



Website: www.lakecity.co.nz

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

GUFF SHEET

2 February 2013

The past week:

At last Wednesday's Adults and Teens track and field, activities the 100 and 800 metres championships events were contested. Results are on the reverse.

The popular fortnightly Trout Fly series had a huge turnout, many of them Running Clinic members having their first taste of the event. Results are below.

The Running Clinic various groups are now well underway, with the time on ones feet gradually increasing.

Events on the local scene:

SUNDAYS

The running clinic –

Marathoners and half marathoners –

The marathon and half marathon clinic groups leave from the Neil Hunt Park clubrooms 7.00am sharp.

10kers - Please note that you leave at a later time of 7.45am sharp from the Neil Hunt Park clubrooms. Meet 7.35pm.

For further information on the Clinic call Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

Others runners – Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Find a group that is compatible with your fitness or join a clinic group. The first group heads off at 7.00am.

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.

Children's Athletics

This section of the Club's activities, for those aged 2-11years resumes

Tuesday 5 February 2013 at the No 3 ground – up behind the hedge of the No 2 ground

Contact person is Kerris Browne - Ph. 348 0790 evenings, 348 0863 day or email swingmills@xtra.co.nz

The running clinic – Meets 5.25pm at the Neil Hunt Park clubrooms. Overall contact person is Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

Other runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm

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

Presentation – This Tuesday 5 February – Innes from Foot Mechanics (podiatry) will be at the clubrooms from 5.30pm for approx. 20 to 25 minutes. Scheduled runs will follow. All welcome. See the full presentation programme below.

WEDNESDAYS

Track and Field (athletics) for those 12 years plus

The venue is the ground up behind the hedge of the ground we have been using. To get there go up the rise from Devon Street and follow the tar seal through the gate and then head left up the hill to the big grassed area.

At 5.10pm there is training sessions for throws and hurdles. Training for jumps and sprints will recommence when School starts

Competition proper commences at 6.15pm

The programme for this coming **Wednesday 6 February** is:

6.15pm

1200m, 1600m, 2000 metre walk championships

6.30pm

60 metres

Discus

6.45pm

100 metres

7.00pm

400 metres championships

Contact: Lindsay Foster 348 6818

Championship events: This week is the various walk events and 400 metres.

The usual applies: to take a championship place you must be a current financial member of the Club before the event commencement.

THURSDAYS

Weekly:

Distance athletes

The running clinic – Meets 5.25pm at the Neil Hunt Park clubrooms. Overall contact person is Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

Other runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm.

Walkers – Meet 5.30pm at the Neil Hunt Park clubrooms.

Fortnightly:

Trout Fly series

The next event in this fortnightly series is **Thursday 7 February**. Come and run or walk 5.00km or 2.88km. Meet at the Neil Hunt Park clubrooms, 5.45pm for registration - entry fee \$5.00 per adult, \$3.00 per child, who must be accompanied by an adult. Contact person is Chris Comey 021 770 366 or chris-donna@xtra.co.nz

Local track availability:

The No 2 ground at Devon Street West is not available through to at least 5 to 6 March for competition and training because of the Raggamuffin and Te Matatini fixtures. An alternative venue behind the hedge has been arranged.

Raggamuffin is this weekend (Friday 1 February and Saturday 2 February) so that means even the new track is out for training. The area is being used for parking.

Please note: Because of the unavailability of all the grounds (Te Matatini) in the Westbrook area there will be **no Track and Field on Tuesday 19 February (children) and Wednesday 20 February (teens and adults)**. The programme for Wednesday the 20 February, which includes the 1500 metres championship, will be transferred to the following week, 27 February.

Club running singlets, walkers tees, track suits:

Even if you do not have the money right now, come and try for size. We are placing an order in early February, so make sure you get your size put aside or on order now.

The new Tracksuit sets have arrived – children's plus a limited number of adult's. There are also a limited number of pants to match those who already have tracksuit jackets. If we do not have your size, we will be placing an order in early February for arrival late March.

