



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

GUFF SHEET

8 November 2014

The past week:

Distance wise was the Auckland marathon and associated events: Track and field wise the teens and adults headed to Tauranga (report and results below): the children to a ribbon day at Matamata: the club's first teens and adults track and field session last Wednesday – results below: last Wednesday evening 30 from clubs walking fraternity supported the Pink Walk and for their "dress-up efforts" came away with the best dressed team prize. Well done.

Events on the local scene and out of town:

SATURDAYS

This Saturday 8 November –

Track and field -

Adults – An open meeting 3.00pm at Tauranga Domain. For the days programme visit www.athleticswaikatobayofplenty.org.nz

Children – Please note the ribbon day at Kawerau has been **cancelled**

Saturday 15 November

Track and field -

Adults - an open meeting 3.30pm Te Awamutu. For the days programme visit www.athleticswaikatobayofplenty.org.nz

Children – Ribbon Day at Te Awamutu - 10.00am

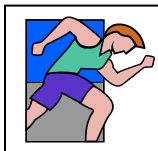
Sunday 16 November – Distance - Whakatane Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. Don't want to do the full distance then make up a 2 person relay team – walk or run. There's also a 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details

Saturday 22 November

Children's Ribbon Day - here in Rotorua at the Stadium's No 2 Ground. See elsewhere in this publication re assistance required on this day. This is a big event for the children's committee, all of them new and feeling their way.

Sunday 30 November – The Hidden Trails town and country half marathon, 11km fun run walk and junior 4km run. This Kawerau based event winds its way through the trails of the native bush, farm roads to finish by a stream reserve. The course is different from previous years.

Visit www.kawerauharrierclub.co.nz for further information.



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 cont



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 is at the Stadium's No 2 Ground, Devon Street West. The action kicks off at 6.15pm sharp. These evenings are where you can have lots fun while adding to your fitness base. All welcome, runners, walkers, throwers, jumpers. Don't be shy – come and try some new skills - there's something for everyone!

The programme for next Wednesday 12 November is

6.15pm 60 metres

Shot put
High jump

6.45pm 2100 metres

7.00pm 5000 metres run or walk for grade 17 and above



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

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. Session will include techniques to reduce knee injury, as well as the conventional running techniques. The How and Why of hill reps, springs, speed work, fartlek, tempo runs and time trials (will include the Trout Fly). Suitable for beginner joggers to improve 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 - from 6 November

The Trout fly series –

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series is.

You have a choice of 3km or 5.0km run, jog or walk on a flat course.

This series commences Thursday 6 November. 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



The Club's Children's Ribbon Day – a request for assistance

Friday 21 November 4.30pm (approx.)

Saturday 22 November 9.45am

Can you please assist the Children's committee to operate the Lake City ribbon day. This is a big event for us and we need a lot of people to make the day run as smooth as possible.

We especially need people to act as **Chiefs** for the different Track and Field events. In addition helpers to operate the BBQ/Shop/equipment set-up & pack-up etc. would be great.

Gear & Equipment:

Does anyone have a trailer and will be willing to:

- Collect the temporary fencing for the second Discus (pick-up Friday 21st & return – day TBC)
- Collect 10 trestle tables, 20 chairs & club tent from the Neil Hunt Park club rooms (prefer Friday 4.30pm but early Saturday (8.30 at latest))

Personal equipment:

- Tents/Gazbos we can set-up around the grounds to provide cover for officials/helpers

If you are able to help can you please contact either Wendy or Kerri: Wendy Monk: wmoess@actrix.co.nz Kerri Lohead: lakecityca@gmail.com



RESULTS

Lake City teens and Adults Track and Field – 29 November 2014

60 metres

Aria Browne	GU16	9.7
Anna Cairns	G14	10.1

Benjamin Keaney	B12	8.9
Oliver Keaney	B13	9.4
Javier Browne	B12	10.2

Sue Crowley	W45	9.7
Kerris Browne	W45	10.6
Amy Bray	W20	11.5
Kirsty Peterson	W40	12.0

Peter Makiha	M40	8.3
Adrian Lysaght	M45	9.0
Mark Geddes	M50	10.2

Julian Smith	MU18	7.2
Alec Johnson	MU16	7.4
Kurt Rice	MU20	7.7
Tom Voysey	MU18	8.1
Peter Makiha	M40	8.6
Brooklyn Tomo	B14	12.9

800 metres

Adrian Lysaght	M45	2.26.3
Sam Rossiter	M20	2.32.8
Benjamin Keaney	B12	2.34.9
Sue Crowley	W45	2.36.6
Oliver Keaney	B13	2.57.9
Amy Bray	W20	3.39.4
Kerris Browne	W45	3.58.9
Kirsty Peterson	W40	4.40.7

