



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

GUFF SHEET
7 February 2015

The past week:

Local track and field – It was damp underfoot for the Teens and Adults Wednesday track and field evening, but the scheduled championship programme was completed. Results are below. The Children’s Tuesday evening was blessed with fine weather.

Out of town track and field

Children - a contingent of children from the Club headed to Tokoroa and Saturday for a ribbon day.

Trout Fly – another well attended fortnightly event was held last Thursday evening

2015 Running clinic:

Meeting times at the Neil Hunt Park clubrooms are:

Tuesday/Thursday evening - for all just prior to 5.25pm

Sunday morning - Marathon and half marathons 6.50am, 10kers 7.25am.

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759): Email lakecitymarathonclinic@gmail.com

Walker’s Sunday clinic:

The Club’s walker’s clinic members are well into their buildup for one of the events on 2 May spending 4 hours plus on their feet on a Sunday. They meet Sunday morning just prior to 7.00am at the Neil Hunt Park clubrooms. Contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

The Stadiums track – unavailability:

Please note that on Friday 13 and Saturday 14 February the track is not available for training purposes. This is because of the Warriors playing at the main ground on the Saturday

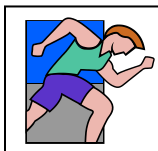
Events on the local scene and out of town:

SATURDAYS

Track and field

Adults

This Saturday 7 February - is the Porritt Classic meet at Hamilton. With the resurfacing of Porritt Stadium please note the track spike size is 6mm cone or Christmas tree. No needle spikes please.



Saturday 21 February / Sunday 22 February – Athletics Waikato Bop track and field championships. Entry details and the programme are on page 12 of the AWBOP handbook or visit www.athleticswaikatobayofplenty.org.nz. Note all entries with entry fee to be in by 14 February.

Children

Saturday 7 February – Cambridge pentathlon for 7 to 14 years.

Saturday 14 February – Te Aroha Ribbon day, 10.00am start

SUNDAYS

Distance athletes

Running clinic - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions: 10kers meet at the same venue but at 7.25am

Other 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 at the International Stadium, Devon Street West, are underway. Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



Those children who won trophies last year please return them to the Tuesday evening sessions.

Distance athletes

Running clinic – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park 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 are at the Stadium’s No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp.

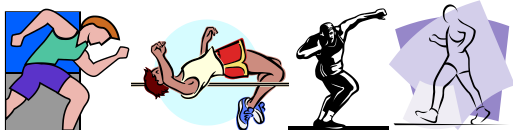
The championship programme is underway. Please note to take a championship placing you must be a fully paid up financial member of the Club for the financial year ending 31 March 2015.

Championship Programme for 11 February is:

| | | |
|--------|-------------|---------------------------|
| 6.15pm | High jump | Championship –all grades |
| 6.35pm | 100 metres | Non championship |
| 6.45pm | 800 metres | Championship - all grades |
| 7.00pm | 3000 metres | Non championship |

All events cater for those that walk

Contact: Lindsay Foster (348 6818)



THURSDAYS

Weekly

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

Running clinic – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Other that run distance - Groups leave from the Neil Hunt Park Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 12 February - You have a

choice of 2.5km 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



Upcoming distance events:

Sunday 8 March – here in Rotorua the Copthorne off Road ½ Marathon, ¼ marathon, 5km and Little Devils Fun Run. Early entry closes 23 February. This club owned event is based in Whaka Forest and takes in some of the fabulous tracks and roads of the Forest. It is an event not to be missed!

Pick up an entry form from the Neil Hunt Park clubrooms or visit www.eventpromotions.co.nz or the clubs website (www.lakecity.co.nz) and search under Events.

Saturday 2 May - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via www.rotoruarathon.co.nz

As this is a Lake City Athletic Club owned event volunteers from the club will be called for in due course to assist on Saturday with pre event set up, and on Sunday with the actual event. i.e. registration, marshalls, drink stations etc. In due course a list will be at the clubroom with time frames etc.

