



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
 Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
 Clubrooms: Neil Hunt Park off Tarawera Road  
 Lynmore – Rotorua

**GUFF SHEET**  
**23 January 2016**

**The past week:**

Sunday morning saw the club’s 2016 Running Clinic members head off on the first run of their 15 week programme.

The walker’s marathon clinic has been underway for some weeks, and they now getting into longer time on their feet. On Sunday mornings it’s 3 and half hours plus.

The Trout Fly event was again well attended. Unfortunately there was a problem with the event timing therefore all times have not been recorded in the results below.

**Ipods and the like:**

The club’s policy is that Ipods etc are not worn in club events. This includes all events – the track, the Trout Fly, the running and walking clinics, the off road half marathon etc.

**Long Mile Road:**



Over the summer months this road gets very, very busy and care must be taken when using it. When running or walking on it avoid more than two abreast – watch for traffic (vehicles, bikes and other pedestrians etc). Not all users respect the speed limit allocated to the road. Keep your eyes and ears open for other users.

Extreme care also needs to be taken when crossing Tarawera Road.



**Whaka Forest:**

Forest harvesting is happening off Moerangi Road. The Time Warp Mountain bike track will be permanently closed and Splitzenz bike track from 11 January. From 11 January Moerangi Road

will be closed to all public between Tuhotu Ariki track and Buchanan Road. Trucks will be using Tikitapu, Moerangi and 8 Mile Gate Road. Please respect the signage and security in place.

**Forth coming events:**

***Out and in the City***

**Athletics - track and field** - competition

Children

**Saturday 6 February** - Tokoroa ribbon Day 10.00am

Adults

**Saturday 6 February** – Athletics Waikato BOP and Athletics NZ 10000 metres championships, Mt Smart. Visit [www.athletics.org.nz](http://www.athletics.org.nz) for entry details.

**Saturday 13 February** – Porritt Classic, Hamilton

Distance events

**Sunday 6 March** - The Copthorne Off Road half Marathon in Whaka Forest. Visit

[www.eventpromotions.co.nz](http://www.eventpromotions.co.nz)

**Saturday 30 April** - The 52nd Rotorua Marathon around Lake Rotorua Visit [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz)

**SUNDAYS**

Distance athletes

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Clinic members please be there by 6.55am. The 10km group met at the clubrooms 7.30am  
 Wanting to join the Running Clinic? Contact Teresa Martin on mb. 0210428759 or email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

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

**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**

Children’s athletics –

This side of the club’s activities will recommence **Tuesday 26 January 2016.**



Walkers

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

**Pm** - Meet 5.30pm at the Neil Hunt Park clubrooms.

### Distance athletes

Groups including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members please be there by 5.20pm.

## WEDNESDAYS

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

**Pm** –

**Track and field (athletics) – the Stadium’s No 2 Ground, Devon Street West, 6.15 sharp**

The championship programme for the **27 January** is:

6.15pm 100 metres

6.15pm Shot put

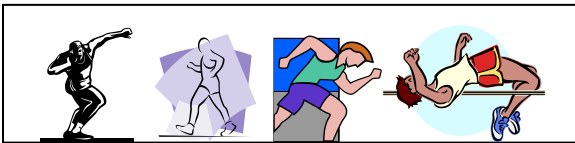
6.45pm 400 metres

7.00pm 1500 metres – non championship

Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies.

You don’t have to be a financial club member to take part in the weekly activities. There is a “Pay and Play” system in place where non-club members pay \$2.00 per person each evening they attend.

Naturally we would like all attendees to become a financial member of the Club



## 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

Groups including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm. Clinic members please be there by 5.20pm.

### Trout Fly –

This popular 3km or 5km run, jog, or walk is held fortnightly every Thursday evening on a course that winds through the Sulphur Flats area of the City. The entry fee is \$5.00 adults, \$3.00 for children who must be accompanied by an



adult. Register at the Neil Hunt Park clubrooms between 5.45pm and 6.00pm and then head to start for a 6.15pm get away. The exercise is followed by BBQ sausages and chips. You do not have to be a club member to take part.

This series is underway again with the next event scheduled for Thursday 28 January.

For further details: Chris Corney - 021 770 366, email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz) **If you can help with this event please contact Chris.**

## RESULTS

### Trout Fly

14 January 2016

Fred Shilton	1	10:02	2550
Leo Bamfield	2		2550
Richard Werahiko	3	11:33	2550
Conor Lysaght	4		2550
Rhys Downes	5	12:21	2550
Lance Shilton	6	12:21	2550
George Crouch	7		2550
Freya Lord	8		2550
Cody Shilton	9	13:53	2550
Hannah Shilton	10	14:08	2550
Hayley Bason	11	15:03	2550
Amber Lysaght	12	15:23	2550
Alexander Bamfield	13	15:29	2550
Rob Bamfield	14	15:30	2550
Sam Atkinson	15	15:41	2550
Ashleigh Randell	16	16:26	2550
Arwen Barker	17	16:40	2550
Claire Randell	18	16:44	2550
Judy Hewlett	19		2550
Elliot Castle	20	16:51	2550
Linda Johnston	21	16:51	2550
Keith Walmsley	22	17:46	2550
Marcelle Morrison	23	17:48	2550
Alex Andrews	24	17:55	2550
Zoe Saville-Wood	25	17:57	2550
Denise Caudwell	26	18:47	2550 walker
Louise Lord	27	19:12	2550
Christian Walmsley	28	19:56	2550
Jyrome Walmsley	29	19:56	2550
Jade Moke	30	20:13	2550
Allison Foster	31	20:14	2550
Max Peterson	32	20:33	2550
Alan Ryan	33	21:18	2550 walker
Ciara Griffiths	34	21:53	2550

