



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 5 March 2016

The past week:

The weather was kind to the club's three mid-week evening activities last week. The Tuesday children's athletics: Wednesday teens and adult's track and field and the fortnightly Thursday trout fly. Results are below.

Renewal of club membership:

With the move to online registration each member is soon to receive an email advising of the new procedure for online registration and this will also to give access to their existing records.

Each current financial member, and also those who were financial for the previous 12 months, will be advised of their own UserID and Password. They will also be given a link to the appropriate data base and from there they will be able to login and see what information they want.

Provision will be made for those that do not have access to the online registration system.

There is still one or two minor matters needing to be finalized before the system goes "live".

John Marten – club secretary/treasurer

Forth coming events:

Out and in the City

Athletics - track and field - competition

Children

This Saturday 5 March – Ribbon Day at Paeroa - 10.00am

Saturday 12 March – Athletics Waikato BOP championships at Tauranga for grade 7 to 14 inclusive.

Adults

This Weekend 4 to 6 March - Athletics New Zealand track and field championships, Dunedin

Distance events

This Saturday 5 March - New Plymouth marathon and associated events. Good luck to those from the club that are taking part in one of the events on the programme

This Sunday 6 March - The Copthorne Off Road half Marathon in Whaka Forest. Late entry will be accepted up to half an hour before your event on race day. Cash only. No postal entries after 28 February.

Timetable:

7.30am to 10.30am – registration at venue – Mt Bike car park – Waipa Mill Road

9.00am - Lance Lawson Little Devils (3 to 6yrs) 1.5km fun run - \$15.00

9.10am - Lance Lawson Little Devils 2.5km (7 to 10yrs) fun run - \$15.00

9.45am - Tasti 5km fun run/walk - \$40.00

10.00am - Copthorne Hotel half marathon - \$55.00

10.15am - Lance Lawson Little Devils prize giving

11.00am - Mitre 10 Mega Rotorua, Quarter marathon - \$45.00

1.30pm - prize giving

Saturday 30 April - The 52nd Rotorua Marathon around Lake Rotorua Visit www.rotoruumarathon.co.nz Entry forms available at the clubrooms. Late entry kicks in from 1 April.

SUNDAYS

Distance athletes

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Clinic members please be there by 6.55am. The 10km clinic group met at the clubrooms 7.30am unless advised otherwise.

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

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 No 2 Ground Devon Street West. Club nights include running, jumping throwing for those aged 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 including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members please be there by 5.20pm.

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) – the Stadium's No 2 Ground, Devon Street West, 6.00 sharp

PENTATHLON FUN NIGHT: 9 March 2016

6pm 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

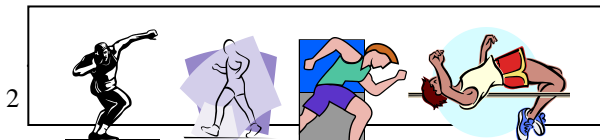
7:30pm - 1 mile run or walk (this mile is part of our track season's mile series so come along and do it even if you do not want to do all the other events in the pentathlon)

The Pentathlon Fun Night also doubles as a club championship and the Lake City Club Pentathlon Trophy will be up for grabs. There is now a male and female trophy at stake. 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.

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 March 2016>).

*: 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.



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 including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members please be there by 5.20pm.

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 the 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 next event is scheduled for Thursday 10 March

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 - 24 February 2016

* Denotes upgraded to B12/G12

Non championship

100 metres -run

Alec Johnson	M18	11.8
Kurt Rice	M20	11.9

Jason Finnerty	M20	13.0
Stevie Fiske	M20	15.9
Chris Bycroft	M40	18.6

Maria Brunton	G12	16.2
Olina Bjarnadottier	G12	17.9
Rebekah Edhouse	G13	14.1
Tahlia Pearce	G13	17.5