RESULTS

Teens and Adults Track and Field –

28 January 2015 (damp underfoot) * Denotes an athlete under Grade 12 – up graded to Grade 12

Championship events

Boys 14

| | | |
|------------|---------------|-------|
| 100 metres | Brooklyn Tomo | 15.1 |
| 400 metres | Brooklyn Tomo | 74.1 |
| Shot put | Brooklyn Tomo | 12.10 |

Men 17

| | | |
|------------|--------------|-------|
| 100 metres | Alec Johnson | 12.0 |
| 400 metres | Alec Johnson | 77.1 |
| Shot put | Alec Johnson | 10.55 |

Men 19

| | | |
|------------|------------|------|
| 100 metres | Tom Voysey | 12.7 |
|------------|------------|------|

Men 20

| | | |
|------------|--------------------|------|
| 100 metres | Sam Rossiter | 14.9 |
| 400 metres | Sam Rossiter | 60.6 |
| | Steven O'Callaghan | 63.0 |
| Shot out | Sam Rossiter | 7.35 |

Men 40

| | | |
|------------|----------------|------|
| 100 metres | Adrian Lysaght | 15.2 |
| 400 metres | Adrian Lysaght | 64.5 |
| Shot put | Adrian Lysaght | 6.20 |

Men 50

| | | |
|----------|-------------|------|
| Shot put | Mark Geddes | 5.40 |
|----------|-------------|------|

Men 55

| | | |
|------------|-----------------|------|
| 100 metres | Lindsay Foster | 16.1 |
| 400 metres | Lindsay Foster | 81.4 |
| Shot put | Lindsay Foster | 7.09 |
| | Rinus Adriaansz | 4.81 |

Women 17

| | | |
|------------|------------------|------|
| 100 metres | Courtney Wiggins | 16.0 |
| 400 metres | Courtney Wiggins | 83.6 |
| Shot put | Courtney Wiggins | 7.46 |

Women 45 (run)

| | | |
|------------|-----------------------|------|
| 100 metres | Karyn McCready | 16.4 |
| 400 metres | Karyn McCready | 74.3 |
| Shot put | Karyn McCready | 5.76 |
| | Sharissa Hetherington | 5.11 |

Women 50

| | | |
|------------|---------------|------|
| 100 metres | Luanna George | 18.6 |
| 400 metres | Luanna George | 93.5 |
| Shot put | Luanna George | 6.22 |

Women 45 (walk)

| | | |
|------------|-----------------------|--------|
| 100 metres | Sharissa Hetherington | 48.9 |
| 400 metres | Sharissa Hetherington | 3.58.6 |

Non championship

400 metres

| | | |
|------------------|------|------|
| Paetahi Mitchell | *B12 | 82.7 |
| Tom Bennett | B12 | 88.4 |

1500 metres

| | | |
|--------------------|---------|---------|
| Steven O'Callaghan | M20 | 4.28.7 |
| Adrian Lysaght | M40 | 4.53.7 |
| Karyn McCready | W45 | 5.57.4 |
| Tom Bennett | B12 | 6.09.9 |
| Rinus Adriaansz | (w) M55 | 11.36.3 |

Shot put

| | | |
|------------------|-----|------|
| Tom Bennett | B12 | 7.24 |
| Paetahi Mitchell | B12 | 7.11 |

