



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
6 February 2016

The past week:

The teens and adults track and field took a “rain check” last Wednesday after a heavy downfall flooded the track. Tuesday evening saw the Children’s athletics get underway for 2016.

All sections of the running and walking clinics are settling into their packs with the walking section well over 4 hours for their Sunday walks.

The Trout Fly again attracted good numbers. The results are below.

The Neil Hunt Park clubrooms:

Sunday morning around 7.15am the clubrooms were found unattended with the main door wide open, as well as lights on in the lounge and women’s toilet areas.



This is very serious matter and all users of the clubrooms need to take the responsibility of ensuring the building is left secure with door(s) and windows closed as well as lights turned off.

Also if in the toilet/shower or gym areas and no fellow club members are around don’t leave the door propped open.

Your club’s name:

Many versions of the clubs name are used by its members and the public. Note the name of your club is the **Lake City Athletic Club**. When entering an event and your club name is requested it is **Lake City-Rotorua**

Redwood Grove tracks:

As mentioned in last week’s guff sheet gin traps have been set around the tracks in the Redwoods. Please stick to tracks as there may still be unlocated traps out there. Should you find a trap please call the

Council’s Customer Centre – 07 348 4199 as soon as possible.



Whaka Forest:

Forest harvesting is still happening off Moerangi Road which is closed to all public between Tuhotu Ariki track and Buchanan Road. Trucks will be using Tikitapu, Moerangi and 8 Mile gate Road. Please respect the signage and security in place.

Forth coming events:

Out and in the City

Athletics - track and field - competition

Children

This Saturday 6 February - Tokoroa ribbon Day 10.00am

Saturday 13 February – Te Aroha ribbon day 10.00am

Adults

This Saturday 6 February –Please note that the open meet scheduled at Tauranga has been cancelled because of last minute ground unavailability.

Saturday 13 February – Porritt Classic, Hamilton. Visit www.athleticswaikatobayofplenty.org.nz then click on calendar and Porritt Classic for entry details etc. Note entries close Friday 5 February at noon.

Weekend 20/21 February – Athletics Waikato BOP championships, Porritt Stadium. Entries with full entry fees close Friday 13 February. Visit www.athleticswaikatobayofplenty.org.nz for entry details and programme

Distance events

Sunday 6 March - The Copthorne Off Road half Marathon in Whaka Forest. Visit www.eventpromotions.co.nz Entry forms available at the clubrooms.

Saturday 30 April - The 52nd Rotorua Marathon around Lake Rotorua Visit www.rotoruarunners.co.nz Entry forms available at the clubrooms

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. For the running clinic, email lakecitymarathonclinic@gmail.com or phone Teresa on 0210428759.

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 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 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, 6.15 sharp

Because the first evening of championships was rained out the programme for the champs has been revised.

The championship programme for the **10 February** is:

6.15pm 100 metres - non championship
High jump – championship
6.30pm 800 metres - championship
6.50pm Shot put - championship
7.10pm 2000 metres - non championship

Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies.

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.

Naturally we would like all attendees to become a financial member of the Club



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 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.

This series is underway again with the next event scheduled for Thursday 11 February.

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

Athletics New Zealand 10km track championships - Mt Smart, Auckland - 30 January 2016

Junior men

- | | | | |
|----|---------------|------------|----------|
| 1. | Cameron Avery | Canterbury | 31.46.91 |
| 2. | Michael Voss | | 32.45.61 |

Trout Fly – 28 January 2016

Hannah Gapes	1	10:09	2550
Javier Browne	2	11:16	2550
Leo Bamfield	3	11:29	2550
Conor Lysaght	4	11:30	2550
Lance Shilton	5	11:59	2550
Luke Crombie	6	12:20	2550
George Ward	7	12:28	2550
John Marten	8	12:32	2550
Joshua Bamfield	9	13:22	2550
Emma Hickson	10	13:33	2550
Freya Lord	11	13:50	2550
Maria Brunton	12	14:04	2550
Amber Lysaght	13	14:24	2550

