



LAKE CITY
Athletic Club INC

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

GUFF SHEET
26 February 2011

The week that was:

Great turnouts for both sections of the marathon clinic are continuing. Likewise the fortnightly Trout Fly series.

Also both sections of track and field at the Stadium's No 2 ground are getting an increase in numbers. The children met on a Tuesday evening at 5.00pm and the 12's and above on Wednesday evening from 6.00pm.

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) 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 2 March sees the club championships continue. Events are: * **6.15pm triple jump and javelin (both championship)** * **6.45pm 100 metres non-championship** * **6.45pm 2km steeplechase (championship) for grade 16 men and women,**

women 19, all masters women and masters men 60 plus * **7.05pm 3km steeplechase (championship) for men 17,18,19, 20-34, master men 35-59 and women 20-34** * *hopefully a non championship middle distance event can be fitted in the programme.*

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) - Trout Fly Summer Series - next event 10/3, the final event of the 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: 10 March** * For further details contact: Chris Corney - 021 770366

Trout flyers please note the following:

At recent Trout Fly events there has been difficulties in establishing who has completed which distance and also who has actually taken part. Participants, please when getting your name recorded on completion of the event, advise which distance you have completed and also whether you have run or walked it. If by chance you have registered to take part in the event, and do not complete or even start the event also advise those doing the recording.

Forth coming events in Rotorua:

SUNDAY 6 MARCH

The popular Kingsgate Hotel Rotorua off Road 1/2 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. The early entry date has passed so you are now onto the late entry fee.

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.

❖ ***You will be contacted pre event to be advised of the report time, duty etc.***

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 Weekend 26/27 February - Athletics Waikato BOP senior track and field (for athletes grade 13 upward to and including masters) championships at Tauranga. Entries have now closed and 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 your first event.

Although not compulsory, it is preferred that the Club colours are worn. Remember you must have your Athletics Waikato membership patch securely fasten to the front of your singlet.

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 26 February - Ribbon Day at Porritt Stadium, Hamilton. 9.30am start. The following events will be available - Hurdles (12-14yr), 60m (7-9yr), 100m (7-14yr) 200m (7-14yr), 800m (9-14yr), Relays, 40m, 50m, shuttle (4-6yr), Long Jump (7-14yr), Shot-put (7-14yr)

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. There is also a long list of dos and don'ts and the days rules etc included in the Kids newsletter. Mums and Dads please make yourself conversant with these.

Whaka Forest:

It is important to keep abreast with what is happening in the Forest. Here is a summary of closures due to logging: - Logging has commenced in the area between The Wash and Red Tank Road. This affects a number of mountain bike tracks, walking tracks and roads. The following roads WILL BE CLOSED and signs/banners will notify: **The Wash**

The following mountain bikes tracks WILL BE CLOSED and signs will notify: **The Tickler, Be Rude Not 2**. The following walking tracks WILL BE CLOSED through the logging area and signs will notify: **Purple Track, and Black Track.**

The following roads MAY BE CLOSED when logging is near the road edge. Signs/banners will notify. These roads will be open after work hours and in the weekend: **Red Tank Rd, Direct Rd, and Pipeline Rd.**

The following mountain bike tracks MAY BE CLOSED when logging is near the road edge. Signs will notify closures. These tracks will be open after work hours and in the weekend: **Dragons Tail Sweet and Sour (last section only) and Bunny Jugs (first section only, Hot X Buns**

After the logging of the first area has finished the second area (between Spruce Rd and The Wash) will commence. This will result in closures to different roads and tracks and further details will be released nearer the time to identify roads and tracks affected.

Logging trucks will still be operating on Katore Rd, Nursery Rd and Hill Rd so please be alert for them and give way.

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

New club competition uniforms:

We have sourced a new uniform supplier so we are keen to sell what stock we currently have before the new stock arrives. Current club singlets are now selling for \$20.00. It's first in first served. Contact Kerris on 021 753691 or e-mail swingmills@xtra.co.nz

The new stock will hopefully arrive just before the half marathon (4th March).

The new prices will be: Singlets \$45.00, Walkers T-shirts \$35.00

The new singlets will be sublimated - i.e. there will be no seams between different colours.

We are placing an order for a mix of sizes but if you would like to make sure you get a new singlet e-mail Kerris - swingmills@xtra.co.nz or phone 021 753691 to place an order now. That way you won't be disappointed! Payment to be made at time of uplifting garment.