Trout Fly – 29 January 2015 – No 6

| 2550 metres | | | |
|--------------------|----|-------|--------|
| Melanie Thompson | 1 | 10:27 | 2550 |
| Eamon Walsh | 2 | 10:51 | 2550 |
| Hannah Gapes | 3 | 11:35 | 2550 |
| Campbell Horn | 4 | 12:10 | 2550 |
| Lance Shilton | 5 | 12:20 | 2550 |
| Luke Crombie | 6 | 12:23 | 2550 |
| Kelly Mitchell | 7 | 12:24 | 2550 * |
| Sean Gapes | 8 | 12:48 | 2550 |
| Conor Lysaght | 9 | 13:41 | 2550 |
| James Watson | 10 | 14:06 | 2550 * |
| Alex Sole | 11 | 14:08 | 2550 |
| Ronan Griffiths | 12 | 14:16 | 2550 |
| Ciara Griffiths | 13 | 14:18 | 2550 |
| Caitlin Dalziel | 14 | 14:19 | 2550 |
| Zara Osborne | 15 | 14:20 | 2550 |
| Jasmin Donaldson | 16 | 14:20 | 2550 |
| Christine Crowley | 17 | 14:22 | 2550 * |
| Siobhan Griffiths | 18 | 14:27 | 2550 |
| Abby Bateman | 19 | 14:50 | 2550 |
| Hannah Shilton | 20 | 15:09 | 2550 |
| Kasper Grunwell | 21 | 15:13 | 2550 * |
| Michael Rossiter | 22 | 15:17 | 2550 * |
| Peter Bloore | 23 | 15:28 | 2550 |
| Freya Lord | 24 | 15:29 | 2550 |
| Amber Lysaght | 25 | 15:32 | 2550 * |
| Emma Hickson | 26 | 15:32 | 2550 |
| Anja Crombie | 27 | 15:39 | 2550 |
| Jake Porter | 28 | 16:25 | 2550 |
| Anita Gibb | 29 | 16:26 | 2550 |
| Harrison Smith | 30 | 17:21 | 2550 |
| Ella Hollows | 31 | 17:23 | 2550 |
| John Holmes | 32 | 17:27 | 2550 |
| Samantha Bateman | 33 | 17:38 | 2550 |
| Kathy Jackson | 34 | 17:39 | 2550 |
| Rachelle Cavanagh | 35 | 17:50 | 2550 * |
| Jessica Bach | 36 | 18:06 | 2550 |
| Charlotte Smith | 37 | 18:54 | 2550 |
| Greg Smith | 38 | 18:56 | 2550 |
| Josh Gapes | 39 | 19:44 | 2550 |
| Ashleigh Randell | 40 | 19:57 | 2550 * |
| Jade Mitchell | 41 | 20:07 | 2550 * |
| Aria Browne | 42 | 20:08 | 2550 * |
| Harry Cheesman | 43 | 20:16 | 2550 |
| Jo Cheesman | 44 | 21:01 | 2550 |
| Bridget Hitchison | 45 | 22:27 | 2550 |
| MJ Pikimau | 46 | 22:27 | 2550 |
| Max Peterson | 47 | 24:14 | 2550 |
| Stephanie Thompson | 48 | 24:39 | 2550 |
| Christian Walmsley | 49 | 24:56 | 2550 |
| Jyrome Walmsley | 50 | 25:45 | 2550 |
| Moe Walmsley | 51 | 26:19 | 2550 |

| Hannah Hickson | 52 | 26:34 | 2550 |
|--------------------|----|-------|--------------|
| Ellie Porter | 53 | 26:39 | 2550 |
| Jodie Hickson | 54 | 26:49 | 2550 |
| Rhonda Herring | 55 | 26:57 | 2550 |
| Liam Murphy | 56 | 27:12 | 2550 |
| Keeli Murphy | 57 | 27:13 | 2550 |
| Bailee Murphy | 58 | 27:14 | 2550 |
| Claire Randell | 59 | 27:30 | 2550 |
| Justine Randell | 60 | 27:30 | 2550 |
| Sarah Thompson | 61 | 28:14 | 2550 |
| Cherie Bennett | 62 | 28:15 | 2550 |
| Anita Roy | 63 | 34:55 | 2550 |
| Peter Roy | 64 | 34:56 | 2550 |
| Katie Roy | 65 | 36:37 | 2550 |
| Claire Roy | 66 | 36:40 | 2550 |
| | | | |
| 5000 metres | | | |
| Adrian Lysaght | 1 | 17:43 | 5000 * |
| Steven O'Callaghan | 2 | 18:00 | 5000 + pram. |
| Jason Steyn-Ross | 3 | 18:11 | 5000 |
| Chris Corney | 4 | 18:23 | 5000 * |
| Stephen Bjarnesen | 5 | 18:35 | 5000 |
| Andrew Twiddy | 6 | 19:06 | 5000 |
| Fred Shilton | 7 | 19:47 | 5000 |
| Brad Griffiths | 8 | 20:25 | 5000 |
| Charlotte Pearson | 9 | 20:46 | 5000 |
| Gaine Petterson | 10 | 20:50 | 5000 * |
| Mike Bray | 11 | 20:53 | 5000 * |
| Sue Crowley | 12 | 20:54 | 5000 |
| Sian Twiddy | 13 | 21:11 | 5000 |
| Alan Crombie | 14 | 21:13 | 5000 |
| Sam Rossiter | 15 | 21:17 | 5000 |
| Daniel Gapes | 16 | 21:51 | 5000 |
| Chris Lord | 17 | 22:07 | 5000 |
| Kelsey Horne | 18 | 22:20 | 5000 |
| Thomas Firth | 19 | 22:35 | 5000 |
| Rebecca Firth | 20 | 22:36 | 5000 |
| Faith McGregor | 21 | 22:43 | 5000 |
| Ester George | 22 | 22:48 | 5000 |
| Lee Poston | 23 | 22:53 | 5000 |
| Nicola Fiskien | 24 | 22:54 | 5000 |
| Stu Peterson | 25 | 22:56 | 5000 |
| Bryn Hofmann | 26 | 22:57 | 5000 |
| Noreen Crombie | 27 | 23:13 | 5000 * |
| John Harvey | 28 | 23:36 | 5000 |
| Grant Utteridge | 29 | 23:48 | 5000 |
| Steven Montgomery | 30 | 24:10 | 5000 |
| Graeme Pearson | 31 | 24:17 | 5000 |
| Ash Pari | 32 | 24:17 | 5000 |
| Amy Bray | 33 | 24:18 | 5000 * |
| Ed Van den Broek | 34 | 24:25 | 5000 |
| Philip Gulbransen | 35 | 24:27 | 5000 |
| Steven Rolls | 36 | 24:35 | 5000 |
| Sarah Manders | 37 | 24:49 | 5000 |

