



LAKE CITY
Athletic Club INC

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

GUFF SHEET

29 January 2011

The week that was:

Another quite evening at the Wednesday senior track and field at the Stadium's No 2 Ground. Results are on the reverse.

Sunday morning saw a good number connected with the marathon clinic's running and walking sections head out in the Forest in the pouring rain. The running section has grown in numbers since last week with some 40 expressing interest in this section of the clinic.

Track and Field:

Track and field attendees please note there is no Wednesday evening activities next week (2/2) as the ground is unavailable for the week commencing 31 January through to and including Tuesday 8 February. Why? Because of the Ragamuffin concert.

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. **Please note Wednesday 2 February there is no track and field - the ground is unavailable.**

The programme for 9 February sees the club championships continue. Events are: * 6.15pm 100 metres (non-championship), **Discus (championship)** * 6.30pm 200 metres (non-championship) * 7.00pm **3000 metres championship.**

Also note that the children's section will be using the track prior to the senior section

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. 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 10/2

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: 10 February, 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. As you can see something for all – even if you are not participating act a marshall out on the course. 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.

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 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 29 January - A meeting at Porritt Stadium with 4.00pm start. Also there is a pre selected Grade 14, under 16 and under 18 interprovincial met at Porritt Stadium – 9.30am 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

Results:

Senior track and field

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

19 January 2011

60 metres

Paul Oliver	M35	7.9
Ziggy Conroy	M20	8.5
Jamie Quinao	M20	8.7
Chris Browne	M40	9.4

Javier Browne	B12*	10.9
Shayne Donaldson	G12*	11.0
Kerris Browne	W40	11.2
Aria Browne	G12*	11.7
Oliver Smyth	B12*	12.6
Peter Vyver	M65	15.9

100 metres

Callum Taylor	B14	12.5
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Paul Oliver
Ziggy Conroy
Jamie Quinao

Marina Beazley
Kerris Browne
Javier Browne
Shayne Donaldson
Aria Browne
Oliver Smyth
Peter Vyver

400 metres

Paul Oliver M35 69.4
Dave Fischer M55 74.9

2km – run

Jason Steyn-Ross M20 6.25.8
Chris Browne M40 8.33.0
Tony Broadhead M40 8.33.0
Jamie Quinao M20 8.51.0
Phil Kerrison M55 9.02.0
Martin Harris M55 9.37.0

<http://www.athletics.org.nz/AKL/Article.aspx?ID=768> Pay at the office on arrival.

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

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 read and respect all signage and do not venture into the work areas. Heath and Dump Roads are closed.

- Watch for trucks on 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

What does not kill you will make you stronger

M35	12.5	Tom Lamason (w)	M65	15.50.0
M20	13.5			
M20	14.5			
		2km steeplechase		
G12*	14.5	Dave Fischer	M55	8.00.6
W40	17.8	Chris Browne	M40	8.15.2
B12*	18.1	Ziggy Conroy	M20	8.15.4
G12*	18.4	Paul Oliver	M35	9.03.2
G12*	21.8	Jamie Quinao	M20	9.20.2
B12*	23.9	Lindsay Foster	M55	9.46.5
M65	25.1	Peter Vyver	M65	11.14.0
		Kerris Browne	W40	12.24.7
		Shayne Donaldson	G12*	12.49.9
		Aria Browne	G12*	12.55.0
		Long jump		
		Aria Browne	G12*	2.64
		Shayne Donaldson	G12*	2.69
		Javier Browne	B12*	2.66
		Oliver Smyth	B12*	2.23
		Marina Beazley	G12*	4.33
		Kerris Browne	W40	2.99
		Callum Taylor	B14	5.39

Javelin (different weights thrown)

John Kirkland	M70	13.25
Lindsay Foster	M55	17.90
Chris Browne	M40	26.30
Marina Beazley	G12*	21.10
Callum Taylor	B14	26.05
Ziggy Conroy	M20	19.80
Kerris Browne	W40	15.25
Javier Browne	B12*	6.25
Oliver Smyth	B12*	6.50
Aria Browne	G12*	6.55
Shayne Donaldson	G12*	5.50