Jenna Hastings	35		2550
Arielle Collier	36		2550
Linda Montgomery	37	22:38	2550 walker
Leezam Walmsley	38	23:08	2550
Ronan Griffiths	39		2550
Jack Peterson	40		2550
Ben Todd	41		2550
Wendy Collier	42		2550
Shiloh Collier	43		2550
Charlotte Towers	44	23:00	2550
Taylor Lord	45	23:26	2550
Erica Shilton	46		2550
Gloria Parkinson	47	24:06:00	2550
Leah Barker	48		2550
John Barker	49		2550
Moe Walmsley	50	24:48:00	2550
Tina Louise	51	28:08:00	2550
Tom Tuki	52	28:08:00	2550
Atareta Walmsley	53	34:59:00	2550
Manawa Walmsley	54	34:59:00	2550
Adrian Lysaght	1	18:09	5000
David Cronshaw	2	18:44	5000
Kerry Robinson	3	19:00	5000
Bruce Edwards	4	19:03	5000
Sam Rossiter	5	19:21	5000
Colin Earwaker	6	19:34	5000
Megan Grant	7	19:41	5000
Mike Bray	8	19:48	5000
Jason Steyn-Ross	9	20:00	5000
Graeme Pearson	10	20:40	5000
Brett Fordyce	11	20:50	5000
Steven O'Callaghan	12	20:53	5000 with pram
Chris Kabban	13	20:55	5000
Ella Fookes	14	21:23	5000
Bryn Hofmann	15	21:28	5000
Shayne Hossack	16	21:28	5000
Tony Broadhead	17	21:43	5000
Sian Twiddy	18	21:50	5000
Sarah Piteler-Campbell	19		5000
Richard Ball	20		5000
Siobhan Griffiths	21		5000
Stephen Bjarnesen	22		5000
Tracey Hay	23		5000
Nicole O'Donnell	24		5000
Justine Randell	25	22:21	5000
Chris Lord	26	22:56	5000
Lindsay Foster	27	23:15	5000
Scott Curran	28	23:15	5000

Kerryn Barker	29	23:16	5000
Chris Browne	30	23:50	5000
Gillian Shapley	31	23:51	5000
Stevie Fiske	32		5000
Bruce Easton	33		5000
Sarah Manders	34	23:57	5000
Amy Bray	35	24:47:00	5000
Philip Gulbransen	36	24:47:00	5000
Karen Jack-Cooke	37	25:16:00	5000
Dan Morrison	38	25:41:00	5000
Chris Bycroft	39	26:26:00	5000
Ray Hewlett	40	26:46:00	5000
Max Ward	41	28:04:00	5000
Kathy Jackson	42	28:04:00	5000
Sarah Sucgang	43	28:24:00	5000
Kerris Browne	44	28:34:00	5000
Callum Pearce	45	29:05:00	5000
Stephanie K	46	29:05:00	5000
Kirsty Peterson	47	29:18:00	5000
Fiona North	48	29:37:00	5000
Rhonda Herring	49	30:00:00	5000
Peter Vyver	50	30:07:00	5000
Mere Attwater	51	30:23:00	5000
Gary Parker	52	30:40:00	5000
Becky Dimock	53	30:48:00	5000
Michelle Morse	54	31:03:00	5000
Kasper Grunwell	55	31:20:00	5000
Jeanette Dekker	56	31:20:00	5000
Elizabeth Geddatly	57	31:25:00	5000
Jordan Jones	58	31:25:00	5000
Ellen Harris	59	32:00:00	5000
Janine Van der Vegte	60	32:33:00	5000
Angela Grunwell	61	33:36:00	5000
Sherry Brewer	62	35:45:00	5000
Sonya Hunt	63	35:45:00	5000
Marlena Martin	64	36:00:00	5000
Shirley Brown	65	36:22:00	5000
Marama Christie	66	36:24:00	5000
Nadia Williams	67	36:47:00	5000
Chantelle Williams	68	37:00:00	5000
Tayla Sloane	69	37:18:00	5000
Rachael Browne	70	37:25:00	5000
Rinus Adriaansz	71	41:10:00	5000 walker
Maxine Parker	72	41:25:00	5000 walker
Hiskei Fasting	73	43:40:00	5000 walker

## **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

### **Children's Uniforms**

**Kerri Lockhead** - lakecityca@gmail.com  
Ph/text 027 2773180

### **Adults**

**Denise Caudwell** - Ph 346 8431 (evenings)  
**Nikki Mitchell** - Ph: 349 2920 (evenings):  
Mobile 027 464 8546

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