



LAKE CITY Athletic Club^{INC}

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

GUFF SHEET 19 November 2011

The week that was:

With fine weather last week both track and field sections of the club saw well attended Tuesday (children) and Wednesday (teens and adults) evening activities at the No 2 Ground of the Stadium.

Out of Rotorua there was a ribbon day at Hamilton for child members, while the teens plus headed to Tauranga Domain for their track and field competition.

Forthcoming 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.

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

Weekly Tuesday Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West at 5.15pm.

Should the weather be inclement cancellations will be on the hotline - 349 2994 then dial 5924, or on the cancellation notices on www.lakecity.co.nz

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.

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.

The programme for next Wednesday (23/11) is:

- 6.15pm - 3000 metres - run/walk - Long jump
- 6.40pm - 60 metres
- 6.55pm - 100 metres
- 7.05pm - 800 metres
- 7.20pm - 300 metres

Come run, jump, throw or walk with us

Contact - Lindsav Foster - 348 6818 evenins.

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.

THURSDAYS - fortnightly

The Trout fly series

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be. The next event is **1 December**.

- 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

Beginners Jogging - (alternate Thursdays between Trout Fly)

Comfortable 45 minutes to 1 hour jog in the lovely Redwoods led by Rachel and Kerris. Start 5:30pm from the Clubrooms, on middle Thursdays between the Trout Fly events. No charge for beginners' first three sessions - great way to keep your weekly motivation going! Contacts are Rachel 027 3630644, Kerris 021 753691.

Logging in Whaka Forest

The tree felling on the Tokorangi ridgeline is taking a little longer than expected, **Operations will be taking place 7 days a week**. Timberlands have also advised that they will be undertaking Gravity Roller Crushing in the harvested area off Katore Rd. This is a clearing process where a roller connected to independently controlled winch drums is rolled down a slope clearing vegetation in its path. Needless to say you wouldn't want to be in its path. MTB tracks closed are Gunna Gotta, Katore Jumps, A Trail, K2 and The Tickler, the Corridor, Eastern Spice, North Face. Horse Track closed is Katore Wash Trail (still to be reinstated anyway), Tokorangi Pa Lookout. Walk tracks closed are Tokorangi Pa Track and Whakarewarewa Circuit. Spruce Rd and Katore Rd will also be closed.

Please put the word out and stay clear! Do not go into the closed areas and watch for trucks.

Events out of Rotorua:

Distance events:

This Sunday 20 November - 18km Toi's Challenge – Whakatane - For entry form and event details visit www.sportsground.co.nz/whakataneahc

Track and field:

For children:

This Saturday 19 November – Ribbon Day, Te Awamutu, 10.00am

Saturday 26 November - Ribbon Day, Cambridge, 1.00am

For Adults:

This Saturday 19 November – Putaruru Bell meeting, Porritt Stadium, Hamilton

The Putaruru Bell is a team event and team entry to be in by noon Friday 18 November. Send to mhyre.oman@gmail.com Please read the Athletics Waikato BOP handbook or visit www.athletics.org/nz/waikato for the events rules and programme. Note that there has been a 100 metres added to this programme at 4.20pm.

Saturday 26 November – open meeting, Porritt Stadium, Hamilton. 3.00pm.

Helpers needed:

Saturday 17 December sees the Club hosting a ribbon day at the Stadium's No 2 ground for children aged tiny tots to 14 years in a wide variety of athletic events.

We need a large number of officials please. So if you have any experience helping at athletics events, organising kids, or recording, PLEASE urgently forward your name to Kerris Browne 3480790, 021 753691, swingmills@xtra.co.nz. All parents of attending children are also expected to assist.

On Sunday 27 November (10.00am) at 396 Clayton Road there is a meeting to organize this day. If you can help please attend this meeting. If able to assist but cannot attend please contact Kerris on one the above numbers.

Over the years the Club has successfully hosted the likes of children's ribbon days, Athletics Waikato BOP area champs, Athletics Waikato BOP championships plus the Easter children's Interprovincial meeting so let's make the 17 December another successful event.

