



LAKE CITY
Athletic Club INC

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

CLUB SHEET 5 March 2011

The week that was:

Large numbers were at all of the Club promoted events during the past week. The fortnightly Thursday evening Trout Fly series once again had a record attendance: both sections of the marathon clinic attracted large numbers: While both sections of track and field at the Stadium's No 2 Ground are also holding the numbers.

The Athletics Waikato BOP 13 plus track and field champs at Tauranga Domain, had the best attendance from the Club for a number of years. Results on the reverse.

The working bee at the Neil Hunt Park clubrooms saw the inside and outside of the building spruced up. Thank you to those that assisted.

It was agreed that the entry fees from the Trout Fly be donated to the Christchurch Earthquake appeal. This raised \$400.00, which was soon increased to \$535.00 as a number of people in attendance donated extra. Well done and thanks - every little helps.

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 Wwarena 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 9 March sees the final club championship event. Events are: **6.15pm hammer throw (championship for grade 16 plus)** * 6.15pm 60 metres and long jump (non-championship) * 6.30pm 200 metres (non-championship) * 6.45pm 800 metres (non-championship). **Wednesday 16 March is the final track and field night for this section. Details on the prizegiving format will be advised next week.**

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, is 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:

THIS SUNDAY 6 MARCH -

The Kingsgate Hotel Rotorua off Road 1/2 Marathon, 10km fun run/walk and the Little Devils 1.5km or 3km in the fabulous Whaka Forest. Event start times are **9.00am** 3-6 years 1.5km kids fun run/walk: **9.10am** 7-10 years 3km kids fun run/walk: **10.00am** half marathon: **11.00am** 10km. Late entry will be accepted from 7.30am on Sunday up to 1/2 an hour prior to start of each event. Entry fees are now - half marathon \$55.00: 10km fun run/walk \$45.00: kids fun/run walk \$10.00. As **no** credit card or Eftpos facilities are available at registration please bring the correct fee.

Good luck to those from the club taking part and thanks to those who will be on hand as volunteers.

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 1/2 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 March - Battle of the Regions, Mt Smart Auckland. Athletes intending to compete at this meet 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. Entries close midnight 13/3.

Children – **This Saturday 5 March** – Ribbon day at Paeroa.

Saturday 12 March - Athletics Waikato BOP track and field championship for grade 7 to 14, Porritt Stadium, Hamilton. Entries have now closed. Please read the kid's newsletter for the days dos and don'ts i.e. uniform requirements etc etc.

DISTANCE EVENTS

All the best to those from the Club that are taking part in the annual New Plymouth marathon and associated ½ marathon relay this Saturday.

Whaka Forest:

There is a huge amount of logging activities happening in Whaka Forest, especially in the Wash

RESULTS

Senior Track and Field – locally Champs - 23 February 2011

800 metres - Run

Boys 12

Sean Kilkelly 3.32.1

Boys 14

Michael Kilkelly 2.25.3

Callum Taylor 2.29.1

Josiah Kilkelly 2.30.6

Fraser Gilbert 2.31.1

Andrew Innes 3.02.1

Men 19

Liam Walsh 2.04.2

Men 20

Sjors Corporaal 2.04.0

Steven O'Callaghan 2.09.1

Sam Rossiter 2.13.8

Jason Steyn-Ross 2.14.8

Lance Downie 2.33.9

Michael Rossiter 3.04.2

Men 55

Phil Kerrison 3.01.1

Martin Harris 3.28.1

Girls 12

Alie Corporaal 2.44.1

Women 40

Kerris Browne 3.44.1

Women 55

Christine Kerrison 3.38.1

800 metres – walk

Men 45

Mita Wijohn 5.29.1

Men 65

Max Bragg 4.59.1

Women 55

Denise Caudwell 5.12.1

80 metres hurdles

Girls 12

Alie Corporaal 16.5

MacKenzie Van Fulpen 17.2

Girls 13

Tanja Leggett 16.9

100 metre hurdles

Boys 14

Callum Taylor 18.7

Josiah Kilkelly 20.9

High jump

Boys 12

Sean Kilkelly 1.00

Boys 13

Sam MacKenzie 1.15

Boys 14

Callum Taylor 1.55

Fraser Gilbert 1.20

Josiah Kilkelly 1.15

Michael Kilkelly 1.10

Men 19

Ryan Howe 1.70

Men 20

Sam Rossiter 1.45

Sjors Corporaal 1.30

Steven O'Callaghan 1.20

Men 35

Paul Oliver 1.50

Girls 12

Alie Corporaal 1.35

MacKenzie Van Fulpen 1.30

Sarah Bain 1.15

Girls 13

Lana Roberts 1.30

Tanja Leggett 1.15

Women 40

Kerris Browne 1.00

and Red Tank Road areas. This affects a number of walking / running tracks, mountain bike tracks and roads in this region. As there are trucks and other heavy machinery operating in the Forest look and listen for them. Don't wear Ipods - how can you hear an approaching vehicle? Also be mindful of the dust created by a vehicle. They can't see you! As mentioned previously this is a working forest and it is a privilege to be able to use it – not a right! Don't venture into taped off areas.

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 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.

**For your physio needs contact
The Physiotherapy Clinic –**

inquiry@physiotherapyclinic.co.nz
or 07 347 8380

Non championships

100 metres

Ryan Howe M19 11.2

Callum Taylor B14 12.4

Paul Oliver M35 12.5

Andrew Innes B14 13.3

Sam MacKenzie B13 14.4

Marina Beazley G12* 13.3

Sarah Bain G12 15.1

Lana Roberts G13 15.5

Tanja Leggett G13 16.2

Tasha Goodwin G12 16.5

Taila Namana G12 16.8

Melkorka Leggett G12* 17.2

800 metres

Tasha Goodwin G12 3.01.1

Javier Browne B12* 3.11.1

Taila Namana G12 3.20.1

Shayne Donaldson G12* 3.36.1

Aria Browne G12* 3.37.1

Kaya Corporaal B12* 2.50.1

Terina Fitzpatrick G12* 3.14.1

80 metre hurdles

Marina Beazley G12* 16.7

High jump

Melkorka Leggett G12* 1.10

Marina Beazley G12* 1.25

3000 metres

Sjors Corporaal M20 9.33.1

Jason Steyn-Ross M20 10.33.4

Tony Broadhead M40 10.42.3

Lance Downie M20 11.31.3

Kaya Corporaal B12* 13.26.5

Mita Wijohn (w) M45 23.13.9

Max Bragg (w) M65 23.14.2

Athletics Waikato BOP track and field Champs - Tauranga - 26-27 February 2011

Ryan Howe Men 19

1. 100 metres 10.98 1.9 w

1. 200 metres 22.67 2.9 w

1. Long jump 7.37 1.9 w

(AWBOP record)

Sam MacKenzie Boys 13-14

4. Long jump 4.09 0.4 w

6. 100 metres 15.11 2.5 w

Kieran Gainsford Men 19

3. 400 metres 55.23

Duane Willoughby Men 16

5.400 metres 59.80

6. 800 metres 2.19.02

Liam Walsh Men 19

1. 3km steeplechase 10.40.12

2. 1500 metres 4.15.77

Trevor Ogilvie Men 60-64

1. 1500 metres 4.57.54

1. 5000 metres 17.50.83

1. 2km steeplechase 7.35.58

Callum Taylor Boys 13-14

1. High jump 1.55

1. Long jump 5.83 0.7 w

1. Triple jump 12.61 3.3 w

Lindsay Foster Men 55-59

1. 800 metres 3.08.58

1. Long jump 4.35 2.0 w

2. 100 metres 14.77 2.0 w

3. 200 metres 31.26 1.7 w

3. 400 metres 75.71

John Kirkland Men 70-74

1. Shot put 8.14

2. Discus 20.61

1. Hammer 24.32

1. Weight throw 9.74

Tip the week