



LAKE CITY

Athletic Club INC

Website: www.lakecity.co.nz

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

QUFF SHEET

22 January 2011

The week that was:

It was a rather quiet night at the first 2011 senior track and field last Wednesday evening. Results are on the reverse.

The Thursday fortnightly Trout Fly series had a great turnout with 69 taking part. Welcome to the new faces in attendance. With the same course being used each fortnight a number of PB's (personal bests) are being recorded. New look results and comments are on the last page - courtesy Kerris Browne

Another success of the week was the marathon clinic "info" evening held on Thursday evening after the Trout Fly. 28 attended. Thanks to Phil Kerrison, Jodie Hickson and Kerris Browne for organising and hosting the evening. Guest speaker was Colin Smyth.

Marathon Clinic

The running section is under way. Some 30 plus headed along Long Mile Road, Nursery and Red Tank Roads on Sunday morning for their introductory run.

The walking section of the clinic is well underway, attracting 30 plus for 3- 4 hours on their feet on a Sunday morning a shorter time on Tuesday and Thursday evenings.

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.

Non clinic runners - meet 7.00am at the clubroom and head off into Whaka Forest. At 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 26 January is:

★ 6.15pm 100 metres, shot put ★ 6.30pm 400 metres ★ 6.50pm 1500 metres.

Note the 26 January is the first week of the club championships for all members grade 12 and above. The events listed above are all championships.

See below for notes relating to championship events

1. Note there has been a change to the published championship programme. **The 800 metres scheduled for 9 February is now on 23 February.**

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

3. 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.

4. 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 22 January - A meeting at Porritt Stadium with a midday start.

Sunday 6 February - Battle of the Regions, Mt Smart Auckland. Athletes intending to compete at this met note you must enter online no later than midday Friday 4 February. The link is <http://www.athletics.org.nz/AKL/Article.aspx?ID=768> Pay at the office on arrival.

Saturday / Sunday 12/13 February - Please note there is now **NO Open Events** on this weekend at Tauranga

Results:

Senior track and field

* Denotes person aged under 12 – up graded to grade 12

12 January 2011

100 metres

| | | |
|----------------------|-----|------|
| Duane Willoughby | M16 | 12.9 |
| MacKenzie Van Fulpen | G12 | 16.2 |
| Christine Kerrison | W55 | 19.9 |

800 metres

| | | |
|------------------|-----|--------|
| Duane Willoughby | M16 | 2.33.8 |
| Paul Oliver | M35 | 2.55.2 |
| Kerris Browne | W40 | 3.55.6 |

3000 metres

| | | |
|--------------------|-----|---------|
| Sam Rossiter | M20 | 11.40.0 |
| Michael Rossiter | M20 | 13.38.0 |
| Tony Broadhead | M40 | 13.52.0 |
| Paul Oliver | M35 | 13.53.0 |
| Martin Harris | M55 | 15.01.0 |
| Kerris Browne | W40 | 16.21.0 |
| Christine Kerrison | W55 | 16.54.0 |
| Mark Geddes (w) | M50 | 18.52.0 |

| | | | | |
|----------------------|-----|---------|---------------------|-----------|
| Max Bragg (w) | M65 | 20.02.0 | Long jump | |
| Denise Caudwell (w) | W55 | 21.04.0 | 1. Sam MacKenzie | 4.62 |
| Mita Wijohn (w) | M45 | 22.48.0 | | |
| Rinus Adriaansz (w) | M50 | 23.29.0 | Men 16 | |
| Maureen Heald (w) | W65 | 24.20.0 | 100 metres | |
| Linda Montgomery (w) | W60 | 24.22.0 | 5. Duane Willoughby | M16 12.83 |
| Doris Bragg (w) | W65 | 25.04.0 | 200 metres | |
| Tom Lamason (w) | M65 | 25.05.0 | 2. Duane Willoughby | M16 26.22 |

Long jump

| | | |
|----------------------|-----|------|
| Paul Oliver | M35 | 4.75 |
| Lindsay Foster | M55 | 4.27 |
| MacKenzie Van Fulpen | G12 | 3.96 |
| Kerris Browne | W40 | 3.32 |
| Mark Geddes | M50 | 2.86 |
| Christine Kerrison | W55 | 2.83 |
| Mita Wijohn | M45 | 2.73 |

Tauranga track and field – 15 January 2011 -Tauranga Domain

Boys 13

| | |
|-------------------|-------|
| 100 metres | |
| 2. Sam MacKenzie | 14.58 |
| 200 metres | |
| 1. Sam MacKenzie | 30.00 |

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

Believe it in your heart; see it in your mind; achieve it with your body

| | |
|---------------------|-----------|
| Long jump | |
| 1. Duane Willoughby | M16 4.93 |
| Men 19 | |
| 100 metres | |
| 1. Ryan Howe | M19 10.97 |
| 200 metres | |
| 1. Ryan Howe | M19 22.46 |
| Long jump | |
| 1. Ryan Howe | M19 6.36 |

400 metres - open

| | |
|---------------------|-------|
| 1. Ben Potter Akld | 51/38 |
| 4. Duane Willoughby | 58.47 |

