



LAKE CITY
Athletic Club INC

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

GUFF SHEET

15 January 2011

The week that was:

The children's North Island Colgate Games, at Hastings had a large representation from the Club in attendance. A number of medals were won with top class performances turned in by all attending. Well done to all - the athletes, caregivers and coaches. Reports indicate that you had a great weekend. Check out the results in children's guff sheet.

At Tauranga on the 4 January there were a number of supporting events to the Athletics NZ 10000 metre championship event. These results are now on the reverse.

Marathon Clinic

The running section of this year's marathon clinic gets underway this Sunday - 16 January. Meeting time is 7.00am sharp at the Neil Hunt Park clubrooms.

The walking section of the clinic is well underway. If interested in this section give Colin Smyth a call - 027 499 9471.

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.

Other runners also meet 7.00am at the clubroom and head off into Whaka Forest.

8.30am - a running group also leaves from TITC on Waipa Mill Road - contact person - Siobhan Griffiths - 021 1289925

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 3341425 - Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

Children's athletics - (5 to 11 years) 5.00pm at the No 2 Ground above the Rotorua International Stadium, Devon Street West. Details on this section of the club can be obtained by visiting www.sportsground.co.nz/lakecitykids

This section is taking a break over the holidays, resuming (**and note this**) Wednesday evening 9 February at 5.00pm at the No 2 Ground.

Distance athletes

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

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

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

WEDNESDAYS -

Senior track and field (athletics) - for those 12 years and above, 6.00pm at the No 2 Ground, above the International Stadium, Devon Street West. The programme for **19 January** is:

★ 6.15pm - 60 metres, javelin, long jump/triple jump ★ 6.30pm 100 metres ★ 6.45pm 2km steeplechase (grade 16 and above) ★ 7.00pm 400 metres ★ 7.10pm 2km run or walk for all grades

The championship programme commences Wednesday - 26 January. Note that over the forthcoming weeks the published championship programme may have amendments to it especially from the 9 February through to 23 February. One of these is the 800 metres scheduled for 9 February. This will now be on 23 February.

To take a championship place athletes must be a current financial member of the Lake City Athletic Club.

Ages are taken as at 31/12/2010, except for Masters grades, which is age on the day. Any master graded athlete who has a birthday during the championship programme is to compete in the age group they commenced the championships in. That is stay in the younger 5-year age group.

Also athletes are encouraged to wear their club uniform in the championship events as well as inter club events out of Rotorua.

THURSDAYS

Distance athletes

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

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

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

THURSDAYS (FORTNIGHTLY) – next event 27/1

Trout Fly Summer Series ★ Meet at the Lake City Athletic Club Clubrooms Neil Hunt Park off Tarawera Road ★ Run, Walk, Jog either a 5.4km or 3km course ★ Registration @ 5.45pm ★ Start @ 6.15pm ★ PLEASE NOTE children are to be accompanied by adult ★ Entry fee Adults: \$5.00, Children: \$3.00 (Price includes free beer/wine or soft drink for under 18's) *plus BBQ* ★ **Dates** – 2011: 27 January, 10 February, 24 February, 10 March ★ For further details contact: Chris Corney - 021 770366

Events out of Rotorua:

TRACK AND FIELD

Seniors – This Saturday 15 January - A meeting at Tauranga Domain with a 3.00pm start.

Children – The children's ribbon day competition resumes 5 February at the Tauranga Domain.

Whaka Forest:

Logging operations are continuing in the Forest, with a number of tracks and roads affected.

● Please respect all signage and do not venture into the work areas.

● Watch for trucks on Hill and Nursery Roads, Popular Avenue, Long and Fern Drive. Look and listen, and step aside - they are bigger than you are!

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

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



Tip of the week

***Be prepared to remove the words
“can’t” and “never” from your
vocabulary***

Do not compare yourself with others

Results:

Open meeting Tauranga Domain – 4 January 2011

100 metres

1. Ryan Howe 10.93

200 metres heat 3

1. Ryan Howe 22.54

heat 4

1. Michael Goldie Tauranga 23.25

4. Duane Willoughby 26.15

800 metres

1. Julian Oakley Tauranga 1.57.69

6. Kieran Gainsford 2.09.56

11. Duane Willoughby 2.17.74

Long jump

1. Ryan Howe 6.43