



Website: www.lakecity.co.nz
Email: 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
4 March 2017

The past week:

The months and the club's various summer activities are flying by.

Results of last Wednesday's track and field and the Thursday Trout Fly series are below.

Sulphur Point –

**TRAIL
COURTESY**

Te Ngae Road areas (Trout Fly): Please be mindful that the Trout Fly course is a public area - accessed by runners, walkers and cyclists - from Lake City members through to the local community and tourists as well. All people using the Te Ngae Rd/Sulphur Flats route should be mindful of other users of the area and employ general courtesy and common sense when sharing the path. This general courtesy and common sense also applies to tracks and roads within the Redwoods and Whaka Forest.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

This Saturday/Sunday – 4/5 March – Athletics Waikato BOP senior track and field champs, Porritt Stadium, Hamilton. **Entries have closed.**

Remember that the Athletics New Zealand track and field championships (in Hamilton) entries will close soon. Refer to Athletics NZ website for entry details etc.

CHILDREN

This Saturday 4 March – Paeroa ribbon day.
10.00am start

Saturday 11 March – The Athletics Waikato BOP championships at Porritt Stadium. Entries have closed. No late entries are accepted.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Running clinic - Full and half marathoners also leave 7.00am at the Neil Hunt Park clubrooms. 10kers meet at 7.30am at venues advised in their newsletter.

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. This includes all sections of the Running clinic.

Children's athletics

Arrive 4.45 to 5.00pm at the International Stadium's No 2 ground Devon Street West.

Contacts are Sarah 027 347 8115 or Jessica 027 602 1396.



WEDNESDAYS

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.

Next Wednesday (8 March) is the Pentathlon evening. Events being contested are:

6.15pm - 100 metres

6.30pm - Long jump, Shot put and Discus

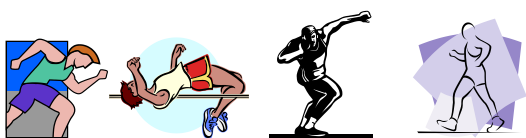
7.30pm - 1mile - run or walk. This is the final mile event in the summer series.

Wednesday 15 March - is the 10000 metres championships for those aged 18 and above.

5.30pm start for those walkers and runners likely to take over 60 minutes to complete the event.

6.00pm start for those likely to complete the event

under 60 minutes. Please supply your own lap recorder.



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. This includes all sections of the Running clinic .

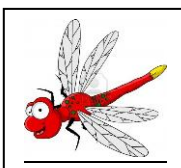
Trout Fly - fortnightly

The next event is **Thursday**

9 March - 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



The Club's social scene:

Details are coming on the next Social event - Lake City Quiz Night!



Publicity:

Please note should you be involved in publicity relating to your Club, please mention the Club's name – the Lake City Athletic Club - and wear your club uniform if pics are likely to be taken- Thank you.



Whaka Forest:

Logging operations are still happening In Whaka Forest. With Hill Road closed weekdays and possibly some weekends the mountain bike shuttle bus will be using Nursery Road and Katore Road, so take care if running/walking in these regions. Unauthorised entry into work sites may result in a trespass notice being issued. Please obey the instructions of security people on site.

Also remember that 8 Mile Gate Road is out of bounds at all times.

2017 Distance events in Rotorua:

This Sunday 5 March - The club's Copthorne Rotorua off Road Half marathon and associated events in Whaka Forest. This event doubles as the Club's half marathon championships. **You are now on to the late entry fee. Entry can be made on the morning from 7.30am.**

Saturday 6 May - The 53rd Lion Foundation Rotorua Marathon and associated events (half marathon, Quarter marathon and 5.5km fun run). This event doubles as the club's marathon championship. Entry forms are the club rooms or visit www.rotorumarathon.co.nz **the late entry fee kicks in from 1 April**

Athletics New Zealand - publications:

If you don't get Athletics in Action emailed to you as a club member, but would like to receive it and/or the Weekly Roundup, you can subscribe from the Athletics New Zealand website <<http://www.athletics.org.nz/>> (near the bottom of the front page). These are two great places to catch up with what is happening in your sport and to find out your oppositions performances etc.

RESULTS

Teens and Adults Track and Field - 22 February

2017.* Denotes upgraded to Grade 12. Athletes upgraded are not eligible for a teens and adults championship placing. Athletes can only take a championship place in their true competition grade

<i>100 metres - run - championship</i>		
Apache Davidson	B14	14.2
Jesse Pakinga-Lawson	B13	15.7
Alec Johnson	MU20	11.9
Jason Finnerty	M20	12.4
Sam Rossiter	M20	13.6
Rebekah Edhouse	G14	13.1
Hannah Muir	G13	14.3
Gisele Howard	G12	14.5
Trelise Howard	*G12	16.5
Mark Geddes	M55	16.2
Chris Bycroft	M45	17.9
<i>100 metes – walk - championship</i>		
Mark Geddes	M55	24.7

