



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET
19 March 2011

The week that was:

The Children's Athletics Waikato BOP track and field championships were held on Hamilton's Porritt Stadiums all weather track last weekend. A large number from the Club took part with many titles and placings coming back to Rotorua. Well done!

Both sections of the club's summer activities have now wound up with their respective prize giving being held. Neither of these sections can be held without the input of volunteers. Many thanks to those who have assisted in these areas of the Club over the summer months. Roll on to next summer.

The fortnightly Trout Fly series is another section that has wound up. Also, this series has not been held without the assistance of volunteers, and thanks is extended to those who have assisted over the months, sometimes in not very pleasant weather conditions.

Trout Flyers don't let all the fitness you have gained be lost - read about what we do over the winter months, (opposite) and come and join us on a Saturday afternoon.

The marathon clinic runners and walkers are now spending more time on their feet, as they work towards the big day on the 30 April.

Events on the local scene:

SUNDAYS

Those that run -

Marathon clinic - meets at 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road). Don't be late, the groups leave on time.

Non clinic runners also meet 7.00am at the clubrooms, many joining a clinic group.

Those that walk -

The walkers marathon clinic group meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are: Colin Smyth 027 499 9471 - Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

Distance athletes

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

Marathon clinic runners - those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

THURSDAYS

Distance athletes

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

Marathon clinic runners - those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm.

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

Forth coming events in Rotorua:

SATURDAY 2 APRIL - *the first event of what we do over the winter months. That is running and walking over cross-country, on the road and in the Forest.*

This is an open day at the Neil Hunt Park clubrooms off Tarawera Road (in the cul du sac just past the Outdoorsman). Meet 1.45pm and the head off into the forest for a jaunt of varying distances.

All you need -

- ❖ Is a comfortable pair of jogging shoes, shorts or leggings, a tee shirt, and warm clothes for afterwards. Bring a towel etc if you wish to shower.
- ❖ Distances vary between 2.5km and 10km, with shorter distances for kids and beginner adults and walkers.
- ❖ Remember that the whole family is welcome. Bring your cousins, kids, even mates from work, and walk or jog together.

SATURDAY 30 APRIL

The 47th Lion Foundation Rotorua Marathon around the shores of Lake Rotorua. Not up to the full marathon, then there's either a ½ marathon or a 5 or 10km fun run / walk for you. Enter on line at www.eventpromotions.co.nz or again grab an entry form from the clubrooms. Early entry closes 17 April.

Events out of Rotorua:

TRACK AND FIELD

Seniors 25-27 March - Athletics NZ track and field championships, Dunedin - Entries have now closed.

Whaka Forest:

There is still a huge amount of logging activities happening in Whaka Forest, especially in the Wash and Red Tank Road areas. This affects a number of walking / running tracks, mountain bike tracks and roads in this region. As there are trucks and other heavy machinery operating in the Forest look and listen for them. Don't wear Ipods. How can you hear an approaching vehicle? Also be mindful of the dust created by a vehicle. They can't see you!

As mentioned previously this is a working forest and it is a privilege to be able to use it - not a right!

Don't venture into taped off areas.

New club competition uniforms:

The new club uniforms have arrived, but we are keen to sell what old style stock we have. This old stock is now selling for \$20.00 per garment. Want a cheap singlet then contact Kerris on 021 753691 or e-mail swingmills@xtra.co.nz

Prices for the new garments are - Singlets \$45.00, Walkers T-shirts \$35.00. These singlets are sublimated - i.e. there will be no seams between different colours. Likewise contact Kerris at - swingmills@xtra.co.nz or phone 021 753691 if you are in the market for a new style singlet.

Payment to be made at time of uplifting either garment.

International Walk:

Neil Hunt Park clubrooms - The annual International Walk is being held the week commencing 14 March with the final events **this weekend 19/20 March**. As in the past the Club has given permission to the organizers to use the Neil Hunt Park clubrooms on Saturday and Sunday, especially the toilet and shower facilities. The clubrooms will be available to club members on Sunday morning but parking in the carpark will be restricted, so please park a little further a field.

**For your physio needs contact
The Physiotherapy Clinic –**

**inquiry@physiotherapyclinic.co.nz
or 07 347 8380**

RESULTS

Local track and field – 12 years and above - 9 March 2011 - Championship events

9 March 2011

Hammer

M20

Steven O'Callaghan 18.23
Sam Rossiter 15.76

Men 40

Chris Browne 13.65

Men 55

Lindsay Foster 19.84

Men 70

John Kirkland 19.52
Colin Smyth 15.26

Women 40

Sharissa Hetherington 18.59
Kerris Browne 13.53

Women 55

Denise Caudwell 3.28

Women 65

Carole Stark 13.69

Women 70

Maureen Heald 9.11

Non championship

60 metres

Andrew Innes B14 7.9
Michael Kilkelly B14 8.2

Marina Tahana Beazley G12* 8.7
Paige Satchell G12 8.7
Sarah Bain G12 9.4
Mackenzie Van Fulpen G12 9.5
Tasha Goodwin G12 10.0
Talia Namana G12 10.6
Terina Fitzpatrick G12* 11.0

200 metres - run

Paige Satchell G12 29.8
Sarah Bain G12 32.2
Mackenzie Van Fulpen G12 33.4
Talia Namana G12 34.6

Tasha Goodwin G12 35.6
Terina Fitzpatrick G12 38.3

Duane Willoughby M16 25.8
Sam Rossiter M20 26.0
Andrew Innes B14 26.4
Matty Benson M16 27.8

200 metre – walk

Denise Caudwell W55 1.02.2
Kerris Browne W40 1.04.6
Max Bragg M65 1.11.6
Sharissa Hetherington W40 1.26.5
Doris Bragg W65 1.35.5

800 metres – run

Michael Kilkelly B14 2.24.7
Paige Satchell G12 2.37.4
Chris Browne M40 2.55.3
Sarah Bain G12 3.01.5
Tasha Goodwin G12 3.11.7
Terina Fitzpatrick G12* 3.26.8
Talia Namana G12 3.27.4
Kerris Browne W40 4.25.3

800 metre – walk

Max Bragg M65 5.07.8
Denise Caudwell W55 5.52.2
Linda Montgomery W60 6.06.6
Maureen Heald W70 6.08.3
Doris Bragg W65 6.52.1

Long jump

Talia Namana G12 3.24
Tasha Goodwin G12 3.18
Sarah Bain G12 3.45
Paige Satchell G12 4.27
Mackenzie Van Fulpen G12 3.64
Fraser Gilbert B14 4.19
Andrew Innes B14 4.79
Sam MacKenzie B13 4.34
Michael Kilkelly B14 4.57
Marina Tahana-Beazley G12* 4.26
Terina Fitzpatrick G12* 3.29
Matty Benson M16 4.95