100 metres

Julian Smith	MU18	12.5
Alec Johnson	B14	12.6
Kurt Rice	MU20	13.0
Tom Voysey	MU18	13.4

Peter Makiha	M40	13.8
Adrian Lysaght	M45	14.6

Sue Crowley	W45	15.5
Anna Cairns	G14	16.0
Aria Browne	GU16	16.6
Kerris Browne	W45	18.0
Amy Bray	W20	18.9
Kirsty Peterson	W40	20.5

Benjamin Keaney	B12	14.9
Oliver Keaney	B13	15.8
Javier Browne	B12	16.4

3000 metres - run

Adrian Lysaght	M45	10.56.6
Sue Crowley	W45	10.59.1
Benjamin Keaney	B12	12.19.5
Oliver Keaney	B13	14.21.6

Phil Kerrison	M60	14.47.8
Amy Bray	W20	15.52.9
Luanna George	W50	16.01.3
Kirsty Peterson	W40	17.51.4

3000 metre - walk

Mark Geddes	M50	20.03.6
-------------	-----	---------

Long Jump

Aria Browne	GU16	3.25
Anna Cairns	G14	3.41
Benjamin Keaney	B12	3.82
Javier Browne	B12	3.41
Kerris Browne	W45	2.83
Kirsty Peterson	W40	2.37
Peter Makiha	M40	3.44
Adrian Lysaght	M45	3.49
Sarah Bain	GU17	3.00
Kurt Rice	MU20	4.42
Alec Johnson	BU16	4.60
Brooklyn Tomo	B14	3.95
Oliver Keaney	B13	3.58

Putaruru Bell – track and field - 1 November 2014 – Tauranga

The club's team of six with a distinctive name of "Highland Fling" contested the Putaruru Bell Trophy on Saturday at Tauranga Domain. Each member competed in, and was limited to four track or field events, scoring points for the team, in this annual contest.

Adrian Lysaght and Sue Crowley gained maximum points in winning all four races in their respective age group. Excellent effort since their first run was at 2.20 pm and 4th at 4.50 pm. Lake City finished a close 3rd with 126 points behind Lodge Frankton with 138 with Hamilton City Hawks winning with 207 points.

Great day and remarkable team effort. I am keen to do it next year with more Lake City teams. - *Lindsay Foster.*

Junior women

100 metres	Molly Florence	2nd	12.30	w 0.8
200 metres	Molly Florence	2nd	25.90	w 0.9

Junior men

100 metres	Kurt Rice	4th	12.73	w 1.2
200 metres	Kurt Rice	3rd	26.22	w 0.5
High jump	Kurt Rice	1st	1.45	
Long jump	Kurt Rice	1st	4.60	w 1.0

Men 35 plus

100 metres	Lindsay Foster	4th	15.40	w 1.2
200 metres	Lindsay Foster	5th	33.81	w 0.5
400 metres	Adrian Lysaght	1st	62.71	
800 metres	Adrian Lysaght	1st	2.26.80	
1500 metres	Adrian Lysaght	1st	4.52.15	
3000 metres	Adrian Lysaght	1st	10.34.91	
2000 meter walk	Mark Geddes	1st	13.00.10	
Long jump	Lindsay Foster	2nd	3.83	w 0.9
Shot put	Lindsay Foster	2nd	7.46	
Shot put	Mark Geddes	4th	5.54	
Javelin	Mark Geddes	4th	14.27	

Women 35 plus

400 metres	Sue Crowley	1st	66.08	
------------	-------------	-----	-------	--

800 metres	Sue Crowley	1st	2.32.42
1500 metres	Sue Crowley	1st	4.52.45
3000 metres	Sue Crowley	1st	10.22.92
2000 metre walk	Jeanene Lysaght	1st	16.16.76
Shot put	Jeanene Lysaght	2nd	4.91
Discus	Jeanene Lysaght	2nd	10.52
Javelin	Jeanene Lysaght	2nd	7.49

Auckland Marathon and associated events - 2 November 2014

A number from the club took part in one of the events last Sunday. Visit the events website for results.

Neil Hunt Park clubrooms:

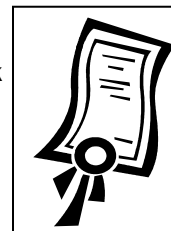
You would you belief it! Lights are still being left on in the Neil Hunt Park clubrooms.

If you are the last to leave the clubrooms, please ensure all lights are out, as well as windows and doors closed. It only takes a few minutes to check out the building.



Club certificates:

There is a huge number of championship certificates on the table of the Neil Hunt Park clubrooms. Check through them to see if you have won a championship place in the half marathon, marathon or the winter months cross-country or road events.



Placings in these events are broken down into the various age groups for runners and walkers.

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.