



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

6 December 2014

The past week:

The weather co-operated with the club's activities during the past week giving two fine evenings for track and field.

A number from the club headed to Kawerau on Sunday for the Hidden Trials half marathon etc. Visit Kawerau Harriers for the results.

The children had their Athletics Waikato BOP relay championship day at Tauranga on Saturday.

Events on the local scene and out of town:

SATURDAYS

Track and field

This Saturday 6 December

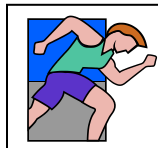
Children -

No out of town competition this Saturday

Adults

Open meeting at Tauranga Domain, 3.00pm. Visit www.athleticswaikatobayofplenty.org.nz for the days programme

New Zealand Secondary Schools champs at Wanganui. Good luck to club members taking part.



SUNDAYS

Distance athletes

Those 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 are at the International Stadium, No 2 ground, Devon Street West, and commence at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



Distance athletes

Runners

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 at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp. Come and try something different next Wednesday - see below. Lots of fun to be had!

PENTATHLON FUN NIGHT- next Wednesday

6pm Wednesday 10th 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
- \$5 entry fee for non-members
- ages 12+ (juniors, seniors and masters)

Programme

6:00pm - Registration

6:15pm - 100m sprint

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

7:30pm - 1500m run

The Pentathlon Fun Night also doubles as a club championship and there will be a new Lake City Club Trophy 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 17th December) immediately after the last Lake City track and field evening for 2014.

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, 10 December 2014).

* 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.



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

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

5:45pm

Running techniques at the Neil Hunt car park - (will include the fortnightly Trout Fly). Suitable for beginner joggers to improver runners - nobody is left behind! Contact Kerris 021 753691, email swingmills@xtra.co.nz, or check out Jogging the Power pole facebook page:

<https://www.facebook.com/groups/joggingthepowerpole/>

Fortnightly

The Trout fly series

Next event 18 December – You have a

choice of 3km 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



Whaka Forest – tree felling

During working hours tree felling is still happening in the region of Radio Hut Road, Katore and Nursery Roads. Should be you be lucky enough to run / walk or mountain bike in the Forest during working hours please keep clear of this area. Do not enter any closed off areas.



Christmas stocking fillers:

In the last 12 months there have been a couple of excellent books published, that you may wish to put on your Christmas list. The first is Simon Earle's "Take on the Lake" the story of the Rotorua Marathon. Simon can be contacted at 07 347 0519 or the book can be purchased for McLeod's Booksellers, Pukuatua Street. The second book is Vern Walkers "Peter Snell and the Kiwis that Flew". Paper Plus is the stockiest of Vern's book.

RESULTS

**Teens and Adults Track and Field – No 2 ground - Rotorua
26 November (fine evening) * upgraded to grade 12**

60 metres - run

Julian Smith	M17	7.8
Alec Johnson	MU16	8.4
Simon Smith	B14	8.5
Adrian Lysaght	M40	9.3

Julie Jacobs	G14	9.0
Grace Kilkelly	WU16	9.5
Anna Cairns	G14	10.0

Jerome Kilkelly	B13	9.2
Matthew Donn	M20	9.3
Jacob Rawles	B12	9.8

60 metres - walk

Denise Caudwell	W60	18.3
Sharissa Hetherington	W45	23.6

Rinus Adriaansz M55 25.9

100 metres - run

Julian Smith	M17	12.1
Alec Johnson	MU16	12.2
Tom Voysey	M17	12.4
Simon Smith	B14	13.1

Julie Jacobs	G14	14.3
Grace Kilkelly	WU16	15.5
Anna Cairns	G14	15.8
Maureen Kilkelly	*G12	21.7

Jerome Kilkelly	B13	14.3
Jacob Rawles	B12	14.5

100 metres – walk

Denise Caudwell	W60	30.3
Luanna George	W50	32.0
Rinus Adriaansz	M55	40.5

800 metres - run

Sam Rossiter	M20	2.31.7
Matthew Donn	M20	2.47.1
Steven O'Callaghan	M20	3.02.3
Julie Jacobs	G14	3.07.4
Jacob Rawles	B12	3.09.2
Jerome Kilkelly	B13	3.23.4
Luanna George	W50	3.41.1
Maureen Kilkelly	*G12	4.50.5

800 metres – walk

Denise Caudwell	W60	5.56.9
Rinus Adriaansz	M55	6.00.2

3000 metres – run

Steven O'Callaghan	M20	11.49.6
Shannon-Leigh Litt	W35	13.45.7
Matthew Donn	M20	15.46.8

3000 metres - walk

Rinus Adriaansz	M55	24.53.8
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Long Jump

Maureen Kilkelly	*G12	2.14
Jerome Kilkelly	B13	2.91
Grace Kilkelly	G14	3.19
Anna Cairns	G14	3.48
Simon Smith	B14	4.42
Matthew Donn	M20	4.24
Sam Rossiter	M20	4.83
Luanna George	W50	2.61
Denise Caudwell	W60	2.56
Lindsay Foster	M55	3.42

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.