



LAKE CITY Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

28 January 2012

The week that was:

Another Wednesday of small numbers at the weekly teens and adults track and field at the No 2 Ground Devon Street West.

The various sections of the marathon clinic were again well patronized. The first of the mentors meetings was held on Sunday, with Murray Fleming and Chris Corney as the speakers. Thanks guys for sharing your experiences with us. Also a special thanks to the ladies that whipped up the scones for morning tea.

Weekly / fortnightly events on the local scene:

SUNDAYS

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some a bit later. Find a group that is compatible with your fitness and head off into the Forest.

Marathon Clinic - Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

Clinic 10k'ers - Meeting time at the Neil Hunt Park clubrooms will vary, but you will be advised this via email.

Those that walk - Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 - Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

TUESDAYS

All athletes - Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street, Rotorua. Sessions led by Sarah Lei - 349 3558 (evenings) or 027 228 5496.

Summer athletics: For Tiny Tots and children aged 5-11 years

This section of the Club will be taking a break from their weekly activities until 7 February

Contact - Kerris Browne - 021 753 691, or 348 0790 or swingmills@xtra.co.nz

Distance athletes

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

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms.

Marathon Clinic - Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm

Clinic 10k'ers - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

WEDNESDAYS

Summer athletics:

For teens and adults (12 years plus)

Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West - 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults.

Wednesday **1 February** sees the club championship programme commence. The programme is:

- 6.15pm - 60 metres - non championship
- Long jump - **championship**
- 6.30pm - 200 metres - **championship**
- 6.50pm - 1000 metres non championships for under 16 years
- 7.00pm - 5000 metres **championship** for Grade 16 and above - walkers and runners. Please bring/arrange your own lap recorder.

Please note that a person needs to be an actual financial club member at the time of the event is taking place. That is having paid a subscription to the Club prior to the event commencement.

Contact - Lindsay Foster - 348 6818 evenings

THURSDAYS - weekly

Distance athletes

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

Walkers - Meet 5.30pm at the Neil Hunt Park clubrooms.

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THURSDAYS - fortnightly

The Trout fly series

The next event in this fortnightly is **9 February**

- You have a choice of 3km or 5.4km run, jog or walk on a flat course.

Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with the event starting at 6.15pm sharp.

Cost \$5.00 for adults and \$3.00 for children.

Contact – Chris Corney – 021 770 366

Events out of Rotorua:

Track and field:

For children:

Saturday 11 February – The first ribbon day of 2012 at Putaruru.

For adults:

This Saturday 28 January - Open meeting, Tauranga Domain, 3.00pm. The programme is: 2000/3000m walk; 300/400 hurdles; 100, 200, 800, 400, 3000 metres; high jump; javelin; long jump and discus

Saturday 11 February – Porritt Classic – Porritt Stadium, Hamilton. For the programme and entry details etc. visit www.athletics.org.nz Click on Calendar/events and scroll down until event date is found. Note entries close Friday 3 February.

18 February - Waikato BOP championships – The first day's entries close Friday 10 February. Check out the Athletics Waikato BOP handbook for entry details etc.

2-5 March – NZ masters championships - Auckland - Entries close 5 February. Note that you must be a financial member of the NZ Masters Association for the year 2011/12 to enter. Enter online at www.nzmastersathletics.org.nz

The Neil Hunt Park clubrooms:

It has been noted over recent weeks that the clubrooms have been left unattended with the front door left propped open. **This is a big No No.** Those who are first to open the door, plus the organiser(s) of an activity based from the clubrooms (this includes the Sunday morning and weekly pack runs/walks) are responsible for the security of the Club rooms. Before departure, users must check that they are the last to leave and ensure that all lights are out, windows shut, and upon leaving that all doors are fully locked.

Remember it is a privilege to have access to the building via the key pad, not a right. We don't want to have only 2 or 3 people to be able to open the clubrooms.

Discounted sports massage for club members:

The Lake City Athletic Club is happy to announce that all club members are entitled to a 10% discount on a sports massage with Toni Collins from Touch Massage.

Sports Massage is an integral part of any athlete's schedule. As important as training is to the timetable so is recovery and this is where massage comes in. Sports massage can be worked into any training programme from a casual walker to a marathon runner. Massage increases circulation of oxygenated blood to the muscles and clears away any waste product produced during exercise. During a massage your muscles will be stretched and the joints taken through their normal range of motion which helps to achieve a muscles optimum resting length.

