



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

Track and Field (children and adults) No 2 Ground the
Stadium, Devon Street West - Rotorua

GUFF SHEET
7 January 2017

Happy New year to all. May the resolutions and goals you have set for this year come to fruition.

The past week:

Results of the past few weeks are below - club and out of City events. Some are also on the attachments.

2017 Lake City Running Clinic:

The Lake City Running Clinic, for the 53rd Rotorua Marathon, Half Marathon and Quarter Marathon will commence with our first run on Sunday 22 January, 7am from the club rooms. Our information evening is on **Tuesday 17 January, 7pm at the club rooms**. If you are interested in joining the clinic and/or know of others who might be interested, please contact Teresa Martin on 0210428759, send us an email - or come along to our information night. More details on the clinic to come. Email: lakecitymarathonclinic@gmail.com

Whaka Forest:

Logging operations are commencing from 4 January in the region of Hill Road across to the recently cut over area adjacent to Pipeline Road. With Hill Road closed weekdays and possibly some weekends the mountain bike shuttle will be using Nursery Road and Katore Road, so take care if running/walking in these regions. There is too no access into the work site. Unauthorised entry into the work site may result in a trespass notice being issued.



Also remember that 8 Mile Gate Road is out of bounds at all times.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

CHILDREN

6-8 January – North Island Colgate Games, Hastings.
Good luck to club members taking part.

ADULTS

Tuesday 10 January 2017 – Tauranga Domain -
Athletics Waikato Bop 10,000 metres champs
6.45pm. Entries \$10.00 on the night

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

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.

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Children's athletics

This section is taking a break over the school holiday period and resumes

Tuesday 24 January 2017. Arrive 4.45 to 5.00pm at the International Stadium's No 2 ground Devon Street West. Contacts are Sarah 027 347 8115 or Jessica 027 602 1396.



WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

Pm – **Track and field** for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

The programme for Wednesday 4 January 2017 is 60, 200 metres and a 1 mile plus discus.

Please note: As the ground is not available on Wednesday 11 January (Rugby Sevens) the next club night will be 18 January with championship shot put, 400 and 3000 metres being held.

2016 /2017 Mile Series

The attached file contains the points table for the mile series. The series is well under way with five held so far at Wednesday track and field evenings. 83 miles have been completed by a total of 40 different runners and walkers. Points are calculated for each mile based on time, gender, age factors and if it is run or walked. At the end of the series placings will be decided based on each person's total points for their best five miles.

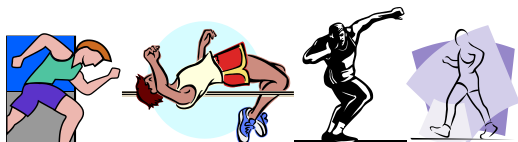
Don't worry if you have not had a chance to do any miles yet as there are still six more to go in the series. The series is free to all club members. Non-members are welcome but the cost to enter is \$2 per mile.

So far three people have completed all five miles. Apache Davidson is the series leader with a total of 2717 points. The biggest score for a single mile recorded so far is 990 points by Sue Crowley.

There is now a total of 6 miles left for this season - see dates and times listed below for the remaining events.

Please bear in mind that some evenings the event may start slightly ahead of the time listed.

- 4th January, 7:15pm
- 1st February, 7:05pm
- 8th February, 7:05pm
- 15th February, 6:50pm
- 22nd February, 7:00pm
- 8th March, 7:30pm



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

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Trout Fly - fortnightly

The next event is **Thursday 12**

January. Register at the Neil Hunt Park clubrooms around 5.45pm and then

head to the start line for a 6.15pm getaway. Costs: Adults \$5.00, children \$3.00 who must be accompanied by an adult. Contact Chris Corney 021 770 366 or email chris-donna@xtra.co.nz



2017 Distance events in Rotorua:

Sunday 5 March - The club's Copthorne Rotorua off Road Half marathon and associated events in Whaka Forest. This event doubles as the Club's half marathon championships. Entry forms are at the Neil Hunt Park clubrooms or visit www.eventpromtions.co.nz

Saturday 6 May - The 53rd Lion Foundation Rotorua Marathon and associated events (half marathon, Quarter marathon and 5.5km fun run). This event doubles as the club's marathon championship. Entry forms are the club rooms or visit www.rotoruaramarathon.co.nz



Officials training day

Athletics Waikato BOP are holding an officials training day on Sunday 5 February, 9.00am Porritt Stadium, Hamilton. No course fees. If interested in attending please contact Heather O'Hagan by Sunday 29 January advising her - name: club: phone and email details: current grading (if any).