Jesse Pakinga-Lawson	B12	16.1
Conor Lysaght	B12*	167

200 metres – run

Tahlia Pearce	G13	40.1
Connor Lysaght	B12*	39.9
Kurt Rice	M20	25.0

1500 metres - run

Connor Lysaght	B12*	6.11.1
----------------	------	--------

Tahlia Pearce	G13	8.40.9
---------------	-----	--------

Long jump

Conor Lysaght	B12*	3.25
Tahlia Pearce	G13	2.60
Kurt Rice	M20	4.76

Championships

200 metres - run

Maria Brunton	G12	36.0
Olina Bjarnadottier	G12	40.8
Rebekah Edhouse	G13	33.2
Christine Kerrison	W60	42.4
Alec Johnson	M18	24.9
Sam Rossiter	M20	26.8
Jason Finnerty	M20	27.6
Stevie Fiske	M20	33.1
Chris Bycroft	M40	39.4
Peter Vyver	M70	56.5

200 metres - walk

Sharissa Hetherington	W45	2.09.0
Denise Caudwell	W60	1.22.3

1500 metres - run

Maria Brunton	G12	6.21.0
Olina Bjarnadottier	G12	6.30.4
Rebekah Edhouse	G13	6.10.5
Luke Crombie	B12	6.10.8
Sam Rossiter	M20	4.43.1
Jason Finnerty	M20	5.53.0
Adrian Lysaght	M40	4.43.9
Chris Bycroft	M40	6.52.7
Alan Crombie	M45	5.23.7
Phil Gulbransen	M60	6.13.8
Peter Vyver	M70	8.32.6

1500 metres - walk

Denise Caudwell	W60	10.48.9
Rinus Adriaansz	M55	11.45.0

Long Jump

Maria Brunton	G12	3.67
Rebekah Edhouse	G13	4.94
Sharissa Hetherington	W45	1.15
Christine Kerrison	W60	2.94
Denise Caudwell	W60	2.72
Jesse Pakinga-Lawson	B12	3.55
Alec Johnson	M18	3.99
Jason Finnerty	M20	4.65
Sam Rossiter	M20	4.35
Stevie Fiske	M20	3.38
Chris Bycroft	M40	2.37
Peter Vyver	M70	1.76

Hammer throw (different weights thrown)

Sharissa Hetherington	W45	13.92
Denise Caudwell	W60	11.43

Alec Johnson	M18	21.00
Jason Finnerty	M20	15.42
Sam Rossiter	M20	13.90
Stevie Fiske	M20	6.62
Rinus Adriaansz	M55	8.37
Peter Vyver	M70	12.46

Trout Fly - 25 -02-2016

Ben Voss	1	10:18	2550
Kelsey Horne	2	10:24	2550
Melanie Sweeny	3	10:42	2550
Max Voss	4	11:12	2550
Philip Gulbransen	5	11:39	2550
Luke Crombie	6	11:48	2550
Reece Downes	7	12:20	2550
Lance Shilton	8	12:20	2550
Anja Crombie	9	12:21	2550
Caitlin Dalziel	10	13:12	2550
Zara Osborne	11	13:13	2550
Bruce Easton	12	13:47	2550
Sam Cheesman	13	13:51	2550
Jack Peterson	14	14:03	2550
Abby Bateman	15	14:12	2550
Harry Cheesman	16	14:29	2550
Lizzie Avis	17	14:30	2550
James Watson	18	14:46	2550
Ronan Griffiths	19	14:50	2550
Cody Shilton	20	15:08	2550
Scarlett Dowland	21	15:27	2550
Freya Lord	22	15:44	2550
Lucas Joy	23	15:44	2550
Emma Hickson	24	15:46	2550
Liam Hofmann	25	15:59	2550
Judy Hewlett	26	16:14	2550
Hayley Bason	27	16:49	2550
Michael Gingles	28	16:51	2550
Aria Browne	29	16:52	2550
Charlotte Towers	30	17:02	2550
Richard Werahiko	31	17:03	2550
Elliot Castle	32	17:53	2550
Anna Shapley	33	18:05	2550
Hannah Barker	34	18:17	2550
Joshua Finnerty	35	18:22	2550
Katrina Finnerty	36	18:22	2550
Katharine Twiddy	37	18:25	2550
Anita Roy	38	18:59	2550
Farrah Roy	39	19:00	2550
Pryce Raerino	40	19:27	2550

