



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

GUFF SHEET
7 March 2015

The past week:

Local track and field – Both sessions of track and field this past week escaped the rain. The teens and adults results are below.

Trout Fly - It was the turn of the fortnightly Thursday evening Trout Fly to be bombarded by heavy rain. Results are below.

Out of town track and field

Children – A number from the club headed Paeroa for a ribbon day.

Teens and adults – Saturday saw a met at newly surfaced Porritt Stadium. Results are below.

Whaka Forest - logging operations:

Logging operations are continuing in the Forest. These are still in the region of Nursery Road and now in the Lentil Link, Sidewinder and Frontal

Lobotomy areas. Signage will be placed up on notice boards around the forest and all affected tracks will be cordoned off and road closures will be put in place. Security will be on site to manage the road safety closures. Timberlands will aim to minimise disruption to the use of these tracks.

If you are a mountain biker note the following tracks will be affected 24 Carat, Fools Gold, The River, Lower National Downhill

Operations will be weekdays between 7.00am and 4.00pm. Note that log haulage trucks will make use of Pipeline Rd, Direct Rd, Red Tank Rd and Nursery Rd and could be operating at any time day or night.

Take care and give way to anything bigger than you! Listen to what's going on around you!

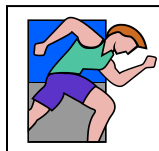
Events on the local scene and out of town:

SATURDAYS

Track and field

Adults

This weekend – Athletics New Zealand track and field championships, Wellington. Good luck to club members taking part.



Children

This Saturday 7 March – The Athletics Waikato BOP children's championships, Porritt Stadium, Hamilton, 9.30am. All the best to club members taking part.

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 7.25am at a venue to be advised.

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

Others 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.

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, giving it to either Kerri or Wendy. Alternatively give Kerri 027 2773180 or Wendy 027 5004544 a call to arrange drop-off details

The children's championship programme is now underway and continues until 17 March. Please note that the Club's correct uniform is to be worn.

Distance athletes

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

Others that run distance - Groups leave from the Neil Hunt Park Some meet 5.00pm, 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 nearing completion. 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.

Programme – Wednesday 11 March

6.15pm - 4 x 100 metre – Relay

6.35pm - Discus
- Long jump

7.05pm -1 mile – run/walk

Programme - Wednesday 18 March

10000 metres championship for Grade 19 and above

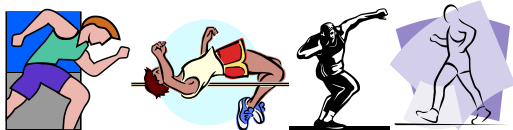
5.30pm sharp - start for walkers and those runners likely to take 60 minutes plus to complete the distance

6.00pm sharp - start for runners who will complete the event under 60 minutes

Please arrange your own lap recorder

There are **no** other events this evening

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

Others that run distance - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Fortnightly

The Trout fly series

Next event is 12 March - 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:

This Saturday 7 March – Good luck to club members taking part in the annual New Plymouth marathon and associated events

This Sunday 8 March – The Copthorne off Road ½ Marathon, ¼ marathon, 5km and Little Devils Fun Run.

You can enter on the morning up to half an hour before the start of your event. Note there are no Eftpos or credit card facilities at registration.

Event start times are:

7.30am to 10.30am - registration at the venue

9.00am - Lance Lawson Little Devils 1.5km run/walk for 3 years to 6 years.

9.10am - Lance Lawson Little Devils 2.5km run/walk for 7 years to 10 years.

9.45am - Tasti 5km run/walk

10.00am - Little Devils prize giving

11.00am - New Balance ¼ marathon run/walk

1.30pm - prize giving

Not taking part, then give Rob Colledge a call (07 3487768) as he is still seeking marshalls and registration people.

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

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

Sarah Wiwarena – Ph: 348 7674 (evenings):
Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.

RESULTS

Teens and Adults Track and Field –

25 February 2015 (perfect evening) * Denotes: an athlete under Grade 12 – up graded to Grade 12

Championship events

Boys 12

1500 metres	Bradley Rumble	5.50.7
Hammer throw	Bradley Rumble	16.71

Boys 14

200 metres Brooklyn Tomo 29.5
 Hammer throw Brooklyn Tomo 20.40

Men 19

200 metres Tom Voysey 27.7

Men 20

200 metres Sam Rossiter 26.9
 1500 metres Steven O'Callaghan 4.26.9
 Sam Rossiter 5.25.2
 Hammer throw Steven O'Callaghan 18.46
 Sam Rossiter 15.47

Men 40

200 metres Adrian Lysaght 31.0
 1500 metres Adrian Lysaght 4.39.4
 Hammer throw Adrian Lysaght 8.48

Men 55

200 metres – walk Rinus Adriaansz 1.23.9
 200 metres – run Don Morrison 32.4
 Lindsay Foster 32.9
 1500 metres – run Lindsay Foster 6.21.1
 Don Morrison 7.03.0
 1500 metres – walk Rinus Adriaansz 11.35.0
 Hammer throw Lindsay Foster 14.63
 Rinus Adriaansz 12.97