Track suit sizes / costs

Children's sizes	XXS to S	\$50
Adults sizes	M to XL	\$90
Pants only		\$35

Kerris or Nikki will be at the Neil Hunt Park clubrooms for fittings on Thursday 31 January and Thursday 7 February at 5:15pm, or Sunday 3 February after our runs.

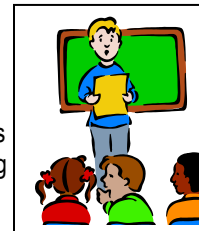
Kerris or Leanne will be at the Track Tuesday 12 and Wednesday 13 February from 5pm.

Distance running – locally:

- **Sunday 10 March** – Copthorne Hotel off Road ½ marathon, ¼ marathon, 5km fun run/walk plus Little

Devils 1.5km or 2.5km fun run, right here in Rotorua in our famed Whakarewarewa Redwoods Forest. Visit www.eventpromotions.co.nz or uplift an entry form from the Neil Hunt Park clubrooms.

- **Saturday 4 May** – The 49th Lion Foundation Rotorua Marathon, ½ marathon, ¼ marathon and 5.5km fun run/walk. Again here in Rotorua. The full marathon one lap of Lake Rotorua: the ½ out and back (plus a few suburb streets) on the last 9/10km of the marathon course: the 10.5km and 5.5km events around the Sulphur Flats and the last section of the marathon course. Visit www.rotorua-marathon.co.nz for more details or pick up an entry form from the clubrooms.



Presentations:

Over the next few weeks the Running Clinic is hosting a series of presentations on either a Tuesday or Thursday evening at the Neil Hunt Park clubrooms starting 5.30pm sharp for a duration of 20 to 25 minutes. Scheduled runs will follow. All welcome.

Dates:

- **Tuesday 5 February** – Innes from Foot Mechanics - podiatry
- **Thursday 14 February** – Anthony from the Physiotherapy Clinic
- **Tuesday 19 February** – Sheree from Understatement – Bras etc
- **Thursday 28 February** – Toni from Touch Massage
- **Tuesday 19 March** – David Blundell - Nutrition

Events out of Rotorua:

Track and Field

Adults

- **This Saturday 2 February** - Open meeting, Tauranga Doman, 3.00pm
- **Saturday 9 February** - Porritt Classic track and field, Hamilton. Entries close **this Friday 1 February**. Further details can be found on www.athletics.org.nz/Waikato
- **Saturday/Sunday 23/24 February**. Athletics Waikato BOP track and field champs, Porritt Stadium, Hamilton. **Early entry with full payment closes Friday noon 15 February**. Late entry fee \$20.00 per event. Entry details and the days programme are available on www.athletics.org.nz/Waikato or in the Athletics Waikato BOP summer handbook.

Children

- **This Saturday 2 February** – The first Ribbon day of 2013 at Glenshea Park, Putaruru, 10.00am
- **Saturday 9 February** - Kawerau Ribbon day, 10.00am

RESULTS

Teens and Adults Track and Field – Weekly results * Denotes an athlete under Grade 12 – up graded to Grade 12

23 January 2013
60 metres

Tom Voss	B13	8.8
Brooklyn Tomo	B12	9.1
Ben Voss	B12*	10.0
Max Voss	B12*	10.4

Andrew Innes	M17	7.4
Josiah Kilkelly	M17	7.4
Tom Vosey	M17	7.7
Kurt Rice	M19	8.1
Michael Voss	M17	8.6

Mark Geddes	M50	9.6
Christine Kerrison	W55	11.2

100 metres

Ben Voss	B12*	15.5
Max Voss	B12*	16.9

Tom Vosey	M17	12.2
Kurt Rice	M19	12.6

800 metres

Ben Voss	B12*	3.02.1
Max Voss	B12*	3.12.3

Long jump

Joshua Van Fulpen	B13	3.57
Ben Voss	B12*	3.20
Max Voss	B12*	3.03
Michael Voss	M17	3.04
Tom Voss	B13	4.02
Brooklyn Tom o	B12	3.70
Mackenzie van Fulpen	G14	3.90

