



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

CLUB SHEET
12 March 2011

The week that was:

The Kingsgate Hotel Rotorua off road Half Marathon, 10km fun run/walk on Sunday saw the weather person looking after the event. After rain for a number of days prior to the event, the day saw no rain. The course was dampish underfoot with a few puddles here and there that had to be negotiated, but so what, it's an off road event. Good practice for the forthcoming cross-country season.

Club member Sjors Corporaal kept the winners title in the club when he took out the event in 1.11.28 some 4 minutes ahead of the 2nd place getter. To view the full results and to check out club member's performances visit www.eventpromotions.co.nz and click on ½ marathon.

A special thanks to those from the club that stepped up either on Saturday or Sunday or both days to make the event run smoothly and be the success it was.

Events on the local scene:

SUNDAYS

Those that run -

Marathon clinic – meets at 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road). Don't be late, the groups leave on time.

Non clinic runners also meet 7.00am at the clubrooms, many joining a clinic group. At 8.30am a running group also leaves from TITC on Waipa Mill Road – contact person - Siobhan Griffiths – 021 1289925.

Those that walk –

The walkers marathon clinic group meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are: Colin Smyth 027 499 9471 - Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

Children's athletics - (5 to 11 years) - The final evening (prizegiving) for this summer will be held at the Neil Hunt Park clubrooms (off Tarawera Road, just past the Outdoorsman) commencing 5.00pm, Tuesday 15 March.

Distance athletes

Runners - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599

Marathon clinic runners - those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

WEDNESDAYS

Senior track and field (athletics) - Final evening 16 March for those 12 years and above, 6.00pm at the No 2 Ground, above the International Stadium, Devon Street West. The programme for 16 March is - 60 metres, 4 x 100 relay, 1 mile and shot put.

The presentation of championship certificates and a pizza snack will follow the events.



The cost for non-financial club members is \$5.00 per person, payable at the start of the evening. The Club is "shouting" the pizzas for financial club members.

For catering purposes please advise Lindsay Foster, (348 6818) by Sunday evening (13/3) if staying for the presentation etc. If the answer phone is on please leave a clear message i.e. name and number attending.

THURSDAYS

Distance athletes

Runners - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599.

Marathon clinic runners - those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm.

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

Forth coming events in Rotorua:

SATURDAY 30 APRIL

The 47th Lion Foundation Rotorua Marathon around the shores of Lake Rotorua. Not up to the full marathon, then there's either a ½ marathon or a 5 or 10km fun run / walk for you. Enter on line at www.eventpromotions.co.nz or again grab an entry form from the clubrooms. Early entry closes 17 April.

Events out of Rotorua:

TRACK AND FIELD

Seniors **This Saturday 12 March** - open meeting at Tauranga – 3.00pm start

25-27 March – Athletics NZ track and field championships, Dunedin – Any club member entering these championships should do so as a club member. If you meet the AWBOP selection criteria then you are likely to qualify for a Centre travel allowance – paid after the event to the Club. Queries to John Tylden 07 843 0353 / 027 264 5030. Entries close midnight 13/3.

Children – **This Saturday 12 March - Athletics Waikato BOP track and field championship for grade 7 to 14, Porritt Stadium, Hamilton.** Please read the kid's newsletter for the days dos and don'ts i.e. uniform requirements etc etc.

Whaka Forest:

There is still a huge amount of logging activities happening in Whaka Forest, especially in the Wash and Red Tank Road areas. This affects a number of walking / running tracks, mountain bike tracks and roads in this region. As there are trucks and other heavy machinery operating in the Forest look

and listen for them. Don't wear Ipods. How can you hear an approaching vehicle? Also be mindful of the dust created by a vehicle. They can't see you!

As mentioned previously this is a working forest and it is a privilege to be able to use it – not a right!

Don't venture into taped off areas.

New club competition uniforms:

The new club uniforms have arrived, but we are keen to sell what old style stock we have. This old stock is now selling for \$20.00 per garment. Want a cheap singlet then contact Kerris on 021 753691 or e-mail swingmills@xtra.co.nz

Prices for the new garments are - Singlets \$45.00, Walkers T-shirts \$35.00. These singlets are sublimated - i.e. there will be no seams between different colours. Likewise contact Kerris at - swingmills@xtra.co.nz or phone 021 753691 if you

are in the market for a new style singlet. Payment to be made at time of uplifting either garment.

International Walk:

The annual International Walk is being held the week commencing 14 March with the final events on the weekend 19/20 March. As in the past the Club has given permission to the organizers to use the Neil Hunt Park clubrooms on Saturday and Sunday, especially the toilet and shower facilities. The clubrooms will be available to club members on Sunday morning but parking in the carpark will be restricted, so please park a little further a field.

**For your physio needs contact
The Physiotherapy Clinic –**

**inquiry@physiotherapyclinic.co.nz
or 07 347 8380**

RESULTS

Local track and field – 12 years and above - 2 March 2011

Championship events

2km steeplechase (modified)

Boys 12

Sean Kilkelly 11.24.0

Boys 14

Josiah Kilkelly 11.23.0

Girls 12

Alie Corporaal 9.09.0

Women 40

Kerris Browne 11.54.0

3km steeplechase (modified)

Men 19

Liam Walsh 10.10.0

Men 20

Sjors Corporaal 9.48.0

Men 40

Chris Browne 12.30.0

Javelin

Boys 12

Sean Kilkelly 7.04

Boys 13

Sam MacKenzie 13.59

Boys 14

Callum Taylor 25.70

Michael Kilkelly 12.78

Josiah Kilkelly 11.37

Men 20

Sjors Corporaal 29.35

Sam Rossiter 24.10

Men 40

Chris Browne 23.40

Men 50

Rinus Adriaansz 14.01

Men 55

Lindsay Foster 17.83

Men 70

Colin Smyth 19.53

John Kirkland 13.30

Girls 12

Alie Corporaal 13.08

Girls 13

Tanja Leggett 18.32

Women 40

Kerris Browne 15.20

Triple jump

Boys 12

Sean Kilkelly 4.95

Boys 13

Sam MacKenzie 7.97

Boys 14

Callum Taylor 10.41

Josiah Kilkelly 8.91

Michael Kilkelly 8.88

Men 55

Lindsay Foster 7.55

Women 40

Kerris Browne 5.85

Non championship events

2km steeplechase (modified)

Kaya Corporaal B12* 8.29.0

100 metres

Michael Kilkelly B14 13.3

Josiah Kilkelly B14 13.9

Lindsay Foster M55 14.4

Sam MacKenzie B13 15.0

Javelin

Melkorka Leggett G12* 12.05

Kaya Corporaal B12* 12.25

Javier Browne B12* 10.12

Aria Browne G12* 8.70

Triple jump

Aria Browne G12* 5.17

New Plymouth marathon - 5 March 2011

At the time of going to print no results from New Plymouth are known.

PS:

Tuesday evening users of the Neil Hunt Park clubrooms, please note that next Tuesday 15 March the children's section of the Club will be using the building for their prizegiving. The toilets and shower will be available to you

Tip of the week

Don't expect every run or walk to be better than the last one

