleanor Crowley	17.48
30	Jessica Collon	17.50
31	Christine Crowley	18.04 (PB 1.34)
32	David Crowley	18.04 (PB 1.33)
33	Natalee Swinyard	18.09 (PB 2.02)
34	Janine Van Der Vegte	18.29 (PB 1.18)
35	Sarah Doyle	18.38 (PB 1.25)
36	Stevie Bines	18.41
37	Amy Lovegrove	18.52 (PB 1.56)
38	Jude Carpenter	18.57
39	Javier Browne	18.57
40	Finn Parsons	18.59
41	Angela Grunwell	19.03 (PB 6.17)
42	Ramari Te Kowhai	19.15 (PB 3.47)
43	Maddie Potter	19.17 (PB 0.01)
44	Ann Eascott	19.20 (PB 0.16)

45 Vicky Bines	19.24 (PB 0.56)
46 Fiona Bines	19.25 (PB 0.54)
47 Karen Parsons	19.27 (PB 2.07)
48 Hayley Morrison	19.28 (PB 3.42)
49 Lynn Kiernan	19.57
50 Emma Liley	20.08 (PB 0.35)
51 Jo Bidois	20.14
52 Annabel Fordyce	20.32
53 Aria Browne	20.32 (PB 0.23)
54 Monica Quirke	20.35 (PB 2.29)
55 Jade Mitchell	20.37
56 Anahera Tango	20.53
57 Rebecca Knowles	21.43
58 Nikki Mitchell	21.45
59 Kayla Middleton	21.52
60 Louise Keenan	21.55 (PB 1.14)
61 Lorna Dobson	22.08 (PB 5.05)
62 Debra Kiddie-Ruland	22.40 (PB 2.33)
63 Brendan Porter	23.18
64 Sarah Porter	23.25
65 Kim Croxon (w)	26.48 (PB 0.08)
66 Carol Broadhead (w)	26.49
67 Mandy Maulder	27.54

**Athletics Waikato BOP track and field championships  
- Porritt Stadium – 23 – 24 February 2013**

Boys 14

Alec Johnson	100m	2nd	13.76 -2.3 w
	Shot put	2nd	8.24
	Discus	1st	35.30

Men 17

Tom Vosey	100m	5th	12.61 - 2.4 w
Michael Voss	1500m	3rd	4.23.40
	5000m	1st	16.48.48

Women 19

Samantha Sinclair	200m	2nd	27.27 - 0.9 w
	Javelin	1st	31.34
	Hurdles	3rd	no time

Girls 14

Mackenzie van Fulpen	High jump	2nd	1.50
	Triple jump	2nd	9.01

Women 17

Tanja Leggett	Javelin	2nd	22.73
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Girls 13

Melkorka Leggett	Javelin	1st	29.59
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Masters men

Lindsay Foster	1500m	5th	6.13.70
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For your massage needs contact  
Toni of Touch Massage  
(1317 Eruera Street)  
07 349 6621 or 021 2971002

Take your Lake City membership card to  
obtain the discount on offer

For your physio needs contact  
The Physiotherapy Clinic  
[inquiry@physiotheraphyclinic.co.nz](mailto:inquiry@physiotheraphyclinic.co.nz)  
or 07 347 8380

On Mondays they have a free sports injury  
drop in clinic between 4.00pm and 5.00pm at  
their Eruera Street clinic