Championships - results provisional until membership status established

100 metres

Brooklyn Tomo	B12	15.2
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Tom Voss	B13	14.6
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Josiah Kilkelly	M17	11.8
Andrew Innes	M17	11.9
Tom Vosey	M17	12.4
Michael Voss	M17	14.2

Kurt Rice	M19	13.5
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Sam Rossiter	M20	12.7
Steven O'Callaghan	M20	17.3

Mark Geddes	M50	15.9
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Lindsay Foster	M55	14.7
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Sharissa Hetherington	W40	44.3
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Luanna George	W45	18.5
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Christine Kerrison	W55	17.1
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800 metres - run

Brooklyn Tomo	B12	3.11.8
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Tom Voss	B13	2.46.7
Michael Voss	M17	2.20.8
Josiah Kilkelly	M17	2.29.2
Andrew Innes	M17	3.00.3

Kurt Rice	M19	2.46.2
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Steven O'Callaghan	M20	2.14.6
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Sam Rossiter	M20	2.27.2
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Lindsay Foster	M55	3.03.9
Phil Kerrison	M55	3.04.9

Peter Bloore	M60	3.25.8
Martin Harris	M60	3.26.7

Max Bragg	M65	3.24.9
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Mackenzie Van Fulpen	G14	4.15.2
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Sharissa Hetherington	W40	7.48.5
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800 metres - walk

Mark Geddes	M50	4.35.6
Rinus Adriaansz	M55	5.40.3
Tom Lamason	M65	6.02.1

Luanna George	W45	5.27.2
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Trout Fly - 24 January 2013

5 km:

1	Steven O'Callaghan	16.46
2	Bruce Edwards	17.07 (PB 0.07) Rec. Vet. Men
3	Tony Broadhead	17.17
4	Duncan Smith	17.19 (PB 0.22)
5	Adrian Lysaght	17.30 (PB 0.12)
6	Jason Steyn-Ross	18.27
7	Hamish Worboys	18.29
8	Dave Cronshaw	18.48
9	Russell Clarke	19.27
10	Chris Comey	19.30
11	Andy Hickson	19.51 (PB 0.09)
12	Sam Rossiter	20.29
13	Kurt Rice	20.50
14	Logan Marten	20.55 (PB 0.04)
15	Stevie Fiske	21.07 (PB 0.38)
16	Brei Gudsell	21.08 (PB 0.19)
17	Kerry Robinson	21.19
18	Charlotte Pearson	21.21
19	Erin Leahy	21.22
20	Chris Browne	21.32 (PB 1.01)
21	Clare Barrat-Wood	21.33 (PB 6.12)
22	Cati Pearson	21.52 (PB 0.05)
23	Steve Bjorgensen	22.06
24	Nicole O'Donnell	22.14
25	Graeme Moore	22.21
26	John Harvey	22.27
27	Greg Kidd	22.40
28	Jason Sayers	23.25
29	Bruce Easton	23.27
30	Pippa Hyde	23.36
31	Paul Carpenter	23.41
32	Jodie Hickson	23.43
33	Mark Teakel	24.01
34	Phil Gulbransen	24.06
35	Mike Power	24.20
36	Travis Teakel	24.24 (PB 0.04)
37	Martin Harris	24.35
38	Nikola Buckley	24.42
39	Kelly Mitchell	24.49
40	Craig Pollard	24.57 (PB 0.54)
41	Max Bragg	25.13 (PB 0.24)
42	Kathy Jackson	25.21
43	Tim Anderson	25.39