Trout Fly 13th January 2011

| First | Surname | PB to date | PB gain | |
|--------------|----------------|------------|---------------|----------------|
| | | | This weekthis | 13th Jan week |
| 3km: | | | | |
| Sam | Rossiter | 00:10:19 | | |
| Graeme | Pearson | 00:11:01 | 00:12:50 | |
| Michael | Rossiter | 00:12:39 | 00:13:47 | |
| Declan | Croxon | 00:14:55 | 00:15:01 | |
| Dan | Roberts | 00:16:39 | | |
| Cheryl | Pearson | 00:17:13 | 00:17:26 | |
| Laura | Roberts | 00:17:58 | | |
| Mere | Attwater | 00:18:22 | | |
| Aria | Browne | 00:16:38 | 00:19:19 | |
| Kim | Croxon | 00:19:35 | 00:21:17 | |
| Janine | Jenkins | 00:25:26 | | |
| Ciara | Griffiths | 00:29:11 | | |
| Ronan | Griffiths | 00:27:18 | 00:32:15 | |
| Sue | O'Connell (w) | 00:27:37 | | |
| Julie | Fiske (w) | 00:29:49 | 00:29:01 | 0:00:48 |
| Pat | Pierse (w) | 00:29:20 | | |
| Mandy | Maulder (w) | 00:29:11 | 00:29:44 | |
| 5.4km | | | | |
| Steve | O'Callaghan | 00:16:43 | 00:18:39 | (with pram) |
| Jason | Steyn-Ross | 00:18:51 | 00:18:54 | |
| Duncan | Smith | 00:18:15 | 00:19:08 | |
| John | Gray | 00:18:50 | 00:19:17 | |
| Chris | Corney | 00:18:48 | 00:19:35 | |
| Tony | Broadhead | 00:19:39 | 00:19:36 | 0:00:03 |
| Dave | Cronshaw | 00:19:07 | 00:19:43 | |
| Colin | Earwaker | 00:18:09 | 00:22:09 | |
| Rune | Rasmussen | 00:22:27 | | |
| Siobhan | Griffiths | 00:21:48 | 00:22:44 | |
| Dave | Fisher | 00:26:02 | 00:22:56 | 0:03:06 |
| Josh | Dear | 00:24:59 | 00:22:59 | 0:02:00 |
| Brad | Griffiths | 00:22:48 | 00:23:42 | |
| Chris | Browne | 00:22:04 | 00:24:04 | |
| Cati | Pearson | 00:21:33 | 00:24:35 | |
| Clinton | Smyth | 00:24:50 | | |
| Gareth | Upston | 00:25:22 | 00:25:13 | 0:00:09 |
| Carolyn | Reid | 00:25:27 | | |
| Shaun | O'Donnell | 00:23:55 | 00:25:30 | |
| Andrew | Twiddy | 00:19:53 | 00:25:56 | (with pram) |
| Kurt | Mathews | 00:26:10 | | |
| Michael | O'Connell | 00:26:38 | | |
| Jodie | Hickson | 00:26:28 | 00:26:53 | |
| Phil | Gulbransen | 00:25:22 | 00:27:02 | |
| Melanie | Kilkelly | 00:27:22 | 00:27:30 | |
| Campbell | Horn | 00:26:11 | 00:27:40 | |
| Charlotte | Pearson | 00:23:12 | 00:27:53 | |
| Peter | Vyver | 00:25:28 | 00:28:14 | |
| Martin | Harris | 00:27:27 | 00:28:23 | |
| Peter | Bloor | 00:27:28 | 00:28:24 | |
| Sian | Bremner | 00:23:34 | 00:28:57 | |
| Lindsay | Foster | 00:25:36 | 00:29:27 | |
| Barbara | Baker | 00:29:57 | 00:29:37 | 0:00:20 |
| Christine | Kerrison | 00:31:17 | 00:32:36 | |
| Rachel | Browne | 00:31:08 | 00:32:51 | |
| Judith | Tomasevich | 00:30:29 | 00:32:56 | |
| Viv | Lesley | 00:35:14 | | |
| Kerris | Browne | 00:30:47 | 00:35:29 | |
| Isobel | Murray | 00:32:21 | 00:35:30 | |
| Max | Bragg (w) | 00:40:09 | 00:39:08 | 0:01:01 |
| Denise | Cauldwell (w) | 00:40:24 | 00:39:08 | <u>0:01:16</u> |
| Jeanette | Dekker (w) | 00:41:12 | | |
| Merle | Amos (w) | 00:41:54 | 00:43:22 | |
| Helen | Perkins (w) | 00:43:38 | 00:43:27 | 0:00:11 |
| Isobel | Goulding (w) | 00:45:58 | | |
| Maureen | Heald (w) | 00:45:33 | 00:45:58 | |
| Linda | Montgomery (w) | 00:44:43 | 00:46:12 | |
| Russell | Champness (w) | 00:43:41 | 00:46:18 | |
| Beryl | Cleland(w) | 00:42:55 | 00:46:18 | |
| Doris | Bragg (w) | 00:47:57 | 00:46:57 | 0:01:00 |
| John | Barnes (w) | 00:47:36 | | |
| Vincent | Pierce (w) | 00:49:38 | | (got lost) |

"Betterer by the Mostest Dude" - Dave [Paws] Fisher (barefoot)
"Betterer by the Mostest Chick" - Denise Cauldwell (walker)

Record turnout this week, with a total of 69 participants.

This week's results are showing some great PBs, but the most outstanding went to Dave [Paws] Fisher and Denise Cauldwell - well done guys.

Best previous PBs went to:
 4th November - Brad Griffiths & Aria Browne
 18th November - Renja de Vries & Julie Fiske
 2nd December - Phil Kerrison & Viv Leslie
 16th December - Declan Croxon & Aria Browne

It's also great to see solid season improvements from our faster runners. But the largest overall season improvements so far have been from Viv L, Brad G, Aria B, and Julie F for reductions of over 4 minutes so far!

Keep up the hard work folks