| | | | | |
|--------------------------|----|-------|------|--------|
| Dee Horne | 38 | 25:30 | 5000 | |
| Kaye King | 39 | 25:45 | 5000 | |
| Michael Tang | 40 | 25:59 | 5000 | |
| Luanna George | 41 | 26:16 | 5000 | * |
| Chris Bycroft | 42 | 27:17 | 5000 | |
| Robert Corbett | 43 | 27:18 | 5000 | * |
| Jack Peterson | 44 | 27:22 | 5000 | |
| Matt Fiske | 45 | 28:04 | 5000 | |
| Jan Goss | 46 | 28:09 | 5000 | |
| Tenevia Hingston | 47 | 28:23 | 5000 | |
| Vicki Wheeler | 48 | 28:27 | 5000 | |
| Rina Joy | 49 | 29:10 | 5000 | |
| Kim Setters | 50 | 29:19 | 5000 | |
| Darnel Gotz | 51 | 30:00 | 5000 | |
| Nicky Riordan | 52 | 30:05 | 5000 | |
| Kerris Browne | 53 | 30:07 | 5000 | |
| Allan Jones | 54 | 30:26 | 5000 | |
| Nicola Atkinson | 55 | 30:28 | 5000 | |
| Stephanie Thompson | 56 | 30:29 | 5000 | * |
| Kristy Peterson | 57 | 31:29 | 5000 | * |
| Ellen Harris | 58 | 31:42 | 5000 | |
| Linda Firth | 59 | 31:45 | 5000 | |
| Peter Vyver | 60 | 31:48 | 5000 | |
| Louise Rickard | 61 | 32:21 | 5000 | |
| Janine Van der Vegte | 62 | 32:56 | 5000 | |
| Michael Ludbrook | 63 | 33:44 | 5000 | |
| Pererika Makiha | 64 | 33:48 | 5000 | |
| Louise Donaldson | 65 | 33:59 | 5000 | |
| Cherie Smith | 66 | 34:20 | 5000 | |
| Debbie Allen-Knight | 67 | 34:55 | 5000 | |
| Marama Christie | 68 | 36:41 | 5000 | |
| Shelley Pewhairangi | 69 | 37:24 | 5000 | |
| Keith Walmsley | 70 | 39:45 | 5000 | |
| Jemmel Ruland | 71 | 39:45 | 5000 | |
| Aly Wilson | 72 | 41:40 | 5000 | |
| Rinus Adriaansz | 73 | 45:56 | 5000 | walker |
| Dianne DB | 74 | 45:57 | 5000 | walker |
| | | | | |
| | | | | |
| | | | | |
| *: season personal best. | | | | |

Your club's name:

The name of your club is **Lake City Athletic Club** – the competition name (i.e. when you entering an event and your club name is requested it is **Lake City - Rotorua**)

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.