



Website: www.lakecity.co.nz

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

GUFF SHEET

25 February 2012

The week that was:

Again both sections of the local track and field were well attended, with the teens and adults championship programme progressing.

A number from the Children's section have headed out of town to Ribbon days. Putaruru a fortnight ago and Te Aroha this past Saturday, while the Club was represented at the first session of the senior Athletics Waikato BOP track and field championships at Tauranga.

At the recent Oceania Masters Track and Field championships at Tauranga all 3 club members taking part came home with medals. Congratulations! Their results are towards the end of this publication.

The various sections of the Marathon Clinic continue to be blessed with fine weather for their pre event preparations.

Training at the Track - the No 2 ground

Please note that the track is not available this weekend for training - Saturday 25 and Sunday 26 February - as the Relay for Life is being held at the Stadium.

Whakarewarewa Forest:

Logging has recommenced in Whaka Forest. This time a large portion of it is just off Nursery and Radio Hut Roads. Please respect the barriers put in place, read the signage, and do not enter into the working areas. Watch out for logging trucks on Nursery Road, especially during week days. Also take care on the weekends as they could be working. This is a working Forest, and it is a privilege to be able to run and walk or mountain bike in it.

Crossing Tarawera Road:

With the increased numbers (packs/groups) leaving the Neil Hunt Park clubrooms and heading into the Forest on Tuesday and Thursday evenings and on Sunday morning, care needs to be taken when crossing Tarawera Road. It is suggested when heading to the Forest that Tarawera Road is not crossed until past the Tarawera/Long Mile Road

intersection. Also use this method on the way back to the clubrooms. Don't straggle across the road like Brown's cows!

The Marathon Clinic:

Runners and 10k'ers

All groups are running well, and starting to prepare for the Off-Road 1/2, 10.5km or 5km events. The 10km group have already been out and run the 5km course and everyone will start tapering from this weekend. Last week's nutrition talk was excellent, gave some very factual, un-biased, practical advice. Toni from Touch massage spoke on Sunday about the importance of sports massage, and is looking at introducing Monday late night due to the demand from the marathon clinic!

Any clinic queries can be sent to lakecitymarathonclinic@gmail.com.

Jodie Hickson

Walkers

Another good week and our newbies are all coping well with the hill training. Some of our members have also been enjoying the track work this year. Our group put a team into the Length of the Lake Taupo Relay on Saturday, 67 km. What a great time was had by all 8 members. Everyone did so well considering we have just come off our conditioning training and haven't done any speed work yet. Amazing what can be achieved if given an estimated time for your lap. Everyone did an amazing times considering the heat and we finished in 9 hours 11 minutes and came 2nd out of 7 teams in the walking category. Results are below.

To top it off Rika Otto won a spot prize, an orange Tui Beer Fridge. Watch out next year.

Pat Smyth

Kingsgate Off-Road Half Marathon, New Balance Quarter Marathon and Tasti 5km Fun Run/Walk - Sunday 4 March 2012

An option for everyone in the family!

Kingsgate Off-Road Half Marathon – two laps through the Whakarewarewa forest on a mix on mountain bike trails, gravel roads and single track. This is a perfect build up to the Lion Foundation Rotorua Marathon

New Balance Quarter Marathon – one lap of the half marathon course, great for those building up to the Rotorua Half Marathon in April

Tasti 5km Fun Run/Walk – NEW in 2012!

Little Devils 3km or 1.5km option – noncompetitive, fully supervised and lots of prizes!

The late entry fee has kicked in. Go to www.eventpromotions.co.nz for more details or up lift an entry form from the clubrooms if need to enter.

These events are owned by the Club, and organized by Event Promotions on behalf of the Club with assistance from club members, their family members and friends.

You will find a list at the clubrooms for you to volunteer your assistance either on the pre event Saturday, or on the event day, or both. Even if you are running or walking an event you can assist. Alternatively involve a family member or a friend, but make sure they know you have volunteered them.

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.

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

Clinic 10k'ers - Meeting time at the Neill Hunt Park clubrooms will vary, but you will be advised this via email.

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 weekly section of the Club is underway again 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 of www.lakecity.co.nz

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.

Marathon Clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving at 5.30pm

Clinic 10k'ers - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

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 **29 February** sees the club championship programme continue. The programme is:

- 6.15pm - 100 metres non- championship
- Triple jump – **championship**
- Javelin - **championship**
- 6.35pm - 1000 metres - non championship – run/walk
- 6.45pm - 2km steeplechase - **championship**
(Grade 16, masters women 35 plus and masters men 60 plus)
- 7.05pm - 3km steeplechase - **championship**
(Grades 19, senior men /women, master's men 35-59)

Please note that a person needs to be an actual financial club member at the time of the event is taking place. That is having paid a subscription to the Club prior to the event commencement.

Contact - Lindsay Foster – 348 6818 evenings

THURSDAYS - weekly

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THURSDAYS - fortnightly

The Trout fly series

The next event in this fortnightly series is **8 March**.

