



LAKE CITY
Athletic Club INC

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

GUFF SHEET

19 February 2011

The week that was:

Both sections of track and field are now underway and the Thursday fortnightly Trout Fly series is attracting record numbers. Likewise both the walking and running sections of the marathon clinic are attracting excellent numbers.

It is very important to keep up with what is happening with the sections of the club you take part in. Read the weekly guff sheet; listen at briefings and the like to keep up with any changes to the programme etc that may occur.

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 in 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 - 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

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) - for those 12 years and above, 6.00pm at the No 2 Ground, above the International Stadium, Devon Street West. The programme for 23 February sees the club championships continue. Events are: * 6.15pm high jump (championship) * 6.35pm 100 metres non-championship 6.45pm 800 metres (championship) * 7.05pm 3000 metres non-championship * 7.05pm hurdles (championship)

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

THURSDAYS (FORTNIGHTLY) - next event 24/2

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: 24 February, 10 March * For further details contact: Chris Corney - 021 770366

Forth coming events in Rotorua:

SUNDAY 6 MARCH

The popular Kingsgate Hotel Rotorua off Road ½ Marathon, 10km fun run/walk plus something for the kids - the Little Devils 1.5km or 3km fun run is on this day. All events are in the fabulous Whaka Forest. Enter online at www.eventpromotions.co.nz or grab an entry form from the Neil Hunt Park clubrooms. Early entry closes 23 February. After that date the entry fee increases.

This Club owned event, which the Club gets considerable funds from, requires volunteers from the club to assist with a number of tasks, both on Saturday and Sunday. The list is at the Clubrooms for you to indicate your availability. Can't get to the clubrooms then contact Pat Smyth on 027 3341425.

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 19 February - The Porritt

Classic - Hamilton. Entries have closed. Visit www.athletics.org.nz for the programme and entry list.

Weekend 26/27 February - Athletics Waikato BOP senior track and field (for athletes grade 13 upward to and including masters) championships at Tauranga. The programme and entry details are in the AWBOP senior handbook. Entries close noon Friday 18 February with an entry fee of \$7.50 per event for all grades - payable at time of entry. Late entries will not be accepted. Athletes must report to the officials desk each day to confirm their intention to start in each of their events. This to be done at least 30 minutes before their first event.

Saturday 5 March - Battle of the Regions, Mt Smart Auckland. Athletes intending to compete at this met note you must enter online no later than midday this Friday 4 March. The link is <http://www.athletics.org.nz/AKL/Article.aspx?ID=768> Pay at the office on arrival.

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.

Children – This Saturday 19 February – Ribbon Day Herries Park, Te Aroha.

Saturday 26 February - Ribbon Day at Porritt Stadium, Hamilton.

Saturday 12 March - Athletics Waikato BOP track and field championship for grade 7 to 14, Porritt Stadium, Hamilton. To enter these championships you need to speak to Kenzie Parr the Club's children's section convenor on a Tuesday evening re entry details etc.

Whaka Forest:

It is important to keep abreast with what is happening in the Forest. Here is a summary of closures in the forest due to logging: -

The current logging operations will last for 2-3 weeks from 2 February 2011 and affect sections of Gunna Gotta, The Coridoor and Katore Jumps/Katore Link, all of which will be closed until logging is complete and the tracks are reconstructed.

Parts of Tokorangi Pa Rd and Katore Rd will be closed through the logging areas. Signs or banners will notify road and track closures.

Logging trucks will be present on Katore Rd and along Nursery Rd to Waipa. Logging trucks are still operating out of the previously logged areas on Chestnut Rd and the Heath Rd/Dump Rd area so please be alert for heavy traffic in these areas and give way.

Starting around mid-February logging operations will affect The Tickler, Be Rude Not 2 and the Black and Purple

RESULTS

9 February 2011

Championship events

3000 metres - run

Men 20

Steven O'Callaghan	9.07.5
Sjors Corporaal	9.14.8
Jason Steyn-Ross	9.36.9
Sam Rossiter	10.53.7
Michael Rossiter	13.44.0

Men 19

Liam Walsh	9.16.4
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Men 40

Chris Browne	11.54.7
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Men 55

Dave Fischer	11.26.0
Phil Kerrison	12.59.3
Martin Harris	14.42.3

Men 60

Trevor Ogilvie	10.37.3
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Men 65

Peter Vyver	14.23.98
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Girls 12

Alie Corporaal	14.04.1
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Women 40

Kerris Browne	16.24.9
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Women 55

Christine Kerrison	16.24.5
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3000 metre – walk

Men 45

Mita Wijohn	22.42.3
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Men 65

Max Bragg	19.45.1
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Men 70

Colin Smyth	24.31.7
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Women 65

Doris Bragg	25.54.7
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Women 70

Maureen Heald	24.34.6
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Discus

Boys 12

Sean Kilkelly	6.43
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Boys 13

Sam MacKenzie	20.06
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Boys 14

Callum Taylor	29.97
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Michael Kilkelly	19.00
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Josiah Kilkelly	13.53
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Men 20

Sjors Corporaal	24.14
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Steven O'Callaghan	18.07
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Sam Rossiter	16.90
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Men 40

Chris Browne	20.47
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Men 45

Mita Wijohn	16.27
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Men 65

Peter Vyver	13.65
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walking tracks and will continue for up to three months. The Katore (Orange) Horse track will also be closed as it passes through the logging area.