Heathers' details are Phone: ah: 07 862 7163 Email ohagan@visique.co.nz

She is also seeking officials and volunteers to assist at the Athletics NZ track and field champs (17/18/19 March) being held at Porritt Stadium, Hamilton. Heather's contact details are above.

RESULTS

Teens and Adults Track and Field		
Pentathlon - 14 December 2016		
100 metres - run		
Anja Crombie	**G12	15.6
Corey Davidson	G12	15.8
Alec Johnson	M18	11.9
Sam Rossiter	M20	14.2
Apache Davidson	B14	14.3
100 metres - walk		
Denise Caudwell	W60	34.5
1 mile - run		
Matt Parsonage	M35	4.59.3
Adrian Lysaght	M40	5.23.4
Sam Rossiter	M20	5.40.0
Apache Davidson	B14	5.47.3
Allan Crombie	M45	5.51.7
Phil Gulbransen	M60	6.55.0
Luke Crombie	B13	6.58.5

Alec Johnson	M18	7.17.9
Chris Bycroft	M45	7.19.2
Anja Crombie	**G12	7.30.4
Corey Davidson	G12	7.31.7
Elliot Castle	**B12	8.42;3
1mile - Walk		
Denise Caudwell	W60	12.31.4
Long jump		
Corey Davidson	G12	2.69
Anja Crombie	**G12	3.65
Apache Davidson	B14	3.43
Alec Johnson	M18	5.03
Sam Rossiter	M20	4.55
Elliot Castle	**B12	2.49
Denise Caudwell	W60	2.77
Melissa Jansen	**G12	1.73
Shot put (different weights thrown)		
Corey Davidson	G12	3.37
Anja Crombie	**G12	4.72
Apache Davidson	B14	4.67
Sam Rossiter	M20	7.30
Denise Caudwell	W60	5.57
Alec Johnson	M18	10.93
Rinus Adriaansz	M60	5.26
Jacob Jansen	B12	4.45
Discus (different weights thrown)		
Corey Davidson	G12	8.90
Jacob Jansen	B12	10.21
Alec Johnson	M18	38.57
Sam Rossiter	M20	19.10
Elliot Castle	**B12	7.02
Apache Davidson	B14	12.90
Anja Crombie	**G12	11.96
Denise Caudwell	W60	12.26
Rinus Adriaansz	M60	14.27
Diane Barratt-Kendell	W55	11.05
1mile - 21 December 2016		
Run		
Matt Parsonage	M35	4.56.3
Adrian Lysaght	M40	5.16.2
Sue Crowley	W45	5.29.1
Apache Davidson	B14	5.43.2
Sam Rossiter	M20	5.46.7
Gaine Petterson	M40	5.47.7
Megan Grant	W20	5.48.7
Alan Crombie	M45	5.57.3
Bryn Hoffman	M20	6.03.0

Tracey Hay	W20	6.03.1
Mike Bray	M55	6.18.8
Conor Lysaght	**B12	6.46.8
Kerryn Barker	W40	7.08.0
Anja Crombie	**G12	7.14.1
Chris Bycroft	M45	7.17.6
Amber Lysaght	**G12	7.22.8
Amy Bray	W20	7.24.9
Noreen Crombie	W50	7.32.6
Elliot Castle	**B12	7.56.8
Corey Davidson	G12	8.30.1
Thalia Pearce	G14	13.31.8
Walk		
Diane Barratt-Kendell	W55	9.58.5
Mark Geddes	M50	10.17.1
Denise Caudwell	W60	11.52.3
Rinus Adriaansz	M60	12.18.6

**Trout Fly – 15
December 2016**

Leo Bamfield	1	11:24	2550
Sarah Lei	2	11:53	2550
Kelly Mitchell	3	12:17	2550
Conor Lysaght	4	12:37	2550
Maria Brunton	5	12:46	2550
Jaxson Matthews	6	12:59	2550
Amber Lysaght	7	13:01	2550
Callum Downes	8	13:40	2550
Freya Lord	9	13:45	2550
Richard Werahiko	10	13:46	2550
Elliot Castle	11	14:17	2550
Kasper Grunwell	12	14:21	2550
Grace Dekker	13	14:26	2550
Harrison Lei	14	14:43	2550
Phil Kerrison	15	14:44	2550
Jackie Cirne	16	15:01	2550
Hayden Martin	17	15:07	2550
Alexander Bamfield	18	15:35	2550
Maree Bamfield	19	15:36	2550
Anita Roy	20	15:54	2550
Ashleigh Randell	21	15:54	2550
Olivia Harris	22	16:07	2550
Claire Randell	23	16:08	2550
Justine Randell	24	16:10	2550
Lewis Lei	25	16:13	2550
Oscar Burns	26	16:16	2550
Judy Hewlett	27	16:24	2550
Ray Hewlett	28	16:25	2550
Joshua Finnerty	29	16:50	2550
Ryan Lei	30	17:05	2550
Erin Reilly	31	17:12	2550
Scott Mill	32	17:13	2550
Graeme Pearson	33	17:24	2550
Jessica Martin	34	18:37	2550
Rachael Browne	35	18:38	2550
Sean Martin	36	18:40	2550