44	Peter Vyver	25.40
45	Chris Bycroft	26.27
46	Sam Henderson	26.46
47	Andy Beswall	26.50
48	Olivia Goh	26.51
49	Maree McKenzie	26.58
50	Teresa Martin	27.21 (PB 1.01)
51	Renee Douglas	27.55
52	Olivia Burman	28.00
53	Sam Dunn	28.01
54	Frances Fordyce	28.57
55	Jill Webster	29.05
56	Scott Curren	29.08
57	Liam Dagg	29.19
58	Carolyn Allen	29.48
59	Turia Jones	29.59
60	Jeanette Dekker	30.08
61	Tu Walmsley	30.16
62	Jyrome Walmsley	30.17
63	Sheryl Pearson	30.46
64	Jamie Turner	30.46
65	Shirley Day	30.47
66	Mark Geddes (w)	31.25 (PB 3.09)
67	Reine Doutheff	31.33
68	Vicky Wheeler	31.37 (PB 0.18)
69	Andre Hinz	31.49
70	Rena O'Connell	32.05 (PB 1.56)
71	Kerris Browne	32.43 (PB 0.31)
72	Aroha Thompson	32.43
73	Alison King	33.01 (PB 0.50)
74	Celene Aichinson	33.03
75	Rachael Browne	33.04
76	Shontelle Bishara	33.09
77	Heather Leary	34.50
78	Keith Walmsley	34.55 (PB 3.18)
79	Vicky Armstrong	34.59
80	Megan Lacey	36.30
81	Tracy Turner	36.31
82	Jeanette Shortland	36.50
83	Denise Caudwell (w)	37.53
84	Sonya Hunt (w)	39.20 (PB 2.40)
85	Peter O'Reilly (W)	45.46
86	Lily Hunt (W)	46.03
87	Katherine Beijeman (w)	47.49
88	Megan Figgist (w)	47.49

2.88 km:

1	Graeme Pearson	10.53
2	Siobhan Griffiths	11.51
3	Georja Kidd	13.07
4	Shayne Hossack	13.18
5	Javier Browne	14.18 (PB 0.20)
6	Michael Rossiter	14.35
7	Guy Kingi	14.52
8	Jude Carpenter	15.32
9	Mere Attwater	16.02
10	Cindy Carpenter	16.05
11	Ciara Griffiths	16.34 (PB 0.02)
12	Brad Griffiths	16.35
13	Josh Coleman	16.58
14	Peter Bloore	16.59
15	Finn Parson	17.12
16	Matt Fisken	17.13

17	Lochlan Ross	17.18
18	Bruce Ross	17.19
19	Marty Morris	17.23 (PB 5.38)
20	Tara Teakel	17.26
21	Natasha Teakel	17.37
22	Kate Ward	17.53 (PB 0.23)
23	Stacy Van Der Vegt	17.55
24	Lateesha Van der Vegt	17.56
25	John Holmes	19.02
26	Ann Eascott	19.36
27	Kelly Van Der Vegt	19.43
28	Stacey Van Der Vegt	19.46
29	Janine Van Der Vegt	19.47
30	Sandra Teakel	20.48
31	Steff Kidd	21.18
32	Christian Kidd	21.18
33	Luanna George (w)	21.56
34	Ramari Te Kowhai	23.02
35	Hayley Morrison	23.10
36	Mandy Maulder	24.59
37	Dave Rossiter	25.02
38	Andy Eascott	26.18 (PB 1.07)
39	Carol Holmes	27.51 (PB 0.46)
40	Aria Browne	28.33
41	Ilene Edwards (w)	28.57
42	Nana Browne (w)	31.36
43	Atareta Walmsley (w)	34.23
44	Christian Walmsley (w)	34.25
45	Moe Walmsley (w)	34.27

For your massage needs contact
Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002

Take your Lake City membership card to
obtain the discount on offer

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

On Mondays they have a free sports injury
drop in clinic between 4.00pm and 5.00pm at
their Eruera Street clinic

