



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

GUFF SHEET

5 December 2015

The past week:

Another week of pleasant weather allowed the club's two athletics activities to go ahead. The Tuesday evening children's athletics are still attracting large numbers and it's pleasing to see the teens and adults Wednesday evening numbers are up on last year.

Forth coming events:

SATURDAYS

Athletics - track and field – Weekend competition

Children

This Saturday 5 December – This section is having a break from their ribbon day activities.

Saturday 12 December – The Children's relay championships, Porritt Stadium, Hamilton 9.30am

Adults

5/6 December - NZ Secondary schools track and field championships at Timaru. Best wishes to those from the club who are taking part.

Saturday 12 December - open meet Papakura 3.00pm.

Programme details at

www.athleticswaikotobayofplenty.org.nz

SUNDAYS

Distance athletes

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 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 - 07 346 3289 ah or 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

Children's athletics – are at 5.15pm at the International Stadium's Ground 2, Devon Street West Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180 - Kerri

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 leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

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

Pm –

Track and field (athletics) –

On the programme next Wednesday (9/12) at the Stadium's No 2 Ground, Devon Street West is the Club's pentathlon evening. See below for details.

PENTATHLON FUN NIGHT

6pm Wednesday 9th December at No.2 Ground of Rotorua International Stadium, Devon St West.

This is an open event so bring along your friends

- free to current Lake City club members
- \$2 entry fee for non-members
- ages 12+ (juniors, seniors and masters)

Programme

6:00pm - Registration

6:15pm - 100m sprint – run or walk

6:30pm - Long Jump, Shot Put & Discus: *see below

7:30pm - 1 mile run or walk (this mile is part of our track season's mile series so come along and do it even if you do not want to do all the other events in the pentathlon)

The Pentathlon Fun Night also doubles as a club championship and the Lake City Club Pentathlon Trophy will be up for grabs. Places will be decided using a points system based on tables for Junior, Senior and Masters athletes. These tables take into account age and gender so potentially athletes of any gender or age can win. Prize giving will be at 7:30pm the following week (Wednesday 16th December) immediately after the last Lake City track and field evening for 2015.

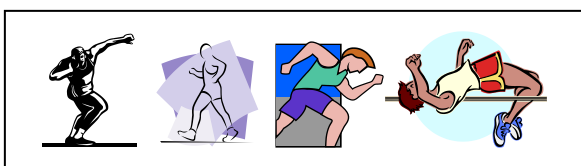


Volunteers: we will need people to help us run this event so if you don't want to compete but want to be involved in the fun come along and assist (officiate, timing, measure distances, record results).

For further information contact Adrian Lysaght (phone or text 027 6153496, or email <mailto:adrian.lysaght@xtra.co.nz?subject=Lake City Pentathlon, 9 December 2015>).

*: Athletes will be allowed a maximum of three attempts at each of these events but if time is limited athletes will be asked to move to the next event after completing one legal jump/throw.

You don't have to be a financial club member to take part in the weekly activities. There is a "Pay and Play" system in place where non-club members pay \$2.00 per person each evening they attend. Please note: Only those who are current financial members of the Club will be able to take podium placings in the club championships.



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 leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Trout Fly - This popular 3km or 5km run, jog, or walk is held fortnightly every Thursday evening on a course that winds through the Sulphur Flats area of the City. The entry fee is \$5.00 adults, \$3.00 for children who must be accompanied by an adult. Register at the Neil Hunt Park clubrooms between 5.45pm and 6.00pm and then head to start for a 6.15pm get away. The exercise is followed by BBQ sausages and chips. You do not have to be a club member to take part. The final event for 2015 is scheduled 17 December.

For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz

If you can help with this event please contact Chris.

RESULTS

Adults and teens track and field - No 2 Ground, Stadium - 25 November 2015

* Denotes upgraded to B12/G12

60 metres - run

Rebekah Edhouse	G13	8.6
Maria Brunton	G12	9.7
Conor Lysaght	B12*	10.0
Marcell Kiss	B12*	10.3

Sam Rossiter	M20	7.9
Rob Lyle	M40	8.1
Andrew Dube	M45	8.1
Grant Unkovich	M50	10.5

Kerry Robinson	M45	9.4
Jesse Pakinga-Lawson	B12	9.9
Erin Leahy	W20	10.9
Christine Kerrison	W60	11.2
Tahlia Pearce	G12	11.7

60 metres - walk

Denise Caudwell	W60	16.6
Alan Ryan	M65	17.6
Gay Timpany	W50	17.8

200 metres - run

Maria Brunton	G12	35.7
Conor Lysaght	B12*	38.6
Marcell Kiss	B12*	39.0
Tahlia Pearce	G12	39.8

Rebekah Edhouse	G13	31.0
Anja Crombie	G12*	37.6
Jessica Martin	G12*	49.2
Teresa Martin	W40	49.2

Alec Johnson	M18	25.2
Sam Rossiter	M20	26.6
Rob Lyle	M40	26.9
Andrew Dube	M45	31.2

Kerry Robinson	M45	33.4
Grant Unkovich	M50	36.9
Megan Grant	W20	36.3
Erin Leahy	W20	39.5

Christine Kerrison	W60	43.0
Diane Barratt-Kendell	W55	50.5

1 Mile - run

Sam Rossiter	M20	5.12.0
Jason Steyn-Ross	M20	5.32.4
Kerry Robinson	M40	5.48.3
Allan Crombie	M45	5.52.0
Megan Grant	W20	6.02.3
Lindsay Foster	M60	6.29.4

Phil Gulbransen	M60	6.33.0
Luke Crombie	B12	6.43.5
Erin Leahy	W20	6.45.3
Wayne Cameron	M50	6.52.0
Conor Lysaght	B12*	7.03.5
Maria Brunton	G12	7.11.3
Max Bragg	M70	7.26.0
Teresa Martin	W40	7.57.6
Anja Crombie	G12*	8.16.0
Marcell Kiss	B12*	8.33.9
Tahlia Pearce	G12	10.17.3
Jessica Martin	G12*	10.35.3

1mile – walk

Diane Barratt-Kendell	W55	11.21.4
Denise Caudwell	W60	11.33.9
Alan Ryan	M65	12.04.2
Gay Timpany	W50	12.54.3
Linda Montgomery	W65	13.10.6
Tom Lamason	M70	13.44.3
Maureen Heald	M75	13.51.2

Discus (different weight thrown)

Sharissa Hetherington	W45	13.51
Tahlia Pearce	G12	12.23
Maria Brunton	G12	8.76
Adrian Lysaght	M40	15.90
Marcell Kiss	B12*	17.10
Conor Lysaght	B12*	13.62
Denise Caudwell	W60	13.80
Maureen Heald	W75	11.49
Jesse Pakinga-Lawson	B12	25.69
Gay Timpany	W50	13.77
Alec Johnson	M18	33.47
Erin Leahy	W20	11.63
Rinus Adriaansz	M55	16.65

**Athletics Waikato BOP track and field - Tauranga
28 November 2015**

Alec Johnson – men under 18

100 metres	2nd	11.97	
Discus	2nd	34.46	5kg
Shot put	2nd	11.43	5kg
Javelin	2nd	33.32	700g

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

Children's Uniforms

Kerri Lockhead - lakecityca@gmail.com

Ph/text 027 2773180

Adults

Sarah Wiwarena – Ph: 346 3289 (evenings):

Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):

Mobile 027 464 8546