Athletics New Zealand 2012 winter championship programme:

| | |
|------------------|----------------------------------|
| April (date TBA) | Mountain running - Nelson |
| 4 August | Cross-country - Hamilton |
| 12 August | Half marathon – Palmerston North |
| 1 September | Road (TBA) |
| 6 October | Relay – Nelson |
| 28 October | Marathon – Auckland |

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



Results:

Open Track and Field meeting, Tauranga Domain – 5 November 2011

| | | | |
|---------------|-------------|-----|-------|
| Callum Taylor | | | |
| Men 16 | 100 metres | 1st | 12.18 |
| | Triple jump | 1st | 12.43 |

Local Teens and Seniors Track and Field – 9 November 2011. *Denotes an athlete under grade 12 – up graded to Grade 12

600 metres - run

| | | |
|--------------------|-----|--------|
| Sam Rossiter | M20 | 1.38.2 |
| Michael Kilkelly | M16 | 1.39.0 |
| Kurt Rice | M16 | 1.44.2 |
| Samantha Sinclair | W16 | 1.46.3 |
| Paige Satchell | G13 | 1.47.4 |
| Eillish Satchell | W16 | 1.57.1 |
| Yeseul Park | W16 | 2.08.5 |
| Sarah Bain | G13 | 2.11.8 |
| Kelsey Elliot | W16 | 2.14.3 |
| Carla Rissouw | W16 | 2.14.5 |
| Lina Obermeier | W16 | 2.16.8 |
| Emily Swindlehurst | G13 | 2.23.2 |
| Ashleigh Nathan | G14 | 2.26.5 |
| Joe Nathan | M40 | 2.32.8 |
| Peter Vyver | M65 | 2.57.3 |
| Aria Browne | G12 | 3.34.4 |
| Cheyne Evans | W19 | 5.11.6 |
| Rutendo Mupita | G14 | 5.14.3 |

600 metres – walk

| | | |
|-----------------|-----|--------|
| Denise Caudwell | W55 | 3.55.5 |
| Kerris Browne | W40 | 3.56.8 |
| Peter Vyver | M65 | 4.14.6 |
| Tom Lamason | M65 | 4.30.1 |
| Maureen Heald | W70 | 4.45.7 |
| Beryl Cleland | W70 | 4.48.1 |
| Aria Browne | G12 | 5.04.2 |
| Jonti Dunweg | B12 | 5.35.4 |
| Rachel Browne | W40 | 5.36.2 |

60 metres – run

| | | |
|-----------------------|-----|------|
| Eillish Satchell | W16 | 8.7 |
| Tessa Norton-Campbell | W16 | 9.0 |
| Ashleigh Nathan | G14 | 9.4 |
| Yeseul Park | W16 | 9.5 |
| Lina Obermeier | W16 | 9.8 |
| Sarah Bain | G13 | 9.3 |
| Hannah Lawson | G12 | 10.3 |
| Jurnee Hannah | W16 | 10.7 |
| Aria Browne | G12 | 11.9 |
| Cheyne Evans | W19 | 12.2 |
| Rutendo Mupita | G14 | 14.1 |
| Jenny Chang | W20 | 10.2 |
| Michelle Evans | W35 | 10.6 |
| Kerris Browne | W40 | 11.1 |
| Kathy Satchell | W45 | 11.3 |
| Olivia Goh | W20 | 12.0 |
| Rachel Browne | W40 | 12.6 |
| Judith Tomasevich | W55 | 13.6 |
| Molly Florence | W16 | 8.0 |
| Samantha Sinclair | W16 | 8.4 |
| Eillish Satchell | W16 | 8.5 |
| Georja Kidd | G13 | 9.2 |
| Sarah Bain | G13 | 9.4 |

| | | |
|------------------|-----|------|
| Hannah Lawson | G12 | 11.0 |
| Bruce Mabagos | B13 | 7.9 |
| Andrew Innes | M16 | 7.9 |
| Josiah Kilkelly | M16 | 7.9 |
| Sam Rossiter | M20 | 7.9 |
| Kurt Rice | M16 | 8.9 |
| Michael Kilkelly | M16 | 15.2 |

| | | |
|-----------------------|-----|------|
| Tessa Norton-Campbell | W16 | 9.3 |
| Georja Kidd | G13 | 9.3 |
| Sarah Bain | G13 | 9.4 |
| Yeseul Park | W16 | 9.5 |
| Lilly Florence | G12 | 9.8 |
| Lina Obermeier | W16 | 9.9 |
| Ashleigh Nathan | G14 | 10.1 |
| Ella Florence | G14 | 10.3 |