Denise Caudwell	W60	26.2
Sharissa Hetherington	W45	60.1
100 metres – non championship		
Liam MacMillan (v)	M17	12.4
Lillian Muir	*G12	14.8
Ross Nightingale (v)	M50	15.5
800 metres – run - championship		
Matt Parsonage	M35	2.12.1
Jason Cameron	M45	2.14.3
Adrian Lysaght	M40	2.19.8
Sam Rossiter	M20	2.22.6
Apache Davidson	B14	2.30.4
Jason Finnerty	M20	2.44.0
Tracey Hay	W20	2.54.8
Gisele Howard	G12	3.04.0
Rebekah Edhouse	G14	3.05.8
Alec Johnson	MU20	3.18.9
Chris Bycroft	M45	3.21.8
Hannah Muir	G13	3.33.7
800 metres – walk - championship		
Mark Geddes	M55	4.56.0
Denise Caudwell	W60	5.39.5
800 metres – non championship		
Liam MacMillan (v)	M17	3.11.0
Lillian Muir	*G12	3.06.5
Trelise Howard	*G12	3.19.4
Elliot Castle	*B12	4.00.9
1mile run - non championship		
Adrian Lysaght	M40	5.17.7
Apache Davidson	B14	5.18.2
Tracey Hay	W20	5.59.5
Sam Rossiter	M20	6.16.9
Jason Finnerty	M20	6.39.8
Phil Gulbransen	M60	6.54.7
Ross Nightingale (v)	M50	7.12.7
Chris Bycroft	M45	7.26.2
Lillian Muir	*G12	8.33.9
Rebekah Edhouse	G14	9.13.7
Hannah Muir	G13	9.44.7
1mile walk - non championship		
Mark Geddes	M55	11.02.5
Alan Ryan	M65	12.22.0

Triple jump – championship		
Alec Johnson	MU20	8.87
Hannah Muir	G13	7.55
Gisele Howard	G12	6.48
Apache Davidson	B14	7.22
Jesse Pakinga-Lawson	B13	8.00
Sam Rossiter	M20	7.50
Jason Finnerty	M20	9.02
Mark Geddes	M55	4.87
Chris Bycroft	M45	4.87
Triple jump – non championship		
Lillian Muir	*G12	6.07
Liam MacMillan (v)	M17	9.31
Ross Nightingale (v)	M50	7.01
Hammer throw – championships – (different weights thrown)		
Alec Johnson	MU20	21.63
Sam Rossiter	M20	13.83
Jason Finnerty	M20	17.57
Denise Caudwell	W60	7.75
Sharissa Hetherington	W45	13.82
Hammer throw - non- championship		
Liam MacMillan (v)	M17	14.29

Trout Fly - 23 February 2017

Melanie Sweeney	1	10:47	2550
Leo Bamfield	2	11:04	2550
Luke Crombie	3	11:46	2550
Alan Crombie	4	11:47	2550
Logan Marten	5	11:58	2550
Cody Shilton	6	12:08	2550
Joshua Bamfield	7	12:17	2550
Anja Crombie	8	12:37	2550
Conor Lysaght	9	12:38	2550
Rob Bamfield	10	12:42	2550
Maria Brunton	11	12:59	2550
Maree Bamfield	12	13:42	2550
Freya Lord	13	14:13	2550
Alan Twiddy	14	14:42	2550
Karyn Kerrison	15	15:04	2550
Alexander Bamfield	16	15:13	2550
Jonah Furnell	17	15:15	2550
Caleb Finnerty	18	15:44	2550
Katrina Finnerty	19	15:45	2550
Judy Hewlett	20	15:58	2550
Katharine Twiddy	21	16:57	2550

Sheryl Pearson	22	17:00	2550	+pram
Joshua Finnerty	23	17:28	2550	
Jessica Martin	24	18:12	2550	
Margy Furnell	25	19:18	2550	
Jo Cheesman	26	20:40	2550	
Kathryn Murphy	27	20:41	2550	
Keira Murphy	28	20:42	2550	
Edward Twiddy	29	24:42:00	2550	
Sian Twiddy	30	24:43:00	2550	
Erica Shilton	31	39:20:00	2550	
Sam Osborne	1	15:25	5000	
Dirk Peters	2	17:01	5000	
Adrian Lysaght	3	17:35	5000	
Jamie Stewart	4	17:43	5000	
Stephen Bjarnesen	5	17:50	5000	
Tony Broadhead	6	18:04	5000	
Chris Corney	7	18:19	5000	
Andrew Twiddy	8	18:41	5000	
Kerry Robinson	9	19:04	5000	
Steve Parker	10	19:06	5000	
Greg Flynn	11	19:07	5000	
Cameron McKenzie	12	19:22	5000	
Gaine Petterson	13	19:24	5000	
Megan Grant	14	19:26	5000	
David Cronshaw	15	19:27	5000	
Russell Clarke	16	19:43	5000	
Matthew Gare	17	20:16	5000	
Steven Holloway	18	20:52	5000	
Sam Rossiter	19	21:22	5000	
Neil Kerrison	20	21:38	5000	
Campbell Horn	21	21:54	5000	
Billy Ferguson	22	21:57	5000	
Chris Lord	23	22:01	5000	
Justine Randell	24	22:02	5000	
Lance Shilton	25	22:15	5000	
Philip Gulbransen	26	22:43	5000	
Cam Osborne	27	22:52	5000	
Jason Finnerty	28	23:36	5000	+pram
Dan Borja	29	23:56	5000	
Ray Hewlett	30	24:09:00	5000	
Kerryn Barker	31	24:32:00	5000	
Simon Addison	32	24:36:00	5000	
Jussi Haapalainen	33	25:02:00	5000	
Chris Bycroft	34	25:03:00	5000	
Dee Horne	35	25:06:00	5000	
Rebecca Rowling	36	25:11:00	5000	
Sam Atkinson	37	25:57:00	5000	
Sam Cheesman	38	26:05:00	5000	
Kasper Grunwell	39	27:12:00	5000	
Peter Bloore	40	27:47:00	5000	
Hannah Shilton	41	29:26:00	5000	
Fred Shilton	42	29:27:00	5000	
Jackson Matthews	43	30:56:00	5000	
Peter Vyver	44	31:37:00	5000	
Raelene Cockrell	45	32:20:00	5000	

Angela Grunwell	46	35:08:00	5000	
Jeanette Dekker	47	41:05:00	5000	Walker
Lana Rapana	48	44:31:00	5000	Walker
Marlena Rapana	49	44:32:00	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) - \$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