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

Events out of Rotorua:

Track and field:

For children:

This Saturday 25 February – Ribbon day, Tauranga Domain

Saturday 3 March – Ribbon Day at Paeroa

Saturday 10 March - Athletics Waikato BOP children's championships – Porritt Stadium, Hamilton - 9.30am start

For adults:

This Saturday 25 February - Athletics Waikato BOP championships, Porritt Stadium, Hamilton. Athletes must report to the official's desk at least 30 minutes before their first event

Saturday 3 March – Open meeting – Tauranga

3-6 March – Masters National track and field championships, Auckland

Results:

Local track and field - 15 February 2012

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

Championship events

400 metres -run

Boys 14

Tom Vosey 77.5

Men 21-34

Sam Rossiter 64.4

Michael Rossiter 80.6

Masters men:

50-54

Mark Geddes 75.7

55-59

Lindsay Foster 71.7

Men 70-74

Peter Vyver 129.3

Girls 12

Melkorka Leggett 90.3

Aria Browne 121.3

Girls 13

Paige Satchell 68.6

Georja Kidd 75.4

Sarah Bain 78.4

Mackenzie Van Fulpen 87.7

Girls 14

Tanja Leggett 96.0

Women 17

Eillish Satchell 73.1

Women 20

Maundy Maulder 124.3

Women 21-34

Olivia Goh 109.0

Masters women:

40-44

Kerris Browne 125.4

45-49

Mere Attwater 93.1

Kathy Satchell 100.2

55-59

Christine Kerrison 100.5

3000 metres - run

Boys 12

Eamon Walsh 6.13.9

Men 17

Fintan Walsh 12.56.4

Men 20

Liam Walsh 9.22.3

Men 21-34

Nick Portas 9.12.6

Steven O'Callaghan 9.23.8

Sjors Corporaal 10.01.6

Jason Steyn-Ross 10.02.2

Sam Rossiter 11.51.4

Michael Rossiter 14.45.3

Masters men

35-39

Logan Marten 11.30.5

40-44

Tony Broadhead 10.35.3

55-59

Phil Kerrison 12.41.9

Lindsay Foster 14.09.9

60-64

Trevor Ogilvie 11.01.6

65-69

Max Bragg 15.04.3

70-74

Peter Vyver 15.32.7

Girls 13

Paige Satchell 11.08.1

Georja Kidd 13.39.5

Women 17

Eillish Satchell 12.19.8

Women 21-34

Olivia Goh 15.54.6

Masters women

35-39

Sarah Lei 13.41.9

40-44

Karyn McCready 12.05.3

Kerris Browne 19.16.8

45-49

Mere Attwater 16.11.7

55-59

Christine Kerrison 17.41.0

3000 metres - walk

Masters men

55-59

Rinus Adriaansz 23.23.9

Discus

Men 21-34

Sjors Corporaal 24.09

Sam Rossiter 17.83

Masters men

55-59

Rinus Adriaansz 16.13

70-74
Peter Vyver 13.22

75-79
John Kirkland 18.83

Girls 12
Melkorka Leggett 21.84
Aria Browne 10.87

Girls 13
Alie Corporaal 18.20
Sarah Bain 13.44
Mackenzie Van Fulpen 13.42
Georja Kidd 9.55

Girls 14
Tanja Leggett 17.84

Women 20
Mandy Maulder 8.77

Women 21-34
Olivia Goh 9.18

Masters women
40-44
Leanne Leggett 21.44
Kerris Browne 17.70
Karyn McCready 14.62

45-49
Mere Attwater 13.93

Non Championship
100 metres
Paige Satchell G13 14.5
Georja Kidd G13 15.4
Sarah Bain G13 16.1
Kaya Corporaal B12* 16.7

Tom Vosey B14 14.0
Eillish Satchell W17 14.3
Isla Norman-Bell G12* 14.6

3000m metres
Kaya Corporaal B12* 12.57.1
Cameron Chandler B12 13.19.7
Eamon Walsh B12 13.20.5
Orla Walsh G12* 15.47.7

Discus
Kaya Corporaal B12* 18.73

Porritt Classic - Hamilton - 11 February 2012

Molly Florence
100 metres 1st 12.41
200 metres 1st 25.76

Samantha Sinclair
200 metres 2nd 26.79
400 metres 3rd 81.86
Javelin 4th 31.04

Nick Portas
800 metres 5th 2.09.16
1500 metres 9th 4.09.83

Oceania Masters Games - Tauranga - 5 -12 February 2012

Mel Martin - Women 35-39
60 metres 3rd 9.23
Long jump 3rd 3.81

Karyn McCready - Women 40-44
5000 metres 2nd 21.29.84
Cross-country (8km) 4th 39.20
Javelin 4th 15.75
400 metres 4th 72.58
1500 metres 4th 5.24.05
Shot put 4th 6.04
800 metres 7th 3.02.98

Trevor Ogilvie - Men 60-64
Half Marathon 1st Time unknown
1500 metres 1st 4.50.2
5000 metres 1st 17.36.34
2000m Steeplechase 1st 7.13.03
Cross-country (8km) 1st 32.26.0

Length of the Lake Relay - Taupo - 18 February 2012

Walkers team
Marieke Wass 15km 2.02.44
Diane Jones 10.2 km 1.19.54
Colin Smyth 8.06 km 1.10.02
Rika Otto 7.4 km 56.20
Denise Caudwell 6.4 km 49.23
Pat Smyth 8 km 1.08.06
Alby Schuster 4.7 km 40.38
Jan Adolph 7.5 km 1.03.23

Athletics Waikato BOP Senior championships - Tauranga Domain - 18 February 2012

Men 15-17
Callum Taylor
100 metres heats 8th 12.13
100 metres final 5th 11.96
Triple jump 1st 12.51
Duane Willoughby
100 metres heats 9th 12.16

Men 18-20
Liam Walsh
3km steeplechase 1st 9.06.66

Men 75-79
John Kirkland
Shot put 1st 8.18
Discus 1st 17.80

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz or
07 347 8380
They have a free sports injury drop in clinic
between 4.00 and 5.00pm Mondays at their
Eruera Street clinic

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

