



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

GUFF SHEET

31 January 2015

The past week:

Local track and field – Although the weather was fine it was another small attended Teens and Adults Wednesday track and field evening. Results are below.

Out of town track and field – Alec Johnson wore the Athletics Waikato BOP colours at the annual grade 14 and under 18 inter-provincial contest on the weekend at Palmerston North. No results to date. Mid last week Michael Voss took part in the Athletics New Zealand Junior 3000 metres placing 4th in 8.41.04.

2015 Running clinic:

Meeting times at the Neil Hunt Park clubrooms are:

Tuesday/Thursday evening - for all just prior to 5.25pm

Sunday morning - Marathon and half marathons 6.50am, 10kers 7.25am.

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

Walker's Sunday clinic:

The Club's walker's clinic members are well into their buildup for one of the events on 2 May spending 4 hours plus on their feet on a Sunday. They meet Sunday morning just prior to 7.00am at the Neil Hunt Park clubrooms. Contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

Events on the local scene and out of town:

SATURDAYS

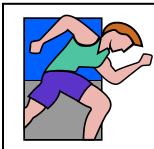
Track and field

Adults

This Saturday 31 January - The Athletics Waikato BOP competition scheduled at Tauranga Domain has been **cancelled**. The same day (evening) is the Athletics NZ 10,000 metres championships at Mt Smart Stadium. This event doubles as the AWBOP championships.

Saturday 7 February - is the Porritt Classic meet at Hamilton. Entry closes 31 January: online at <http://entries.co.nz/o/porrittclassic2015/>

With the resurfacing of Porritt Stadium please note the track spike size is 6mm cone or Christmas tree. No needle spikes please.



Children

Saturday 31 January – Ribbon Day at Tokoroa, 10.00am start
Saturday 7 February – Cambridge pentathlon for 7 to 14 years. Entry closes this Friday 30 January.

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 the same venue but at 7.25am

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 at the International Stadium, Devon Street West, are underway. Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



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 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 are at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp.

The championship programme is 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 for 4 February is:

6.15pm	200 metres	Non championship
	Discus	Championship
6.30pm	Hurdles	Championship
7.00pm	3000 metres	Championship – 16 and above

Please provide you own lap recorder
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 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 12 February - 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:

Sunday 8 March – here in Rotorua the Copthorne off Road ½ Marathon, ¼ marathon, 5km and Little Devils Fun Run. Early entry closes 23 February. 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.

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.rotoruarathon.co.nz

RESULTS

Teens and Adults Track and Field –

21 January 2015 (fine) * Denotes an athlete under Grade 12 – up graded to Grade 12

60 metres

Alec Johnson M17 8.0

2

Kurt Rice	M20	8.2
Kevin Bach	M17	8.7
Conor Lysaght	*B12	10.8

Karyn McCready	W45	10.1
Mere Attwater	W55	11.7
Amber Lysaght	*G12	12.9

100 metres

Julian Smith	M19	11.7
Alec Johnson	M17	12.1
Kurt Rice	M20	12.6
Tom Voysey	M19	13.4

200 metres

Julian Smith	M19	25.2
Alec Johnson	M17	25.7
Kurt Rice	M20	27.4
Tom Voysey	M19	28.1
Kevin Bach	M17	29.4

5000 metres

Adrian Lysaght	M40	17.32.3
Karyn McCready	W45	20.39.1
Karl Weaver	M45	23.37.7
Lindsay Foster	M55	24.20.6
Jeanene Lysaght	W35	33.11.5
Jessica Bach	W17	37.10.9
Rinus Adriaansz (w)	M55	39.21.8
Tom Lamason (w)	M70	45.22.1

Shot put (different weights thrown)

Rinus Adriaansz	M55	4.79
Karyn McCready	W45	5.57
Mare Attwater	W50	5.77
Conor Lysaght	*B12	5.94
Amber Lysaght	*G12	2.10
Adrian Lysaght	M40	5.70
Jessica Bach	W17	3.93

Cooks Gardens Classic – Wanganui – 20 January 2015

3000 metres junior Athletics New Zealand championships

1.	Geordie Beamish	Wanganui	8.34.31
4.	Michael Voss		8.41.04

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.