60 metres – walk

| | | |
|-----------------|-----|------|
| Denise Caudwell | W55 | 16.5 |
| Tom Lamason | M65 | 17.4 |
| Maureen Heald | W70 | 21.1 |
| Beryl Cleland | W70 | 22.3 |

200 metres - run

| | | |
|-----------------------|-----|------|
| Eillish Satchell | W16 | 30.6 |
| Paige Satchell | G13 | 31.1 |
| Georja Kidd | G13 | 31.9 |
| Tessa Norton-Campbell | W16 | 32.5 |
| Sarah Bain | G13 | 33.5 |
| Lina Obermeier | W16 | 34.2 |
| Yeseul Park | W16 | 34.7 |
| Ashleigh Nathan | G14 | 38.0 |

| | | |
|-------------------|-----|------|
| Andrew Innes | M16 | 26.5 |
| Bruce Mabagos | B13 | 26.7 |
| Michael Kilkelly | M16 | 27.1 |
| Kurt Rice | M16 | 27.4 |
| Josiah Kilkelly | M16 | 27.8 |
| Samantha Sinclair | W16 | 28.4 |
| Andrew Dube | M40 | 31.6 |

| | | |
|----------------|-----|------|
| Georja Kidd | G13 | 34.5 |
| Sarah Bain | G13 | 34.9 |
| Jenny Chang | W20 | 38.0 |
| Paula Bain | W35 | 40.7 |
| Kerris Browne | W40 | 42.4 |
| Kathy Satchell | W45 | 43.7 |

200 metres – walk

| | | |
|-----------------|-----|------|
| Denise Caudwell | W55 | 66.4 |
| Tom Lamason | M65 | 71.7 |
| Maureen Heald | W70 | 81.7 |
| Beryl Cleland | W70 | 89.4 |

5000 metres

| | | |
|--------------------|-----|---------|
| Steven O'Callaghan | M20 | 16.51.7 |
| Jason Steyn-Ross | M20 | 17.28.2 |
| Logan Marten | M35 | 21.55.0 |
| Karyn McCready | W40 | 22.26.1 |
| Phil Kerrison | M55 | 23.15.5 |
| Peter Vyver | M65 | 26.12.4 |
| Olivia Goh | W20 | 29.34.8 |
| Rachel Browne | W40 | 30.00.2 |

| | | |
|-------------------|-----|---------|
| Judith Tomasevich | W55 | 30.44.7 |
|-------------------|-----|---------|

High jump

| | | |
|----------------------|-----|------|
| Gus Dube | B12 | 1.18 |
| Bruce Mabagos | B14 | 1.49 |
| Tyla Jansen | G12 | 1.21 |
| Rose Pickernell | G12 | 1.15 |
| Hannah Lawson | G12 | 1.05 |
| Mackenzie van Fulpen | G13 | 1.39 |
| Sarah Bain | G13 | 1.21 |
| Ashleigh Nathan | G14 | 1.20 |
| Andrew Dube | M40 | 1.37 |

Shot put

| | | |
|-------------------|-----|------|
| Jonti Dumweg | B12 | 4.14 |
| Raymond Winwood | M20 | 9.49 |
| Dave Fischer | M55 | 6.40 |
| John Kirkland | M70 | 7.77 |
| Melkorka Leggett | G12 | 6.73 |
| Tanja Leggett | G14 | 6.46 |
| Samantha Sinclair | W16 | 9.10 |
| Molly Florence | W16 | 7.09 |
| Jurnee Hannah | W16 | 5.51 |
| Jenny Chang | W20 | 6.21 |
| Olivia Goh | W20 | 4.37 |
| Nikki Lawson | W35 | 5.85 |
| Michelle Evans | W35 | 5.01 |
| Leanne Leggett | W40 | 6.63 |
| Mary Mupita | W40 | 6.13 |
| Kerris Browne | W40 | 5.53 |
| Karyn McCready | W40 | 5.27 |
| Rachel Browne | W40 | 5.21 |
| Denise Caudwell | W55 | 6.43 |
| Judith Tomasevich | W55 | 5.94 |
| Maureen Heald | W70 | 5.03 |
| Beryl Cleland | W70 | 5.10 |