



LAKE CITY Athletic Club INC

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

GUFF SHEET

10 December 2011

The week that was:

Once again the two weekly track and field evenings at the Stadiums No 2 ground were well attended.

The Thursday fortnightly Trout Fly series attracted around 90.

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 (**14/12**) is:

- 6.15pm - 1500 metres - run/walk - discus
- 6.40pm - 100 metres
- 6.55pm - 400 metres
- 7.15pm - hurdles

Wednesday 21 December is the final night for 2011

A BBQ will be held (\$2.00 cost per person)

**The programme is being worked on
(Some serious events, some fun events)**

**Bring a small gift (not more than \$5.00 in value)
for Santa's sack**

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 **15 December - the final event for 2011**

- 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.

Whaka Forest

The tree felling on the Tokorangi ridgeline is taking a little longer than expected. 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:

Track and field:

For children:

This Saturday 10 December - Ribbon Day at Kawerau, 10.00am

Saturday 17 December – Ribbon day at Rotorua – No 2 Ground, 10.00am

For adults:

This Saturday 10 December – Secondary Schools track and field championships, Wellington. Good luck to club members representing their school.

Saturday 17 December - meeting at Porritt Stadium, Hamilton, 3.00pm start.

Subscriptions / Membership:

All participants of club nights are required to pay their annual membership fee by the 3rd club night at the latest. Please note we have now had 6 club nights.

If you have **not** paid your fee please attend to it promptly.

Teens and adults can uplift on a Wednesday evening, from the results table, a membership form, or visit the club's website (www.lakecity.co.nz) and download a form

Results:

Teens and Seniors Track and Field - weekly

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

30 November 2011

1200m walk

Tare Makope	B13	9.13.0
Tara Ford-Robertson	G12*	9.14.8
Tatenda Mushapayidzi	B13	9.18.8
Aria Browne	G12	9.27.8
Olivia Goh	W20	9.39.2
Mary Mupita	W40	9.51.0
Talya Jansen	G13	9.57.7
Sarah Bain	G13	9.58.0
Rutendo Mupita	G14	12.41.9

2000m walk

Max Bragg	M65	13.00.1
Rinus Adriaansz	M55	13.24.7
Denise Caudwell	W55	14.06.4
Kerris Browne	W40	14.07.9
Peter Vyver	M65	14.53.0
Nicki Carling	W45	15.28.5
Maureen Heald	W70	16.15.7

100 metres

Bruce Mabagos	B14	12.1
Duane Willoughby	M16	12.4
Michael Kilkelly	M16	12.7
Tom Vosey	B14	13.5
Gus Dube	B12	15.3
Cameron Chandler	B12	16.0

Callum Taylor	M16	12.1
Samantha Sinclair	W16	13.2
Andrew Dube	M40	13.3
Sam Mackenzie	B14	14.3

Tatenda Mushapayidzi	B13	14.0
Tare Makope	B13	14.3
Georja Kidd	G13	14.9
Sarah Bain	G13	15.1
Rufaro Muptia	B12*	19.4
Rutendo Mupita	G14	24.9

Tess Norton-Campbell	W16	14.0
Bayley Martin	B12*	14.5
Mel Martin	W35	14.7
Mary Mupita	W40	18.0
Kerris Browne	W40	18.3
Olivia Goh	W20	19.7

2km Steeplechase

Georja Kidd	G13	8.59.6
Sarah Bain	G13	9.17.2
Max Bragg	M65	10.28.2

400 metres

Callum Taylor	M16	58.1
Sam Rossiter	M20	58.5
Michael Kilkelly	M16	61.3
Samantha Sinclair	W16	65.0
Andrew Dube	W40	74.1
Gus Dube	B12	78.9
Georja Kidd	G13	80.1
Bayley Martin	B12*	80.6
Sarah Bain	G13	81.1
Mel Martin	W35	82.2
Kerris Browne	W40	100.6
Olivia Goh	W20	109.4

2000m - run

Nick Portas	M20	6.02.5
Steven O'Callaghan	M20	6.06.5
Jason Steyn-Ross	M20	6.27.1
Logan Marten	M35	7.28.0
Sam Rossiter	M20	7.59.3
Phil Chandler	M35	8.03.9
Chris Browne	M40	8.16.6
Gus Dube	B12	8.22.6
Cameron Chandler	B12	8.22.9
Georja Kidd	G13	8.47.2
Michael Rossiter	M20	9.08.7
Martin Harris	M60	10.01.7
Olivia Goh	W20	10.39.5

Long jump

Rufaro Mupita	B12*	2.39
Tatenda Mushapayidzi	B13	3.82
Tare Makope	B13	3.25
Bruce Mabagos	B14	4.94
Sam Mackenzie	B14	4.05
Callum Taylor	M16	5.34
Tara Ford-Robertson	G12*	3.32
Sarah Bain	G13	3.45
Rutendo Mupita	G14	1.57
Olivia Goh	W20	2.54
Mary Mupita	W40	2.70