There will also be closures to adjacent sections of other tracks and roads when they fall within the felling safety zone, this being an area within 100-120m of the felling areas. These will be closed during logging operations but open outside working hours and at weekends.

Closures will be intermittent and have banners or signs notifying. Mountain bike tracks affected by these closures will be Katore Jumps/Katore Link, K2, Dragons Tail, Bunny Jugs, Sweet and Sour and Hot X Buns. Roads affected by these closures will be Katore Rd, Red Tank Rd, Pipeline Rd, The Wash, Spruce Rd and Direct Rd. There will be further maps closer to the time to detail these closures.

Please read and respect all signage and do not venture into the work areas. We have the privilege of having access to a working Forest. Don't be the person to spoil it for all users!

WORKING BEE - at the Neil Park clubrooms. This is scheduled for Sunday 27 February, 11.00am, to give the clubrooms a spruce up. Just turn up and get directions from Shaun O'Donnell.

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

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

Men 70

John Kirkland	19.70
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Colin Smyth	19.47
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Girls 12

Alie -Corporaal	15.88
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Lily Florence	13.96
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Girls 14	
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Ella Florence	12.50
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Women 16	
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Molly Florence	13.71
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Women 40	
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Kerris Browne	18.42
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Sharissa Hetherington	14.58
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Women 55	
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Denise Caudwell	13.25
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Women 60	
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Linda Montgomery	8.22
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Women 70	
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Maureen Heald	10.81
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Non Championship

100 metres

Marina Tahana-Beazley	G12* 14.5
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Sarah Bain	G12 15.2
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Alie Corporaal	G12 15.8
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McKenzie Van Fulpen	G12 16.1
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Kaya Corporaal	B12* 16.7
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Sonya Pemberton	G12 15.4
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Talia Namana	G12 15.4
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Gladys Lee	W16 16.9
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Tasha Goodwin	G12
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Courtney Wiggins	G12
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Melkorka Leggett	G12*
Katey Shepherd	G13

Sharissa Hetherington	W40
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Ryan Howe	M19 11.2
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Callum Taylor	B14 12.6
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Dwayne Willoughby	M16 13.0
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Michael Lovegrove	M19 13.3
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Michael Kilkelly	B14 13.5
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Josiah Kilkelly	B14 14.0
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Sam MacKenzie	B13 15.2
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Javier Browne	B12* 18.3
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Aria Browne	G12* 18.8
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200 metres

Ryan Howe	M19 23.5
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Callum Taylor	B14 25.8
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Dwayne Willoughby	M16 26.2
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Michael Kilkelly	B14 27.4
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Sam MacKenzie	B13 30.6
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Alie Corporaal	G12 31.6
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Sarah Bain	G12 32.7
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McKenzie Van Fulpen	G12 33.1
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Sonya Pemberton	G12 34.7
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Tasha Goodwin	G12 35.7
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Courtney Wiggins	G12 36.5
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Javier Browne	B12* 37.3
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Katey Shepherd	G13 38.3
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Aria Browne	G12* 39.8
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Kerris Browne	W40 40.2
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Trout Fly – 10 February 2011