Cody Shilton	14	14:28	2550
Fred Shilton	15	14:29	2550
Sam Atkinson	16	14:29	2550
Kelly Mitchell	17	14:30	2550
Alexander Bamfield	18	14:53	2550
Rob Bamfield	19	14:54	2550
Jessica Bach	20	15:10	2550
Hayley Bason	21	15:15	2550
Mere Attwater	22	15:31	2550
Rachad Ayache	23	15:32	2550
Harrison Smith	24	15:34	2550
Hannah Shilton	25	15:35	2550
Hannah Hickson	26	15:36	2550
Jodie Hickson	27	15:39	2550
Lucas McBeth	28	15:51	2550
Caroline Hall	29	16:19	2550
Anthony Marson	30	16:22	2550
Judy Hewlett	31	16:33	2550
Anita Roy	32	17:03	2550
Alex Andrews	33	17:15	2550
Ella Hollows	34	17:15	2550
Elliot Castle	35	17:18	2550
Gail Marten	36	17:59	2550
Arwen Barker	37	17:59	2550
Maisie O'Callaghan	38	18:00	2550
Anja Crombie	39	18:12	2550
Kathy Jackson	40	18:14	2550
Keith Walmsley	41	18:15	2550
Charlotte Towers	42	18:49	2550
Greg Smith	43	19:09	2550
Allison Foster	44	19:32	2550
Alex Sole	45	19:53	2550
Carla Savage	46	20:03	2550
Ceezen Walmsley	47	20:06	2550
Arielle Collier	48	20:07	2550
Liz Hogan	49	20:17	2550
Erica Shilton	50	20:24	2550
Keira Murphy	51	20:54	2550
Steve Murphy	52	20:57	2550
Wendy Collier	53	21:22	2550
Bryce Farley	54	21:39	2550
Christian Walmsley	55	22:01	2550
Manawa Walmsley	56	22:02	2550
Jyrome Walmsley	57	22:03	2550
Katie Roy	58	22:05	2550
Lewis Lei	59	22:06	2550
Charlotte Smith	60	22:12	2550
Linda Montgomery	61	22:19	2550 walker

Lauryn Hofmann	62	22:23	2550
Bryn Hofmann	63	22:24	2550
Ana Raerino	64	22:26	2550
Shiloh Collier	65	22:27	2550
Leah Barker	66	22:40	2550
Kerryn Barker	67	22:41	2550
Harrison Lei	68	23:09	2550
Sarah Lei	69	23:11	2550
Cameron Jamieson	70	23:19	2550
Alex Fausett	71	23:57	2550
Isabella Fausett	72	23:58	2550
Grant Fausett	73	23:59	2550
Claire Roy	74	24:32:00	2550
Madison Aitchison	75	25:05:00	2550
Bridget Aitchison	76	25:08:00	2550
MJ Pikimaui	77	25:18:00	2550
Moe Walmsley	81	26:22:00	2550
Rose Jamieson	82	26:56:00	2550
Kerry Reynolds	83	27:23:00	2550
Lucy Fisken	84	27:25:00	2550
Nicola Fisken	85	27:27:00	2550
Tom Tuki	78	26:00:00	2550
Tina Louise	79	26:00:00	2550
Ashley Rickard	80	26:00:00	2550
Lavinia Taukamo	86	29:00:00	2550
Lydia O'Callaghan	87	31:35:00	2550
Tineke O'Callaghan	88	31:56:00	2550
Laureen Wass	89	34:49:00	2550 walker
Jan Dornbusch	90	34:51:00	2550 walker
Steven O'Callaghan	1	17:52	5000
Adrian Lysaght	2	17:55	5000
Aaron Millar	3	17:59	5000
Sam Rossiter	4	18:32	5000
Stephen Bjarnesen	5	18:37	5000
Bruce Edwards	6	18:39	5000
Josh Gapes	7	18:52	5000
Kerry Robinson	8	18:57	5000
Jason Steyn-Ross	9	18:59	5000
Nathan Gapes	10	19:16	5000
David Cronshaw	11	19:22	5000
Megan Grant	12	19:23	5000
Mike Bray	13	19:30	5000
Lewis Shaw	14	19:46	5000
Gaine Petterson	15	19:47	5000
Andrew Jamieson	16	19:50	5000
Alan Crombie	17	19:57	5000
Dylan Wright	18	21:23	5000

