



**LAKE CITY**  
*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera  
Road, Lynmore, Rotorua

## QUFF SHEET

18 December 2010

### The week that was:

Last Wednesday it was the turn of the senior track and field activities to be curtailed by the weather. Although it was raining the championship 10000 metres went ahead. Steven O'Callaghan turned in 31.23.7 on the damp track, while others recorded PBs. Results are on the reverse.

The children's section had Athletics Waikato BOP sports force officer, Dave Rondon, in attendance last week, and by all accounts he was impressed with what this section of the club is doing on a Tuesday evening. Well done!

A number of club members headed to Hastings for the New Zealand Secondary Schools track and field championships on the weekend and performed with distinction. Top places were turned in by Ryan Howe, 2nd in the senior boys long jump (7.04) and 3rd in his 100 metres (10.86), along with Joseph Miller 1st in the senior 100 metres (10.68), 200 metres (21.27). Junior graded Callum Taylor was 6th in the long jump (5.73) 7th in his 200 metres heat (25.84) and 8th in the triple jump (12.25). Kieran Gainsford was 7th in his 800 metre semi, but turned in a quicker time in the heats (2.04.39). Liam Walsh in the senior 2km steeplechase was 6th in 6.29.18.

Michael Voss was 36th (130 plus in the event) in his junior 3km road race (10.45). Apologies to any club member overlooked or results missed.

### Marathon Clinic

The running section of the 2011 marathon clinic is set to commence Sunday 16 January, 7.00am at the Neil Hunt Park clubrooms. If you know of people in the community (family members, work mates, friends) that have the Lion Foundation Rotorua Marathon on 30 April, on their to do list, invite them along to the clinic to run in the camaraderie of other runners. All they need to do is to be able to run (at their pace) around 1 hour and 15 minutes by the 16 January.

An information evening prior to the Clinic is being held on Thursday 13 January, 8.00pm at the Neil Hunt Park clubrooms. This is after the Trout Fly. All welcome!

The walking section of the clinic is well underway. If interested in this section give Colin Smyth a call - 027 499 9471.

### Events on the local scene:

#### SUNDAYS

**Those that run** - Meet 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road), when groups of runners head off into Whaka Forest.

8.30am - a running group also leaves from TITC on Waipa Mill Road - contact person - Siobhan Griffiths - 021 1289925

**Those that walk** - Meet 7.00am at the Neil Hunt Park clubrooms The walker's contacts are: Colin Smyth 027 499 9471- Pat Smyth 027 3341425 - Wiwarena 027 248 3874 (348 7674 home)

**This Sunday - 18th December - Get into the Christmas spirit by wearing something relating to Christmas when running or walking. Gather for a cuppa at the clubrooms afterwards.**

#### TUESDAYS

**Children's athletics** - (5 to 11 years) 5.00pm at the No 2 Ground above the Rotorua International Stadium, Devon Street West. Details on this section of the club can be obtained by visiting [www.sportsground.co.nz/lakecitykids](http://www.sportsground.co.nz/lakecitykids)

This section will be taking a break over the holidays, resuming (**and note this**) Wednesday evening 9 February at 5.00pm at the No 2 Ground.

#### Distance athletes

**Runners** - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms

#### WEDNESDAYS

**Senior track and field (athletics)** - for those 12 years and above, 6.00pm at the No 2 Ground, above the International Stadium, Devon Street West. Like the children this section is having a couple of weeks off and recommences on 12 January. The programme is:

★ 6.15pm - 3000 metres, long jump ★ 6.40pm 60 metres ★ 6.55pm 100 metres ★ 7.05pm 800 metres ★ 7.20pm 300 metres

#### THURSDAYS

#### Distance athletes

**Runners** - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599.

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms

THURSDAYS (FORTNIGHTLY) – next event 13/1

**Trout Fly Summer Series** ★ Meet at the Lake City Athletic Club Clubrooms Neil Hunt Park off Tarawera Road ★ Run, Walk, Jog either a 5.4km or 3km course ★ Registration @ 5.45pm ★ Start @ 6.15pm ★ PLEASE NOTE children are to be accompanied by adult ★ Entry fee Adults: \$5.00, Children: \$3.00 (Price includes free beer/wine or soft drink for under 18's) *plus BBQ* ★ **Dates** – 2011: 13 January, 27 January, 10 February, 24 February, 10 March ★ For further details contact: Chris Corney - 021 770366

## Events out of Rotorua:

TRACK AND FIELD

**Seniors** - This Saturday 18 December - A meeting at Porritt Stadium, Hamilton, 3.00pm start.

**Saturday 1 January** – Tauranga Twilight meeting. The programme is in the Athletics Waikato BOP handbook or can be obtained from [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz). Entry can be made online to the above address by 28 December. Entry can also be made on the day from 1.00pm.

**Tuesday 4 January** - Distance members note the Athletics NZ 10000 metres track championships are scheduled for Tuesday 4 January at Tauranga. Keep an eye on the Athletics NZ website ([www.athletics.org.co.nz](http://www.athletics.org.co.nz)) for the entry procedure. There is also non-championship events scheduled at this meet.

**Children** – Saturday 1 January - there are children's events at the Tauranga Twilight meet. Details of these are also in the Athletics Waikato BOP handbook or on Tauranga Ramblers website.

**Friday 7 to Sunday 9 January** – the North Island Colgate Games at Hastings. A number from the club have entered. Have a great weekend in the Hawkes Bay sun.

DISTANCE EVENTS

**Sunday 26 December** – the annual Mt Maunganui King and Queen of the Mount events, which double as the Athletics Waikato BOP mountain running championships.

- ❖ 1.00pm - Family Fun run and walk 5.5km approx. around the base of the Mount.
- ❖ 2.00pm - Junior Mountain race - part way up the Mount and back.
- ❖ 2.30pm - the 4.5km to the top of the Mount and back - King and Queen of the Mount

Online entry available at [www.enteronline.co.nz](http://www.enteronline.co.nz)

## Whaka Forest:

Yes, logging operations are continuing in the Forest, with a number of tracks and roads affected.

- The Black Track in the Dump, Heath Road and the Native areas has been diverted.

- Various mountain bike tracks are closed - Roller coaster, No Brains, and Dump Road. Yellow Brick Road maybe closed.

- Roads affected – Chestnut, Heath and Dump roads, with Sandy Skid Road likely closed.

- Watch for trucks on Hill and Nursery Roads, Popular Avenue, Long and Fern Drive. Look and listen, and step aside - they are bigger than you are!

- Please respect all signage and do not venture into the work areas.



### ***Tip of the week***

*To aid recovery eat in the hour immediately after exercising*

## Results:

### Senior track and field

**8 December 2010** \* Denotes person aged under 12 – up graded to grade 12

#### 10000 metres championship

Steven O'Callaghan	M20	31.23.7
Chris Corney	M45	35.23.6
Duncan Smith	M45	35.33.6
Chris Browne	M40	42.58.2
Phil Kerrison	M55	48.11.7
Kerris Browne	W40	59.22.9
Max Bragg (w)	M65	73.24.9
Denise Caudwell (w)	W55	73.37.1
Mita Wijohn (w)	M45	83.56.7



## Guff Sheet

The guff sheet is taking a holiday for a couple of weeks. Best wishes for the festive season and New Year. Keep up the fitness levels, eat and drink in moderation and drive with care. See you early in 2011.

**For your physio needs contact  
The Physiotherapy Clinic –  
[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380**