First	Surname	PB so far	Trout Fly 10/02/11	PB gain this week	Mere	Attwater	00:00:00	00:34:15	0:00:00
3km									
Graeme	Pearson	00:11:01	00:10:34	0:00:27	Mike	Fox	00:00:00	00:34:41	0:00:00
Sam	Rossiter	00:10:19	00:11:18	0:00:00	Olga	Kokololova	00:39:26	00:37:10	0:02:16
Michael	Rossiter	00:12:39	00:14:13	0:00:00					
Javier	Browne	00:14:11	00:15:20	0:00:00					
Aiden	Maxwell	00:00:00	00:19:17	0:00:00	Hilda	King	00:00:00	00:37:14	0:00:00
Ronan	Griffiths	00:27:18	00:19:36	0:07:42					
Annabel	Fordyce	00:25:25	00:21:51	0:03:34	Richard	Ellis	00:00:00	00:37:15	0:00:00
Vincent	Pierse (W)	00:00:00	00:21:54	0:00:00	Max	Bragg (w)	00:39:08	00:37:47	0:01:21
Ciara (Kee-rah)	Griffiths	00:29:11	00:21:54	0:07:17	Isobel	Murray	00:32:21	00:38:24	0:00:00
Aria	Browne	00:16:38	00:22:15	0:00:00	Denise	Caudwell (w)	00:39:08	00:38:46	0:00:22
Nikki	Mitchell	00:24:27	00:23:16	0:01:11	Mita	Wijohn	00:00:00	00:41:35	0:00:00
Juliet	Fordyce	00:00:00	00:23:47	0:00:00	Daniel	Tartaglia (W)	00:00:00	00:42:11	0:00:00
Doris	Bragg (w)	00:25:34	00:27:41	0:00:00	Isobel	Goulding (w)	00:45:58	00:43:13	0:02:45
Leah	White	00:00:00	00:28:39	0:00:00	Linda	Montgomery (w)	00:44:43	00:43:13	0:01:30
Mandy	Maulder (w)	00:29:11	00:28:40	0:00:31					
5.4km									
Steve	O'Callaghan	00:16:43	00:17:41	0:00:00	Maureen	Heald (w)	00:45:33	00:43:14	0:02:19
Jason	Steyn-Ross	00:18:27	00:18:04	0:00:23	Beryl	Cleland (w)	00:42:55	00:43:34	0:00:00
Nick	Pernitt	00:19:05	00:18:14	0:00:51	Red	McHale	00:43:21	00:46:14	0:00:00
Chris	Corney	00:17:53	00:18:22	0:00:00	Phil	Gulbransen	00:25:22	00:00:00	0:00:00
John	Gray	00:18:50	00:19:09	0:00:00	Debby	White	00:00:00	00:00:00	0:00:00
Adrian	Lysaght	00:19:00	00:19:26	0:00:00					
Dave	Cronshaw	00:19:07	00:20:07	0:00:00					
Kemp	Sapey	00:00:00	00:21:41	0:00:00					
Michael	Hudders	00:00:00	00:21:42	0:00:00					
Andrew	Twiddy	00:19:53	00:22:16	0:00:00					
Chris	Browne	00:22:04	00:22:23	0:00:00					
Dave	Fischer	00:22:46	00:22:31	0:00:15					
Siobhan	Griffiths	00:21:48	00:22:37	0:00:00					
Logan	Marten	00:22:21	00:22:58	0:00:00					
Gillian	Shapley	00:00:00	00:24:32	0:00:00					
Aaron	Perry	00:00:00	00:25:10	0:00:00					
Phillipa	Hyde	00:27:18	00:25:28	0:01:50					
Jaime	Quinao	00:25:51	00:25:49	0:00:02					
Jodie	Hickson	00:26:28	00:26:01	0:00:27					
Stuart	Bathan	00:27:38	00:26:07	0:01:31					
Campbell	Horn	00:26:11	00:26:19	0:00:00					
Erin	Roberts	00:23:55	00:26:49	0:00:00					
Sarah	Lei	00:25:04	00:27:38	0:00:00					
Martin	Harris	00:27:27	00:27:44	0:00:00					
Murray	Fleming	00:00:00	00:28:13	0:00:00					
Gareth	Upston	00:25:13	00:28:35	0:00:00					
Matt	Fisken	00:29:35	00:28:36	0:00:59					
Daniel	Roberts	00:00:00	00:29:23	0:00:00					
Peter	Vyver	00:25:28	00:29:24	0:00:00					
Tania	Brown	00:00:00	00:29:25	0:00:00					
Nicola	Buckley	00:24:32	00:29:29	0:00:00					
Olivia	Haimona	00:00:00	00:29:43	0:00:00					
Mandy	Perrin	00:30:49	00:29:58	0:00:51					
Melissa	Smiley/Smilie	00:31:22	00:29:59	0:01:23					
Christine	Kerrison	00:31:17	00:31:24	0:00:00					
Jo	Trask	00:00:00	00:31:32	0:00:00					
Tom	Tierney	00:00:00	00:31:33	0:00:00					
Kerris	Browne	00:30:47	00:32:22	0:00:00					
Sherry	Brewer	00:00:00	00:32:32	0:00:00					
Pauline	Smith	00:31:33	00:32:32	0:00:00					
Laura	Roberts	00:00:00	00:32:44	0:00:00					
Louise	Rickard	00:32:55	00:32:46	0:00:09					
Viv	Leslie	00:35:14	00:32:59	0:02:15					

Bettered by the Mostest Dude – Ronan Griffiths

Bettered by the Mostest Chick – Ciara Griffiths

Notes

Vincent Pierse – lost last time

Mike Fox – got lost

Phil Gulbransen – injured – did not run