Kerry Reynolds	41	19:28	2550
Daniel Cheesman	42	19:57	2550
Jo Cheesman	43	19:57	2550
Erica Shilton	44	20:03	2550
Max Peterson	45	20:13	2550
Kate Shapley	46	20:21	2550
Sophie Twist	47	20:22	2550
Tamzin Joy	48	20:58	2550
Abby Twist	49	20:58	2550
Megan Twist	50	20:59	2550
Rina Joy	51	21:01	2550
Bryn Hofmann	52	22:21	2550
Lauryn Hofmann	53	21:22	2550
Ana Raerino	54	21:39	2550
Tea Raerino	55	21:40	2550
Emily Avis	56	22:00	2550
Matt Avis	57	22:01	2550
Louise Lord	58	22:03	2550
Taylor Lord	59	22:04	2550
MJ Pikimaui	60	22:13	2550
Bridget Aitchison	61	22:14	2550
Katie Roy	62	22:59	2550
Alan Twiddy	63	23:01	2550
Edward Twiddy	64	23:05	2550
Sian Twiddy	65	23:11	2550
Ava Fiske	66	23:35	2550
Stevie Fiske	67	23:27	2550
Farrah Nepia	68	24:06:00	2550
Tina Louise	69	24:50:00	2550
Tom Tuki	70	24:50:00	2550
Claire Roy	71	26:24:00	2550
	72	26:25:00	2550
Louise Rickard	73	34:08:00	2550
Tutz Raerino			2550
Michael Voss	1	16:04	5000
Adrian Lysaght	2	17:36	5000
Aaron Millar	3	17:39	5000
Tony Broadhead	4	18:06	5000
Mathew Morley	5	13:30	5000
Stephen Bjarnesen	6	19:01	5000
David Cronshaw	7	19:19	5000
Andrew Jamieson	8	19:22	5000
Kerry Robinson	9	19:26	5000
Andrew Twiddy	10	19:34	5000
Gaine Petterson	11	19:49	5000
Fred Shilton	12	20:04	5000
Alan Crombie	13	20:17	5000

Esther George	14	22:08	5000
Campbell Horn	15	22:40	5000
Jason Finnerty	16	22:45	5000
Chris Lord	17	22:47	5000
David Remmerswaal	18	22:47	5000
Michael Tang	19	23:27	5000
Sam Rossiter	20	23:55	5000
Richard Ball	21	23:59	5000
Kerryn Barker	22	24:12:00	5000
Kathy Jackson	23	24:21:00	5000
Gavin Voss	24	24:38:00	5000
Amy Bray	25	24:39:00	5000
	26	25:37:00	5000
Jim Dowland	27	25:45:00	5000
Chris Bycroft	28	25:58:00	5000
Matt Fiskien	29	26:55:00	5000
Kerris Browne	30	28:34:00	5000
Rhonda Herring	31	30:38:00	5000
Kirsty Peterson	32	30:51:00	5000
Peter Vyver	33	30:54:00	5000
Peter Roy	34	31:12:00	5000
Rachael Catley	35	31:32:00	5000
Monique Scholte	36	31:56:00	5000
Jessica Bach	37	31:57:00	5000
Rena O'Connell	38	34:33:00	5000
Debbie Allen-Knight	39	25:24:00	5000
Alison O'Keefe	40	35:24:00	5000
Rachael Browne	41	36:11:00	5000
Keith Walmsley	42	36:29:00	5000
Chantelle Williams	43	38:47:00	5000
Heather Wickett	44	41:27:00	5000
Marlena Martin	45	42:45:00	5000
Rinus Adriaansz	46	44:03:00	5000
Marama Christie	47	44:41:00	5000
Lana Martin	48	44:42:00	5000
Maxine Parker	49	42:57:00	5000
Mike Bray			5000

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

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

Adults call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase