



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

QUFF SHEET

5 February 2011

The week that was:

A great first evening of the club's senior track and field champs at the Stadium's No 2 ground last Wednesday. Read the results on the reverse and you will see that most people took part in more than one event.

The Thursday evening fortnightly Trout Fly series, with headquarters at the Neil Hunt Park clubrooms, attracted in excess of 70 last week. Results are on page 3.

Sunday morning both sections of the club's marathon clinic attendances were down slightly, the holiday weekend and other events no doubt responsible for this.

Track and Field:

Track and field is back with us next Wednesday – 9 February. Because of the Ragamuffin cleanup the children's section will be using the ground first, commencing 5.00pm with those 12 and above getting away at 6.15pm.

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 - 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 -

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

Your weekly activities are resuming this coming Wednesday evening 9 February at 5.00pm at the No 2 Ground, and then reverting back to Tuesdays the following week.

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 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

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 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 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.

Volunteers from the club will be required to assist with a number of tasks, both on Saturday and Sunday. In due course a list will be at the Clubrooms for you to indicate your availability.

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 5 February - 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 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 - Tauranga.

Please note there is now **NO Open Events** on this weekend.

Saturday 19 February - The Porritt Classic - Hamilton. Entries close Thursday 10 February. Visit www.athletics.org.nz for the programme and entry details.

Children – This Saturday 5 February - ribbon day competition at the Tauranga Domain with a 9.30am start.

Saturday 12 February – ribbon day at Putaruru.

Results:

Senior track and field

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

26 January 2011

Championship events

100 metres

Boys 12

Sean Kilkelly 19.6

Boys 13

Sam MacKenzie 14.6

Boys 14

Callum Taylor 12.3

Andrew Innes 12.4

Michael Kilkelly 13.2

Josiah Kilkelly 13.6

M20

Jason Steyn-Ross 13.3

Men 35

Paul Oliver 12.7

Men 40

Chris Browne 14.4

Men 55

Lindsay Foster 14.3

Women 40

Kerris Browne 16.9

Sharissa Hetherington 34.1

400 metres - walk

Men 45

Mita Wijohn 2.41.0

Women 55

Denise Caudwell 2.33.0

Women 60

Linda Montgomery 2.54.0

Women 70

Maureen Heald 2.58.0

400 metres- run

Boys 12

Sean Kilkelly 103.2

Boys 13

Sam MacKenzie 75.7

Boys 14

Callum Taylor 62.6

Michael Kilkelly 64.0

Andrew Innes 71.1

Josiah Kilkelly 71.6

Men 20

Jason Steyn-Ross 62.8

Men 35

Paul Oliver 66.0

Men 40

Chris Browne 72.7

Men 55

Dave Fischer 75.3

Lindsay Foster 81.1

Women 40

Kerris Browne 96.3

Sharissa Hetherington 3.20.2

1500 metres - run

Boys 12

Sean Kilkelly 7.27.0

Boys 13

Sam MacKenzie 6.31.0

Boys 14

Michael Kilkelly 5.42.0

Callum Taylor 5.52.0

Josiah Kilkelly 6.30.0

Andrew Innes 7.36.0

Men 20

Jason Steyn-Ross 4.41.2

Michael Rossiter 6.06.0

Men 35

Paul Oliver 6.12.0

Wanted for the runner's marathon clinic:

Assistant Pack Leader; someone to backup and help Kerris look after the runners clinic slower group. Some in this group are aiming only to complete the 10km distance with a couple looking towards the ½ Marathon on 30 April. The pace is around 10 – 11-minute kms. This may suit a club member that is recovering from an injury or not up to the full marathon distance. Contact Kerris Browne at 348 0790 evenings if you can assist.

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!

- The recent weather has caused a number of windfalls as well a lot of surface flooding in the Forest. If you come across a taped off area, please don't enter it!

Men 40

Tony Broadhead 5.00.6

Chris Browne 5.40.0

Men 55

Dave Fischer 5.30.0

Phil Kerrison 6.12.0

Martin Harris 6.50.0

Men 60

Trevor Ogilvie 5.02.0

Women 40

Kerris Browne 7.55.0

Women 55

Christine Kerrison 7.41.0

1500 metres- walk

Men 45

Mita Wijohn 11.20.0

Men 65

Max Bragg 9.33.0

Women 55

Denise Caudwell 10.39.0

Women 60

Linda Montgomery 11.37.0

Women 65

Doris Bragg 12.25.0

Women 70

Maureen Heald 11.46.0

Shot put

Boys 13

Sam MacKenzie 7.32

Boys 14

Callum Taylor 8.18

Michael Kilkelly 7.17

Andrew Innes 6.25

Josiah Kilkelly 5.23

Men 20

Jason Steyn-Ross 5.10

Men 35

Paul Oliver 8.85

Men 40

Chris Browne 8.13

Men 45

Mita Wijohn 6.94

Men 55

Lindsay Foster 7.57

Men 60

Dave Fischer 6.74

Men 70

John Kirkland 8.09

Women 40

Kerris Browne 6.29

Sharissa Hetherington 5.21

Women 55

Denise Caudwell 6.25

Women 60

Linda Montgomery 4.99

Women 70

Maureen Heald 5.86

Non championship

(All under 12)

100 metres

Javier Browne 16.8

Shayne Donaldson 17.8

Aria Browne 18.0

Oliver Smyth 22.2

Kyle Hetherington 30.8

Zeon Hetherington 55.3

400 metres

Javier Browne 89.0

Aria Browne 94.0

Shayne Donaldson 95.0

Oliver Smyth

Trout Fly - 26 January 2011

First	Surname	Event PB	27/01/11	PB gain
3km				
Stephanie	Pearson	00:00:00	00:11:51	0:00:00
Sam	Rossiter	00:10:19	00:11:52	0:00:00
Leighton	Warren	00:00:00	00:12:29	0:00:00
Michael	Rossiter	00:12:39	00:13:25	0:00:00
Charlotte	Pearson	00:00:00	00:13:29	0:00:00
Aria	Browne	00:16:38	00:25:24	0:00:00
Annabel	Fordyce	00:00:00	00:25:25	0:00:00
Nikky	Mitchell	00:24:27	00:25:47	0:00:00
Tony	Carlyle	00:00:00	00:25:47	0:00:00
Rinus	Adriaansz	00:00:00	00:26:25	0:00:00
Frances	Fordyce	00:00:00	00:26:56	0:00:00
Oliver	Smyth	00:00:00	00:27:06	0:00:00
Javier	Browne	00:14:11	00:27:11	0:00:00
Denise	Caudwell (w)	00:21:54	00:21:45	0:00:09
Max	Bragg (w)	00:21:54	00:21:45	0:00:09
Linda	Montgomery (w)	00:24:18	00:24:35	0:00:00
Doris	Bragg (w)	00:25:34	00:29:02	0:00:00
Julie	Fiske (w)	00:29:01	00:33:58	0:00:00
5.4km				
Jason	Steyn-Ross	00:18:51	00:18:27	0:00:24
Tom	Hunt	00:00:00	00:18:32	0:00:00
Nick	Pernitt	00:00:00	00:19:05	0:00:00
Colin	Earwaker	00:18:09	00:19:35	0:00:00
Chris	Corney	0:17:53	00:19:45	0:00:00
Sam	Wiseman	00:00:00	00:20:18	0:00:00
Dave	Cronshaw	00:19:07	00:20:37	0:00:00
Graeme	Pearson	00:18:41	00:20:43	0:00:00
Tony	Broadhead	00:19:36	00:22:26	0:00:00
Ziggy	Conroy	00:00:00	00:22:28	0:00:00
Siobhan	Griffiths	00:21:48	00:22:35	0:00:00
Andrew	Twiddy	00:19:53	00:22:40	0:00:00
Dave	Fischer	00:22:56	00:22:46	0:00:10
Hannah	Barker	00:00:00	00:22:58	0:00:00
Chris	Browne	00:22:04	00:23:12	0:00:00
Josh	Dear	00:22:59	00:24:00	0:00:00
Lorna	Mills	00:00:00	00:25:20	0:00:00
Jamie	Quinao	00:00:00	00:25:51	0:00:00
Shaun	O'Donnell	00:23:55	00:26:05	0:00:00
Phil	Gulbransen	00:25:22	00:26:09	0:00:00
Jodie	Hickson	00:26:28	00:26:29	0:00:00
Lindsay	Foster	00:24:00	00:26:48	0:00:00
Phillipa	Hyde	00:00:00	00:27:18	0:00:00
Martin	Harris	00:27:27	00:27:29	0:00:00
Kim	Stevenson	00:23:13	00:28:09	0:00:00
Melanie	Kilkelly	00:27:22	00:28:28	0:00:00
Nicola	Buckley	00:24:32	00:28:44	0:00:00
Sian	Bremner	00:23:34	00:28:56	0:00:00
Matt	Fisken	00:00:00	00:29:35	0:00:00
Peter	Vyver	00:25:28	00:29:53	0:00:00
Bryn	Raitton	00:00:00	00:30:22	0:00:00
Mandy	Perrin	00:31:21	00:30:49	0:00:32
Melissa	Smiley/Smilie	00:31:22	00:31:43	0:00:00
Maddy	Hoskins	00:00:00	00:31:56	0:00:00
Caitlin	Turner	00:00:00	00:32:02	0:00:00
Renee	Douglas	00:00:00	00:32:03	0:00:00
Kerris	Browne	00:30:47	00:32:45	0:00:00
Maria	Palmer	00:00:00	00:33:09	0:00:00
Helen	Morgan	00:31:24	00:33:33	0:00:00
Rachel	Browne	00:31:08	00:33:35	0:00:00
Louise	Rickard	00:00:00	00:33:43	0:00:00
Ann	Eascott	00:36:46	00:39:10	0:00:00
Olga	Kolokolova	00:00:00	00:39:26	0:00:00
Red	McHale	00:00:00	00:43:21	0:00:00
Colin	Smyth (w)	00:40:41	00:42:57	0:00:00
Helen	Perkins (w)	00:43:27	00:43:32	0:00:00
Merle	Amos (w)	00:41:54	00:43:32	0:00:00
Sonya	Hunt (with pram) (w)	00:00:00	00:43:45	0:00:00

First	Surname	Event PB	27/01/11	PB gain
5km				
Isobel	Goulding (w)	00:45:58	00:46:52	0:00:00
Maureen	Heald (w)	00:45:33	00:46:52	0:00:00
Beryl	Cleland (w)	00:42:55	00:49:05	0:00:00
Russell	Champness (w)	00:43:41	00:49:05	0:00:00
Ruth	Jones (w)	00:00:00	00:49:05	0:00:00

Betterer by the Mostest Dude - Jason Steyn-Ross
 Betterer by the Mostest Chick - Mandy Perrin

ROTORUA OFF ROAD
1/2 MARATHON
10km Fun Run/Walk
 Sunday 6th March 2011

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