



# LAKE CITY Athletic Club INC

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

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

## GUFF SHEET

24 December 2011

### The week that was:

The past week's events were controlled by the weather – not sunshine but rain. Tuesday evening saw the Children's weekly track and field held in damp conditions: Wednesday saw, between the raindrops, only one event held for the teens and adults: the fortnightly Trout Fly was held in damp conditions: On Saturday the children's ribbon day was held in very wet conditions.

### The Neil Hunt Park clubrooms:

It has been noted over recent weeks that the clubrooms have been left unattended with the front door left propped open. **This is a big No No.** Those who are first to open the door, plus the organiser(s) of an activity based from the clubrooms (this includes the Sunday morning and weekly pack runs/walks) are responsible for the security of the Club rooms. Before departure, users must check that they are the last to leave and if so must ensure that all lights are out, windows shut, and upon leaving that all doors are locked. On departure, wait and listen for the 'clonk' to ensure the main door is fully locked.

Remember it is a privilege to have access to the building via the key pad, not a right. We don't want to have only 2 or 3 people to be able to open the clubrooms.

### Weekly / fortnightly 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

**This section of the Club will be taking a break from their weekly activities until 7 February.**

Contact – Kerris Browne – 021 753 691, or 348 0790 or [swingmills@xtra.co.nz](mailto: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.

This section is also taking a break until **Wednesday 11 January** when the following events are on the programme:

6.15pm	- 3000m run / walk - grade 16 plus
	- Long jump
6.40pm	- 60 metres
6.55pm	- 100 metres
7.05pm	- 800 metres
7.20pm	- 300 metres

Contact - Lindsav Foster – 348 6818 eveninas

#### 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:**

**1 January - Tauranga Domain** – for grades 10 to 14 between 2.30pm and 4.00pm. Online entry (before 28 December) \$10.00. On the day \$12.00. Refer to [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz) or the Athletics Waikato BOP children's handbook for events etc.

**6 to 8 January – North Island Colgate Games** – Tauranga Domain - 48 from the club will be wearing the club colours at this event. Good luck to all heading to Tauranga.

**Saturday 21 January** – Open meeting at Porritt Stadium, Hamilton, which includes events for children. 3.00pm start. Events are: 100m, 200m, 400m, and 1500 (the 400/1500m events are for 10 to 14yrs), long jump and, shot put. \$3.00 entry fee for the afternoon.

**For adults:**

**1 January - Open meeting Tauranga Domain** - This met includes Athletics Waikato BOP 3000m for grades 16 and above. Online entry (before 28 December) is \$15.00 for first event plus \$5.00 for each subsequent event. On the day fee is \$20.00 for first event and \$5.00 each subsequent event. Refer to [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz) or the Athletics Waikato BOP senior handbook for events etc.

**Tuesday 3 January** – Open meeting at Tauranga Domain, which includes Athletics NZ 10000m championships – race walk 4.30pm and run 7.30pm. Enter online at [www.athletics.org.nz](http://www.athletics.org.nz)

**Distance events:**

**Monday 26 December - the annual King Queen Mt Maunganui, Mt Maunganui** - For the programme and entry details visit [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)

**Whaka Forest:**

Harvesting on Tokorangi is completed with some minor water control to be done. The roads are now open as

are the Purple and Black Walking Tracks. The Katore Wash Horse trail will need to be reinstated.

We have been advised that the Mountain Bike Tracks closed due to roller crushing are open. The crushing may continue for a few days next week, in which Timberlands will control the hazard just where the work is being done.

**Want to show your cricket skills .....then**

Meet 11.00am Sunday the 8 January (after the Sunday run/walk) at the Neil Hunt Park clubrooms, for an open wicket cricket practice at Neil Hunt Park, so we can select a team that will play the Hamilton Hawks at cricket in February.

**Events happening locally in the New Year:**

**Marathon Clinic - runners**

Thursday 12 January at the Neil Hunt Park clubrooms is an information evening being held for those interested in running a 10km through to a marathon. No charge just come along at 8.00pm.

For further details contact: Jodie Hickson 021 970 492 or 345 3070 (evening) Rachael Browne 027 363 0644 or Kerris Browne 021 753 691.

The clinic is scheduled to get underway Sunday 15 January 7.00am from the Neil Hunt Park clubrooms.

**Marathon Clinic – walkers**

This section of the club is well underway with their marathon preparations. Contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

**Kingsgate Hotel Rotorua off road ½ marathon, ¼ marathon (10.5km) and 5 km – Sunday 4 March 2012**

This Club owned event, managed for the Club by Event Promotions is a family day with all events based in our fabulous Whaka Forest. As well as the longer distance events, there's a 1.5km run/walk for those aged 3 to 6 years and a 3km run/walk for those aged 7 to 10 years.

Event headquarters at the mountain bike car park (off State Highway 5).

Entry forms are at the clubrooms, or visit [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) for online entry.