Esther George	19	21:31	5000
Kelsey Horne	20	21:38	5000
Sian Twiddy	21	21:49	5000
Sarah Pitcher-Campbell	22	22:31	5000
Richard Ball	23	22:37	5000
Chris Lord	24	22:42	5000
Leonie Smith	25	22:54	5000
Lance Crouch	26	22:59	5000
Philip Gulbransen	27	23:12	5000
Scott Curran	28	23:14	5000
Daniel Gapes	29	23:20	5000
Gillian Shapley	30	23:30	5000
Colin Earwaker	31	23:32	5000
Bruce Easton	32	23:34	5000
Justine Randell	33	23:52	5000
Campbell Horn	34	24:15:00	5000
Amy Bray	35	24:16:00	5000
Melanie Thompson	36	24:17:00	5000
Tracey Hay	37	24:18:00	5000
Sean Gapes	38	24:21:00	5000
Karen Jacobs-Cooke	39	24:27:00	5000
Michael Tang	40	24:28:00	5000
Paul Wollaston	41	24:40:00	5000
Jeff Leigh-Jones	42	24:44:00	5000
Deborah Gamman	43	24:47:00	5000
Chris Bycroft	44	25:24:00	5000
Dee Horne	45	25:25:00	5000
Kathryn Murphy	46	25:44:00	5000
Gabriella Ash	47	25:58:00	5000
Emma Martin	48	26:14:00	5000
Chris Browne	49	26:31:00	5000
Daniel O'Connell	50	26:55:00	5000
Kaye King	51	27:41:00	5000
Maree Bamfield	52	27:42:00	5000
Zack Kelly	53	27:46:00	5000
Vicki Wheeler	54	27:49:00	5000
Matt Fisken	55	28:05:00	5000
Karl Timmins	56	28:20:00	5000
Rachael Birdsall	57	28:33:00	5000
Shayne Hossack	58	28:36:00	5000
Patrick Clark	59	28:48:00	5000
Rhonda Herring	60	28:50:00	5000
Erin Reilly	61	29:18:00	5000
Becky Dimock	62	29:24:00	5000
Kirsty Peterson	63	29:28:00	5000
Cherie Smith	64	29:43:00	5000
Megan McDonald	65	29:44:00	5000
Robyn Skelton	66	30:10:00	5000

Calvin Collier-Smith	67	30:52:00	5000
Rachael Hofmann	68	31:03:00	5000
Ellen Harris	69	31:41:00	5000
Alison King	70	32:07:00	5000
Linda Johnston	71	32:25:00	5000
Gina Muspratt	72	33:21:00	5000
Rena O'Connell	73	33:26:00	5000
Diane Barratt-Kendell	74	35:05:00	5000
Shirley Brown	75	36:17:00	5000
Leanne St Clair	76	36:19:00	5000
Denise Caudwell	77	36:49:00	5000 walker
Tutz Raerino	78	38:02:00	5000
Tea Raerino	79	38:03:00	5000
Rachael Browne	80	38:04:00	5000
Peter Roy	81	38:07:00	5000
Chantelle Williams	82	38:20:00	5000
Danni Armstrong	83	39:05:00	5000
Marlena Martin	84	39:16:00	5000
Alan Ryan	85	40:04:00	5000 walker
Rinus Adriaansz	86	40:07:00	5000 walker
Jane Shapley	87	40:24:00	5000
Megan O'Dea	88	40:25:00	5000
Ally Carter	89	41:11:00	5000
Maxine Parker	90	41:12:00	5000
Pete Nash	91	42:21:00	5000
Andrina Romano	92	42:22:00	5000
Lana Martin	93	43:35:00	5000
Marama Christie	94	43:37:00	5000
Toni Smith	95	44:10:00	5000
Nicky Hayes	96	44:12:00	5000
Gay Timpany	97	48:20:00	5000 walker

Club certificates:

There are a large number of club championship certificates at the Neil Hunt Park



clubrooms. These relate to the 2015 cross-country, marathon and half marathon championships. If your name is below please uplift your certificate(s) which are on the table by the stairway.

Clare Barratt-Wood
 JJ Botha
 Mike Burkinshaw
 Natasha Cianci
 Chris Corney
 Jackie Crine
 Scott Curran
 Louise Donaldson
 John Edwards
 Tania Fisken

Clay Fookes (2)
Ella Fookes
Tegan Fookes
Deborah Gamman
Ally Gibbons
Siobhan Griffiths
Sharon Grinter
Lydia Hale
Charlotte Hamilton
Ricky Havercamp
Alan Gordon
Lauren Keaney
Nic Leary (3)
Carole Limbrick-Hill
Michael Ludbrook
Phillip MacAlister
Allan McGregor
Ryan McLean
Eddie Meyer
Peter Myers
Len Pemberton
Jessica Pickering
Arturo Pingol
Craig Pollard (2)
Kate Rea
Annie Richards
Gillian Shapley
Julie Sharplin
Frederick Shilton
Alison Shirley
Ben Smit
Larry Soutar
Andrew Stanley
Jason Steyn-Ross
Marc Teakel
Megan Twist
Keith Walmsley
Vicky Wheeler
Lewis Yetsenga
Thomas Yetsenga

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

Long Mile Road:



Over the summer months this road gets very, very busy and care must be taken when using it. When running or walking on it avoid more than two abreast – watch for traffic (vehicles, bikes and other pedestrians etc). Not all users respect the speed limit allocated to the road. Keep your eyes and ears open for other users.

Extreme care also needs to be taken when crossing Tarawera Road when going out to the Forest and returning to the clubrooms.