Men 65

1500 metres Trevor Ogilvie 5.17.4

Men 70

1500 metres Max Bragg 6.54.6

Girl 13

1500 metres Tegan Fookes 5.49.8

Women 17

1500 metres Ella Fookes 5.42.6

Women 45

200 metres – run Karyn McCreedy 33.2
 200 metres – walk Sharissa Hetherington 2.10.3
 1500 metres – run Karyn McCreedy 5.40.6
 1500 metres – walk Sharissa Hetherington 18.43.3
 Hammer throw Sharissa Hetherington 13.82

Women 50

200 metres - run Luanna George 39.2
 Hammer throw Luanna George 11.89

Women 60

200 metres - walk Denise Caudwell 1.27.4
 1500 metres – walk Denise Caudwell 11.33.0
 Hammer throw Denise Caudwell 9.64

Women 65

Hammer throw Carole Stark 11.61

Non championship100 metres

Tom Voysey M19 12.9
 Paetahi Mitchell *B12 15.9

200 metres

Rebekah Edhouse G12 30.5
 Paetahi Mitchell *B12 33.1

Athletics Waikato BOP – open meeting- Porritt Stadium 28 February 2015Youth women

Melkorka Leggett Javelin 1st 33.11 500gm

Trout Fly - 26 February 2015 - No 8

Full Name		Time	Distance	Notes
Sam Rossiter	1	09:04	2550	*
Duncan Smith	2	09:17	2550	
Melanie Thompson	3	10:11	2550	*
Javier Browne	4	11:01	2550	*
Lance Shilton	5	11:37	2550	*
Conor Lysaght	6	12:53	2550	*
Leo Bamfield	7	12:55	2550	*
George Crouch	8	12:56	2550	*
Kasper Grunwell	9	13:27	2550	*
James Watson	10	13:28	2550	*
Emma Hickson	11	13:29	2550	*
Alex Sole	12	14:04	2550	
Jude Carpenter	13	14:20	2550	
Amber Lysaght	14	14:38	2550	*
Cody Shilton	15	15:15	2550	*
Fred Shilton	16	15:16	2550	*
Angela Grunwell	17	17:10	2550	*
Hannah Hickson	18	17:17	2550	*
Andrew Hickson	19	17:17	2550	
Stella Win	20	18:40	2550	
Lily Gordon	21	18:41	2550	
Altssa Pingol	22	18:42	2550	
Erica Shilton	23	19:25	2550	*
Aria Browne	24	27:03	2550	
Jade Mitchell	25	27:04	2550	
Rachelle Cavanagh	26	33:21	2550	
Full Name		Time	Distance	Notes
Adrian Lysaght	1	17:22	5000	*
Chris Comey	2	18:09	5000	
Stephen Bjarnesen	3	18:46	5000	
Joseph Rea	4	19:58	5000	
Andrew Jamieson	5	20:13	5000	
Sue Crowley	6	20:55	5000	
Kate Rea	7	21:17	5000	
Julian Parker	8	21:53	5000	*
Ryan McLean	9	21:53	5000	
Bryn Hofmann	10	22:07	5000	*
Tracey Hay	11	22:32	5000	
Jason Finnerty	12	22:49	5000	
Michael Tang	13	22:51	5000	*
Lindsay Foster	14	22:55	5000	
Charlotte Hamilton	15	23:11	5000	*
Scott Curran	16	23:13	5000	
Jodie Hickson	17	23:15	5000	

John Harvey	18	23:18	5000	
Philip Gulbransen	19	23:20	5000	
Wayne Cameron	20	23:25	5000	*
Craig Pollard	21	23:36	5000	
Nicola Fiskén	22	24:19	5000	
Amy Bray	23	24:23	5000	
Sarah Manders	24	24:27	5000	
Colin Davis	25	24:48	5000	
Arturo Pingol	26	25:57	5000	*
Max Bragg	27	26:13	5000	
Dee Horne	28	26:22	5000	
Luanna George	29	26:33	5000	
Kaye King	30	27:00	5000	
Chris Bycroft	31	28:19	5000	
Nyree Grigsby	32	28:58	5000	
Sarah Nutall	33	29:30	5000	
Kerris Browne	34	29:43	5000	
Waverley Newson	35	29:44	5000	
Matt Fiskén	36	29:54	5000	
Louise Rickard	37	30:47	5000	
Peter Vyver	38	30:49	5000	
Linda Firth	39	31:07	5000	
Frances Fordyce	40	32:03	5000	
Mere Attwater	41	32:14	5000	
Cherie Smith	42	33:09	5000	*
Kim Oakley	43	33:29	5000	*
Angel Pari	44	34:12	5000	*
Debbie Allen-Knight	45	34:57	5000	
Anastasia Rickard	46	34:58	5000	
Annabel Fordyce	47	35:28	5000	
Jessica Bach	48	35:29	5000	*
Rachael Browne	49	35:58	5000	
Diane B K	50	36:18	5000	walker*
Marama Christie	51	37:19	5000	
Diana Anderson	52	37:20	5000	
David Lythgoe	53	40:06	5000	
Kathy Jackson	54	40:08	5000	
Rinus Adriaansz	55	40:30	5000	walker*

*: season personal best.