Javelin

Bayley Martin	B12*	16.66
Sam Mackenzie	B14	15.30
Sam Rossiter	M20	30.32
Rinus Adriaansz	M55	14.20
Max Bragg	M65	11.54
Colin Smyth	M70	17.80
Melkorka Leggett	G12	15.24
Tare Makope	G13	10.29
Tanja Leggett	G14	19.50
Samantha Sinclair	W16	25.30
Olivia Goh	W20	7.00
Mary Mupita	W40	17.80
Kerris Browne	W40	13.50
Denise Caudwell	W55	10.10
Maureen Heald	W70	8.00

Trout Fly – 3 December 2011

Lewis Ryan	3k Run	11:43
Charlotte Pearson	3k Run	12:29
Cati Pearson	3k Run	12:52
Javier Browne	3k Run	17:01
Marty Morris	3k Run	17:01
Pip Peacock	3k Run	18:03
Ronan Griffiths	3k Run	18:24
Siobhan Griffiths	3k Run	18:26
Jade Mitchell	3k Run	18:42
Shania Parkinson	3k Run	18:45
Danielle Caudwell	3k Run	18:47
Isobel Murray	3k Run	20:30
Heather Wickett	3k Run	20:43
Aydan Maxwell	3k Run	20:59
Denise Caudwell	3k Walk	21:46
Phil Gulbransen	3k Walk	21:47
Nikki Mitchell	3k Run	23:19
Maureen Heald	3k Walk	24:19
Mandy Maulder	3k Walk	26:00
Nicole Hsu	3k Walk	27:10
Ellen Goodin	3k Walk	27:51
Kalyani Ghoapade	3k Walk	28:07
Adam Morris	3k Run	28:16
Vicki Wheeler	3k Run	28:16
Alison King	3k Walk	28:56
Martin Harris	3k Walk	30:31
Andrew Harris	3k Walk	30:32
Brooke McCann	3k Walk	38:31
Annette Gebert	3k Walk	38:31

Sam Osborne	5k Run	16:57
Nick Portas	5k Run	17:52
John Gray	5k Run	18:21
Adrian Lysaght	5k Run	18:35
Jason Steyn-Ross	5k Run	18:53
Chris Coney	5k Run	19:32
Steven O'Callaghan	5k Run	20:32
Michael Harrison	5k Run	20:45
Jason Kirkland	5k Run	20:49
Hannah Barker	5k Run	21:17
Nick Pannett	5k Run	21:21
Sam Rossiter	5k Run	21:38
Woody Bruce	5k Run	21:42
Hamish Duncan	5k Run	21:57
Logan Marten	5k Run	22:13
Russell Clarke	5k Run	22:20
Kris Adriaansz	5k Run	22:46
Graeme Pearson	5k Run	22:48
Stevie Fiske	5k Run	23:00
Sue Crowley	5k Run	23:10
Rory Brickland	5k Run	23:30
Alec Isley	5k Run	23:36
John Harvey	5k Run	23:41
Brad Griffiths	5k Run	23:43
Claire Barratt Wood	5k Run	24:07
Clay Gulliver	5k Run	24:19
Andy Belcher	5k Run	24:22
Nikki Buckley	5k Run	24:49
Sarah Lei	5k Run	24:57
Shaun O'Donnell	5k Run	24:59
Jodie Hickson	5k Run	25:02
Phil Kerrison	5k Run	25:06
Stephen Rolls	5k Run	25:24
Jamie Quinao	5k Run	25:30
Campbell Horn	5k Run	25:36
Ben Cunningham	5k Run	27:15

Sam Heany	5k Run	27:16
Nick Roderick	5k Run	27:25
Chris Browne	5k Run	27:56
Jenny Lux	5k Run	28:03
Scott McEwen	5k Run	28:30
Peter Vyver	5k Run	28:37
Peter Bloore	5k Run	28:39
Kelly Mitchell	5k Run	28:40
Mandy Perrin	5k Run	29:14
Melissa Smylie	5k Run	29:51
Mere Attwater	5k Run	30:51
Olivia Goh	5k Run	31:25
Sheryl Pearson	5k Run	31:44
Helen Morgan	5k Run	32:09
Rachael Browne	5k Run	32:11
Kerris Browne	5k Run	32:44
Viv Lesley	5k Run	32:44
Judith Tomasevich	5k Run	32:44
Jeanette Dekker	5k Run	33:22
Catherine Bosley	5k Run	35:48
Steph McLean	5k Run	36:37
Aria Browne	5k Run	38:56
Celene Aitchinson	5k Walk	42:54
Ann Green	5k Run	51:39
Carol Holmes	5k Walk	52:15
John Holmes	5k Walk	52:15

Athletics Waikato BOP Track and Field -Tauranga Domain – 3 December 2011**Men 16**100 metres

3. Callum Taylor 12.12

Long jump

1. Callum Taylor 6.19

Women 16100 metres

1. Molly Florence 12.32

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

