



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

Track and Field (children and adults) No 2 Ground the Stadium, Devon Street West - Rotorua

**GUFF SHEET**  
**3 December 2016**

**The past week:**

The mid-week activities of the club went ahead as scheduled.

It was great to see the montage of club members taking part in the recent Podium half marathon in the Daily Post on Monday. Congratulations to all who took part in one of the events. For results google Podium Rotorua Half marathon.



**Running/walking shoe discount:**

Lake City Athletic Club financial members can obtain a discount from the following Rotorua shoe retailers:

- Podium Podiatry & Footwear, 1266 Tutaneikai Street, Rotorua
- Smith Sports Shoes 1293 Tutaneikai Street, Rotorua
- Stirling Sports 1277 Tutaneikai Street, Rotorua

**Forth coming events:**

**SATURDAYS**

**Track and field – out of Rotorua**

**Children**

This Saturday 3 December – for junior athletes (up to and including 14 years) at Cambridge. 9.00am start. Registration into the event has now closed

Saturday 10 December – Children’s relay championships, Tauranga

**Adults**

This weekend 3 and 4 December the NZ Secondary Schools championships at Waitakere, Auckland. Best wishes to those club members that are representing their school.

**SUNDAYS**

**Distance athletes**

**Those that run** - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

**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.

**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**

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

**Children’s athletics**

Arrive 4.45 to 5.00pm at the International Stadium’s No 2 ground Devon Street West. Contacts Sarah 027 347 8115 or Jessica 027 602 1396



**WEDNESDAYS**

**Am** - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

**Pm** – **Track and field** for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is at the Stadium’s No 2 Ground (Devon Street West) 6.15pm sharp.

**The programme for next week (7 December) is: 60 metres - 6.15pm: shotput - 6.35pm: 400 - 7.00pm:**

**1 mile run or walk - 7.20pm**

**Come and do something different**

**The 14 December is the first pentathlon evening and the following week is two championship events. More on these two evenings in due course**



**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.

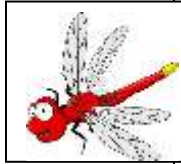
**Distance athletes**

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

**Trout Fly - fortnightly**

The next event is **Thursday 15**

**December.** Register at the Neil Hunt Park clubrooms around 5.45pm and then head to the start line for a 6.15pm getaway. Costs: Adults \$5.00, children \$3.00 who must be accompanied by an adult. Contact Chris Corney 021 770 366 or email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz)



**Whaka Forest:**

**Logging operations**

These are continuing until approx. Thursday 22nd December

- Roads and tracks closed **all weekdays** from 4.00am to 5.00pm are Windy Rd, Eagle V's Shark and Te Rua tracks.
- Tracks closed at times between these dates are Tukonohi and Lentil Link tracks.
- The parking area at the Tarawera gate (opposite black house) will be closed off to parking.
- All roads and tracks will be open and available on weekends and weekday evenings.
- Trucking will be mostly in and out of Tarawera Rd with some loaded trucks via Windy, Red Tank and Nursery to 8 Mile Gate Rd.



**Signage**

Emergency reference numbers have been put on a lot of the trail signs within Whaka Forest. Attached is couple of photos showing the sign on the back and front of a trail exit sign. In the event that someone gets injured you can ring and quote the location reference number on the sign and this helps emergency services find your location in Whaka Forest. If this isn't the location where the person is injured it's a good point to meet the emergency services at. Thanks are extended those who supplied and placed the signage.



**RESULTS**

<b>Teens and Adults Track and Field</b>		
<b>23 November 2016</b>		
** Denotes upgraded to Grade 12		
<b>100 metres - run</b>		
Race 1		
Apache Davidson	B14	14.4
Gideon Grace-King	B13	14.5