Kathy Jackson	38	18:51	2550
Katie Roy	37	18:51	2550
Teresa Martin	39	18:53	2550
Angela Grunwell	40	21:40	2550
Travis Grunwell	41	21:41	2550
Raelene Cockrell	42	21:44	2550
Amelia Matthews	43	21:46	2550
Heather Downes	44	22:20	2550
Rhys Downes	45	22:21	2550
Hannah Hickson	46	23:49	2550
Alan Twiddy	47	24:18:00	2550
Edward Twiddy	48	24:43:00	2550
Katharine Twiddy	49	24:46:00	2550
Sian Twiddy	50	25:06:00	2550
Emma Hickson	51	25:50:00	2550
Jodie Hickson	52	25:51:00	2550
Claire Roy	53	28:08:00	2550
Chase Grunwell	54		2550

No time:
DNF? DNS?

Matthew Morreau	1	17:10	5000
Matthew Parsonage	2	17:11	5000
Dirk Peters	3	17:21	5000
Adrian Lysaght	4	17:49	5000
Stephen Bjarnesen	5	18:22	5000
David Cronshaw	6	18:32	5000
Aaron Millar	7	18:47	5000
Chris Corney	8	19:04	5000
Andrew Twiddy	9	19:19	5000
John Gray	10	19:21	5000
Megan Grant	11	19:26	5000
Alan Crombie	12	19:29	5000
Peter Roy	13	19:34	5000
Gaine Petterson	14	19:37	5000
Greg Flynn	15	20:05	5000
Tracey Hay	16	20:35	5000
Neil Kerrison	17	20:45	5000
Sam Rossiter	18	20:50	5000
Brei Gudsell	19	21:09	5000
Clare Barratt-Wood	20	22:01	5000
Chris Lord	21	22:30	5000
Johanna Ottosson	22	22:43	5000
Jason Finnerty	23	23:06	5000
Dylan Wright	24	23:19	5000
Kerryn Barker	25	23:58	5000
Campbell Horn	26	24:00:00	5000
Alexa Kuffel	27	24:30:00	5000
Claire Harris	29	24:30:00	5000
Miriam Van Den Boom	28	24:30:00	5000
Scott McCullough	30	24:31:00	5000
Simon Addison	31	25:41:00	5000
Chris Bycroft	32	26:16:00	5000
Emma Martin	33	26:24:00	5000
Christine Butler	34	29:05:00	5000
Rachael Catley	35	29:09:00	5000
Kyra Maessen	36	29:13:00	5000
Jan Goss	37	30:30:00	5000
Peter Vyver	39	32:59:00	5000
Jessica Wilson	38	33:31:00	5000

Rinus Adriaansz 40 47:02:00 5000 Walker

Whanganui 3 Bridges Marathon - 10 December 2016

1. Brendon Keenan 2.56.35
2. Bruce Edwards 3.17.28

Well done guys

Mt Maunganui King and Queen Mountain race - 26 December 2016

Senior race

1. Daniel Jones Whakatane 19.09
8. Matt Parsonage 1st M35 21.59
26. Alan Crombie 3rd M35 25.32
81. Charlotte Pearson 15th WO 32.03
82. Cati Pearson 16th WO 32.04
102. Noreen Crombie 1st W5034.42
103. Kathryn Murphy 5th W35 34.48
111. John Harvey 21st M50 36.17

Junior race

1. Regan Wilson Whakatane 9.29
16. Zack Kelly 7th Boy 15 11.57
20. Luke Crombie 8th Boy 15 13.19
23. Anja Crombie 3rd Girl 11 13.47
26. Keira Murphy 5th Girl 11 16.28

Tauranga Twilight track and field – 1 January 2017

Men 18

Alec Johnson

Discus 1st 38.66

Shot put 1st 10.83

Boys 10

Cooper Simes

100 metres 1st 14.62

200 metres 1st 31.27

Long jump 8th 3.36

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) - \$20.00

There are other items such as adult and children's

track suits, adult hoodies and beanies – cost of these on request

Contacts are:

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

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