Massage will help increase your flexibility and enhance the overall health of your muscles. Collectively it will help with injury prevention and decrease "down time" needed between training and events. Massage helps to reduce the muscular pain brought on by training and improve an athlete's focus. Psychologically it can give you an edge over competitors. It helps to reduce stress brought on through an intensive training schedule and allows the mind to relax. Pre-event massage gives athletes time to focus, set goals and become more body aware.

Massage should be a part of everyone's lifestyle as it improves your overall well-being.

Call into the clubroom and pick up Toni's flyer / business card. Bring your Lake City Membership card with you when you attend to get the discount. Toni's contact details are:-

Touch Massage
1317 Eruera Street
(07) 3496621
021 2971002

The Marathon Clinic:

Runners and 10k'ers

With the first week of training done, the groups are settling in well. There are six groups training for the 1/2 or full marathon and another three training for the 10km on 28th April.

This Sunday was the first mentor talk with the group, and I am sure that everyone who attended learnt something new. The clinic mentors are experienced marathoners and club members who will be available throughout the clinic for questions and to provide advice.

Next Sunday Dean from Stirling Sports will be at the clubrooms at 9.15am to talk about shoes. Everyone welcome. Any clinic queries can be sent to lakecitymarathonclinic@gmail.com.

Walkers

Also out in the Forest on Sunday mornings and during the week are a huge group of club members preparing to walk either one or both of the half marathons coming up or the full marathon distance around the Lake on 28 April. Currently Sundays sees them on their feet for around 4 hours. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Sarah Wiwarena 027 248 3874 (348 7674 home).

Results:

Teens and Seniors Track and Field - weekly

results * Denotes an athlete under Grade 12 – up graded to Grade 12

18 January 2012

100 metres

Paige Satchell	G13	14.3
Tessa Norton- Campbell	W17	14.4
Gus Dube	B12	15.0

Andrew Innes	M17	12.7
Kurt Rice	M17	13.1
Andrew Dube	M40	13.8
Eillish Satchell	W17	14.5
Javier Browne*	B12	17.3

Jenny Chang	W20	16.1
Olivia Goh	W20	19.0
Christy Tan	W20	19.1

400 metres – walk

Denise Caudwell	W55	2.33.3
Rinus Adriaansz	M55	2.36.6
Maureen Heald	W70	2.56.7

400 metres – run

Kurt Rice	M17	61.5
Andrew Innes	M17	64.7
Paige Satchell	G13	65.7
Andrew Dube	M40	65.8
Eillish Satchell	W17	72.3
Gus Dube	B12	75.7
Karyn McCready	W40	76.8

1200 metres – walk

Paige Satchell	G13	8.36.7
Gus Dube	B12	8.41.9
Olivia Goh	W20	10.01.2
Eillish Satchell	W17	11.13.7
Kathy Satchell	W45	11.14.4
Andrew Dube	M40	11.17.9

2000 metres – walk

Denise Caudwell	W55	14.02.5
Max Bragg	M65	14.03.2
Kerris Browne	W40	14.07.6
Rinus Adriaansz	M55	14.13.5
Maureen Heald	W70	16.26.7
Andrew Harris	M20	19.52.3
Lindsay Foster	M55	19.52.3

2000 metres – run

Tony Broadhead	M40	6.49.0
Sam Rossiter	M20	7.21.7
Logan Marten	M35	7.29.8
Michael Rossiter	M20	9.22.8
Martin Harris	M60	10.08.8
Olivia Goh	W20	10.46.5

Long jump

Gus Dube	B12	3.76
Javier Browne	B12*	3.10
Kurt Rice	M17	4.81
Andrew Innes	M17	4.40
Paige Satchell	G13	3.91
Eillish Satchell	W17	3.81
Jenny Chang	W20	3.44
Olivia Goh	W20	2.65
Christy Tan	W20	2.35
Kerris Browne	W40	2.93

Triple jump

Javier Browne	B12*	6.67
Andrew Innes	M17	10.37
Kerris Browne	W40	6.32

Javelin (different weights thrown)

Javier Browne	B12*	8.30
Rinus Adriaansz	M55	13.65
Colin Smyth	M70	21.60
Jenny Chang	W20	18.40
Christy Tan	W20	10.50
Kerris Browne	W40	13.15
Karyn McCready	W40	12.35
Denise Caudwell	W55	9.45
Maureen Heald	W70	9.20

For your massage needs contact
 Toni of Touch Massage
 (1317 Eruera Street)
 07 349 6621 or 021 2971002
 Take your Lake City membership card to
 obtain the discount on offer

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