Jesse Pakinga-Lawson	B13	15.0
Race 2		
Billy Grace-King	**G12	17.0
Corey Davidson	G12	18.2
Race 3		
Jason Finnerty	M20	13.1
Matt Owen	M20	19.9
Race 4		
Stephen Bjarnesen	M20	13.2
Tracey Hay	W20	16.1
Race 5		
Apache Davidson	B14	13.9
Gideon Grace-King	B13	14.2
Jesse Pakinga-Lawson	B13	15.4
<b>100 metres - walk</b>		
Dianne Barratt-Kendell	W55	28.5
<b>200 metres - run</b>		
Race 1		
Gideon Grace-King	B13	31.6
Jesse Pakinga-Lawson	B13	33.3
Billy Grace-King	**B12	43.9
Race 2		
Rebekah Edhouse	G14	30.9
Tracey Hay	W20	35.1
Corey Davidson	G12	40.3
Amy Bray	W20	40.8
Race 3		
Sam Rossiter	M20	27.6
Jason Finnerty	M20	28.1
Stephen Bjarnesen	M20	28.6
Race 4		
Apache Davidson	B14	31.7
Gideon Grace-King	B13	36.3
<b>3000 metres - run</b>		
Matt Parsonage	M20	9.50.1
Adrian Lysaght	M40	10.35.6
Stephen Bjarnesen	M20	10.58.2
Mike Bray	M55	11.49.9
Tracey Hay	M20	12.05.2
Apache Davidson	B14	12.38.2
Sam Rossiter	M20	12.53.7
Phil Gulbransen	M60	13.20.5
Jason Finnerty	M20	14.00.1
Bruce Easton	M60	14.09.1
Amy Bray	W20	14.44.5
Corey Davidson	G12	15.15.4
<b>3000 metre - walk</b>		
Dianne Barratt- Kendell	W55	19.47.4

Javelin ( different weights thrown)		
Corey Davidson	G12	7.70
Tracey Hay	W20	11.24
Jesse Pakinga-Lawson	B13	20.03
Gideon Grace-King	B13	17.30
Sam Rossiter	M20	31.90
Jason Finnerty	M20	23.05
Matt Owen	M20	17.35
Stephen Bjarnesen	M20	15.20

## Interested in coaching?

The Hawkes Bay Gisborne Centre is looking at the following courses and are now opening them up to other Centres and clubs within the Centres.



The IAAF Coaching Course is a fantastic course for club members, athletes, teachers, club committees, coaches and anyone with a general interest in track and field. A great entry level course for coaches to gain an IAAF Level 1 coaching qualification.

The new structure is: IAAF Level 1 (replaces the previous IAAF Level 1 and 2)

IAAF Level 2 (replaces the previous IAAF Level 3)

IAAF Level 3 (replaces the previous IAAF Level 4)

There is no longer the IAAF Level 5

### IAAF LEVEL 1 COURSE – FULL COURSE

This is a 5 weekend modules from 9am to 5.30pm both days, below is a draft programme but dates are set

#### Dates as follows:

17/18th December - IAAF - , IAAF Kids Athletics, Warm up and Basic Theory

25/26 February - IAAF - Run Module

11/12th March - IAAF - Jump Module

6/7th May - IAAF - Throw Module

20/21st May - IAAF - Final Theory and Assessments

Venue: Regional Sports Park, Hastings,

Total Cost: Approximately \$250 (covers all five weekends)

For those registering for the full IAAF Level 1 Course all weekends are compulsory.

### INDIVIDUAL MODULES

For those who want to complete just the Run Module, Jump Module or Throw Module, you will also need to attend the first weekend as this covers information that is required for each of those modules.

Total Cost: Approximately \$100

To register your interest for the above courses please let Sharee Jones know asap Ph: (06) 8770-411 or 0272275847

## Ideas on the Social Side?

Enjoy the social aspect of the club? Got great ideas on social events and activities for the club? Are you keen to help organise fun activities for the kids, quiz nights, evening and post run get-togethers, then the social sub-committee is for you! Come along to the drinks after the final Trout Fly of 2016 (December 15) for a casual get-together on forming a social sub-committee or let us know you're interested by emailing the club on [info@lakecity.co.nz](mailto:info@lakecity.co.nz). Any questions..? then contact us via the club email address or call Teresa on mb.0210428759. Every idea is considered and all club members are welcome!

## 2017 Lake City Running Clinic

The Lake City Running Clinic, for the 53<sup>rd</sup> Rotorua Marathon, Half Marathon and Quarter Marathon will commence with our **first run on Sunday 22 January**, 7am from the club rooms. Our **information evening** is on **Tuesday 17<sup>th</sup> January**, 7pm at the club rooms. If you are interested in joining the clinic and/or know of others who might be interested, please contact Teresa Martin on 0210428759, send us an email - or come along to our information night. More details on the clinic to come. Email: lakecitymarathonclinic@gmail.com

### 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) - \$20.00

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