**The Lion Foundation Rotorua Marathon and associated events - Saturday 28 April 2012**

Entry forms for the round the Lake marathon and its associated events (½ marathon, ¼ marathon and 5km) are also at the clubrooms. Online entry is available at: [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz)

## Results:

### Teens and Seniors Track and Field - weekly

**results** \* Denotes an athlete under Grade 12 – up graded to Grade 12

**14 December 2011 – (wet night)**

#### 1500 metres

Nick Portas	M20	4.27.5
Sam Rossiter	M20	5.14.8
Georja Kidd	G13	5.51.5
Michael Rossiter	M20	6.31.5
Martin Harris	M60	7.19.0

### New Zealand Secondary School championships – Wellington - 10/11 December 2011

A quick check of the large number of results has revealed the following club members results. Apologies to any person overlooked.

#### Callum Taylor – junior boys

Long jump: 2nd - 6.28. The winner jumped 6.29, the 3<sup>rd</sup> place getter 6.22.

Triple jump: 4th -12.53

#### Molly Florence – senior girls

100m: first round – 1st 12.73, second round - 4th 12.79

#### Tanja Leggett – junior girls

Javelin: 26th - 22.32

### Trout Fly Results - 15th Dec 2011

The PBs included are this seasons PBs, not all time PBs

First	Surname	PB so far	Trout Fly 24 Feb 2011	PB gain this week
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#### 3km run

Michael	Voss	00:00:00	00:10:37	0:00:00
Tom	Voss	00:00:00	00:13:37	0:00:00
Max	Voss	00:00:00	00:14:25	0:00:00
Sophie	Voss	00:00:00	00:14:34	0:00:00
Olivia	Goh	00:00:00	00:16:31	0:00:00
Rachael	Browne	00:00:00	00:17:10	0:00:00
Jade	Mitchell	00:18:04	00:18:15	0:00:00
Judith	Tomasevich	00:00:00	00:18:42	0:00:00
John	Holmes	00:00:00	00:22:02	0:00:00
Celene	Aitchison	00:00:00	00:22:04	0:00:00
Anahera	Karaka	00:00:00	00:23:13	0:00:00

#### 3km walk

Phil	Gulbransen	00:21:47	00:23:22	0:00:00
Maureen	Heald	00:24:19	00:25:05	0:00:00
Mandy	Maulder	00:25:58	00:25:43	0:00:15
Ellen	Goodin	00:27:27	00:26:14	0:01:13
Martin	Harris	00:30:31	00:29:50	0:00:41
Andrew	Harris	00:30:32	00:29:50	0:00:42
Alison	King	00:28:56	00:29:51	0:00:00

#### 5.4km run

Nick	Portas	00:17:52	00:17:54	0:00:00
Liam	Walsh	00:00:00	00:18:39	0:00:00
Adrian	Lysaght	00:18:35	00:18:52	0:00:00
Colin	Earwaker	00:00:00	00:19:05	0:00:00
Jason	Steyn-Ross	00:18:50	00:19:19	0:00:00
Chris	Corney	00:19:32	00:19:22	0:00:10
Duncan	Smith	00:00:00	00:19:51	0:00:00
Tony	Broadhead	00:00:00	00:19:55	0:00:00
Hamish	Worboys	00:00:00	00:20:18	0:00:00
Leighton	Warren	00:00:00	00:20:47	0:00:00

Michael	Harrison	00:20:45	00:21:04	0:00:00
Sam	Rossiter	00:21:21	00:21:11	0:00:10
Kris	Adriaansz	00:22:10	00:22:23	0:00:00
Sue	Crowley	00:23:10	00:22:40	0:00:30
Steve	Fiske	00:23:00	00:23:16	0:00:00
Charlotte	Pearson	00:23:48	00:23:21	0:00:27
Josh	Dear	00:23:57	00:23:34	0:00:23
Alec	Isley	00:23:36	00:23:52	0:00:00
Campbell	Horn	00:25:36	00:24:23	0:01:13
Phil	Kerrison	00:25:06	00:24:39	0:00:27
Nikki	Buckley	00:24:49	00:24:48	0:00:01
Claire	Barrat-Wood	00:24:07	00:25:06	0:00:00
Russell	Clarke	00:22:43	00:25:39	0:00:00
Dave	Fischer	00:00:00	00:26:04	0:00:00
Lindsay	Foster	00:00:00	00:27:07	0:00:00
Paul	Carpenter	00:00:00	00:27:23	0:00:00
Scott	McEwen	00:28:30	00:28:35	0:00:00
Kelly	Mitchell	00:30:03	00:29:01	0:01:02
Peter	Vyver	00:28:22	00:29:12	0:00:00
Cindy	Carpenter	00:00:00	00:29:18	0:00:00
Renee	Douglas	00:00:00	00:29:26	0:00:00
Shaun	O'Donnell	00:24:59	00:29:38	0:00:00
Mere	Attwater	00:30:51	00:30:36	0:00:15
Rachael	Cavanagh	00:00:00	00:33:05	0:00:00
Leanne	Willis	00:00:00	00:33:10	0:00:00

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

### Guff sheet:

The guff sheet is taking its annual break and will be back in the New Year.

Keep up the fitness levels, Eat and drink in moderation.

Catch you all in the New Year.