RESULTS

Porritt Classic, Hamilton – 19 February 2011

100 metres - Division 2 - wind 2.7

1.	Joshua Hawkins	Akld	10.79
2.	Ryan Howe		10.87
3.	Joseph Millar	Tga	11.01

2 x 100 metre relay

1.	Ryan / Millar		21.23
----	---------------	--	-------

**16 February 2011
Senior Track and Field
Championship events**

200 metres

Boys 12

Sean Kilkelly 46.2

Boys 13

Sam MacKenzie 32.3

Boys 14

Callum Taylor 26.0

Michael Kilkelly 28.2

Josiah Kilkelly 30.0

Men 16

Dwayne Willoughby 26.5

Men 20

Sam Rossiter 26.6

Sjors Corporaal 27.2

Jason Steyn-Ross 27.4

Steven O'Callaghan 29.4

Michael Rossiter 31.9

Men 40

Chris Browne 36.7

Men 55

Lindsay Foster 30.6

Men 65

Peter Vyver 50.1

Girls 12

Alie Henderson-Corporaal 32.8

Sarah Bain 33.6

Mackenzie Van Fulpen 34.4

Tanja Leggett 36.4

Women 40

Kerris Browne 45.5

Sharissa Hetherington 1.27.6

Women 45

Mere Attwater 47.5

5000 metres - run

Men 19

Liam Walsh 16.13.2

Men 20

Sjors Corporaal 15.49.2

Steven O'Callaghan 15.54.9

Jason Steyn-Ross 16.37.4

Men 40

Chris Browne 20.23.2

Men 45

Chris Corney 17.42.0

Men 55

Phil Kerrison 22.40.8

Martin Harris 25.01.3

Men 60

Trevor Ogilvie 18.06.2

Men 65

Peter Vyver 24.22.3

Women 40

Kerris Browne 29.04.1

Women 45

Mary Attwater 30.56.0

Women 55

Christine Kerrison 28.09.2

5000 metre – walk

Men 45

Mita Wijohn 28.50.8

Men 65

Max Bragg 33.38.9

Men 70

Colin Smyth 40.01.7

Women 60

Linda Montgomery 41.08.8

Women 70

Maureen Heald 41.07.7

Long jump

Boys 12

Sean Kilkelly 2.10

Boys 13

Sam MacKenzie 3.95

Boys 14

Callum Taylor 5.11

Michael Kilkelly 4.54

Josiah Kilkelly 4.09

Men 16

Dwayne Willoughby 4.73

Men 20

Sam Rossiter 4.87

Sjors Corporaal 4.54

Steven O'Callaghan 4.20

Jason Steyn-Ross 2.54

Men 40

Chris Browne 3.93

Men 55

Lindsay Foster 4.17

Men 65

Peter Vyver 2.87

Girls 12

Alie Henderson-Corporaal 3.79

Mackenzie Van Fulpen 3.26

Erina McDonnell 3.12

Girls 13

Lana Roberts 3.90

Tanja Leggett 3.73

Women 40

Kerris Browne 2.66

Sharissa Hetherington 1.58

Women 45

Mere Attwater 1.74

Non championships

60 metres

Sonya Pemberton G12 9.9

Talia Namana G12 10.1

Katey Shepherd G13 10.2

Tasha Goodwin G12 10.5

Courtney Wiggins G12 11.0

Lana Roberts G13 9.0

Sarah Bain G12 9.5

Alie Corporaal G12 9.7

Kaya Corporaal B12* 9.9

MacKenzie Van Fulpen G12 10.1

Lewis Eccles B13 7.8

Callum Taylor B14 8.0

Michael Kilkelly B14 8.3

Josiah Kilkelly B14 8.7

Sam MacKenzie B13 9.4

200 metres

Kaya Corporaal B12* 33.4

Melkorka Leggett G12* 37.8

Tasha Goodwin G12 34.5

Sonya Pemberton G12 34.5

Talia Namana G12 34.9

Courtney Wiggins G12 37.1

Katey Shepherd G13 38.2

Javier Browne B12* 40.0

Aria Browne G12* 41.3

1000 metres

Sam Rossiter M20 3.26.4

Kaya Corporaal B12* 3.40.2

Alie Corporaal G12 3.44.5

Tasha Goodwin G12 4.10.9

Michael Rossiter M20 4.11.6

Talia Namana G12 4.32.1

Courtney Wiggins G12 4.32.5

Long jump

Melkorka Leggett G12* 3.21

Javier Browne B12* 2.74

Sonya Pemberton G12 3.88

Katey Shepherd G12 3.00

Kaya Corporaal B12* 3.29

**For your physio needs
contact
The Physiotherapy Clinic –
inquiry@physiotherapyclinic.co.nz
or 07 347 8380**

Tip of the week 

You will have plateaus in your training progress and tough days along the way

