



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

17 December 2011

The week that was:

Again the two weekly track and field evenings at the Stadiums No 2 ground were well attended. The feature of the teens and adults meet was the club championship 10000 metres in which 20 took part.

Forthcoming events on the local scene:

SUNDAYS

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some a bit later. Find a group that is compatible with your fitness and head off into the Forest.

Those that walk - Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 - Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

TUESDAYS

All athletes - Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street, Rotorua. Sessions led by Sarah Lei - 349 3558 (evenings) or 027 228 5496.

Summer athletics:

For Tiny Tots and children aged 5-11 years

Weekly Tuesday Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West at 5.15pm.

Should the weather be inclement cancellations will be on the hotline - 349 2994 then dial 5924, or on the cancellation notices on www.lakecity.co.nz

**The final evening for 2011 is next Tuesday
20 December - a games evening with a
BBQ and Santa in attendance**

Contact - Kerris Browne - 021 753 691, or
348 0790 or swingmills@xtra.co.nz

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

Summer athletics:

For teens and adults (12 years plus)

Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West - 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults.

**Wednesday 21 December is the final night for
2011**

A BBQ will be held (\$2.00 cost per person)

**The programme is being worked on
(Some serious events, some fun events)**

**Bring a small gift (not more than \$5.00 in value)
for Santa's sack**

**For catering purposes please
contact - Lindsay Foster - 348 6818 evenings by
Sunday evening if attending**

THURSDAYS - weekly

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

The Trout fly series

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be. The next event is **12 January 2012**

- You have a choice of 3km or 5.4km 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

Beginners Jogging – (alternate Thursdays between Trout Fly)

Comfortable 45 minutes to 1 hour jog in the lovely Redwoods led by Rachel and Kerris. Start 5:30pm from the Clubrooms, on middle Thursdays between the Trout Fly events. No charge for beginners' first three sessions - great way to keep your weekly motivation going!

Contacts are Rachel 027 3630644, Kerris 021 753691.

Events out of Rotorua:

Track and field:

For children:

This Saturday 17 December - Ribbon Day here in Rotorua, 10.00am

For adults:

Saturday 17 December - meeting at Porritt Stadium, Hamilton, 3.00pm start.

Subscriptions / Membership:

All participants of club nights are required to pay their annual membership fee by the 3rd club night at the latest. Please note we have now had 6 club nights.

If you have **not** paid your fee please attend to it promptly.

Teens and adults can uplift on a Wednesday evening, from the results table, a membership form, or visit the club's website (www.lakecity.co.nz) and download a form

Results:

Teens and Seniors Track and Field - weekly results * Denotes an athlete under Grade 12 – up graded to

Grade 12

7 December 2011

10000 metres (Club championships) (Results provisional - subject to membership status being checked)

Nick Portas	M20	32.57.2
Steven O'Callaghan	M20	34.58.6
Graeme Pearson	M50	36.49.5
Bruce Edwards	M50	36.50.7
Jason Steyn-Ross	M20	37.21.6
Michael Voss	B14	38.25.7
Kris Adriaansz	M20	42.35.9
Sam Rossiter	M20	43.02.0
Chris Browne	M40	43.39.4
Stevie Fiske	M20	44.18.9
Karyn McCreedy	W40	44.50.9
Phil Kerrison	M55	47.28.6
Lindsay Foster	M55	49.41.9
Max Bragg	M65	52.46.4
Peter Vyver	M65	54.00.8
Olivia Goh	W20	56.21.4
Mere Attwater	W45	56.32.0
Rachael Browne	W40	61.54.1
Kerris Browne	W40	63.26.2
Rinus Adriaansz (w)	M55	76.40.0

Non championship

600 metres

Liam Walsh	M19	1.34.6
Michael Kilkelly	M16	1.41.3
Paige Satchell	G13	1.45.7
Gus Dube	B12	2.01.7
Ben Voss	B12*	2.21.4
Mel Martin	W35	2.26.7
Max Voss	B12*	2.28.8
Rinus Adriaansz (w)	M55	4.27.8

60 metres

Tom Voss	B12*	9.5
Ben Voss	B12*	10.4
Max Voss	B12*	11.0

Paige Satchell	G13	8.8
Eilish Satchell	W16	9.0
Mel Martin	W35	9.1
Bayley Martin	B12*	9.5

Sam Mackenzie	B14	9.3
Mere Attwater	W45	10.5
Kerris Browne	W40	10.7
Kathy Satchell	W45	11.4
Mary Mupita	W40	11.6

200 metres

Eilish Satchell	W16	30.0
Paige Satchell	G13	30.2
Tom Voss	B12*	31.1
Gus Dube	B12	33.3
Ben Voss	B12*	36.5
Max Voss	B12*	40.1

Mel Martin	W35	34.9
Bayley Martin	B12*	34.9
Kathy Satchell	W45	41.1
Kerris Browne	W40	43.4
Michelle Evans	W35	46.2
Rachael Browne	W40	52.4

High jump

Tom Voss	B12	1.30
Gus Dube	B12	1.20
Sam Mackenzie	B14	1.25
Mackenzie van Fulpen	G13	1.35
Paige Satchell	G13	1.20
Kurt Rice	M16	1.43

Shot put (different weights thrown)

Brooklyn	B12*	9.04
Bayley Martin	B12*	7.48
Sam Mackenzie	B14	7.70
Boston Tomo	M45	5.86
Aria Browne	G12	4.65
Ashleigh Nathan	G14	7.87
Eilish Satchell	W16	6.70
Olivia Goh	W20	3.60
Mel Martin	W35	5.83
Michelle Evans	W35	5.11
Mary Mupita	W40	6.82
Kerris Browne	W40	5.99
Niki Carling	W45	6.32
Mere Attwater	W45	5.62

Training at the track this weekend:

Those wishing to use the track for training this weekend please note that the Club is hosting their children's ribbon day on Saturday. Should the event be postponed it will be held on Sunday.

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
or 07 347 8380

