



LAKE CITY Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

10 March 2012

The week that was:

Unfortunately last week it was the children's Tuesday athletics that was rained out. The adults and teens track and field went ahead on Wednesday evening with another session of championship events being completed.

Out of town on the weekend there was a ribbon day at Paeroa, an open track and field meet at Tauranga for senior athletes, the New Plymouth Marathon and associated events at New Plymouth, and the NZ Masters track and field champs at Auckland.

On the local scene the Kingsgate Hotel off Road Half Marathon and supporting events were held in Whaka Forest on Sunday. Great to see the large number of Club members taking part, and the large number of members that volunteered at the event, either Saturday or Sunday. Well done everyone.

Visit www.eventpromotions.co.nz for the results.

Rotorua Primary School Athletics –

Tuesday 27 March (postponement day Thursday 29 March): A request has been made for people associated with the Club to assist at the above event. If you are able to assist please contact Airki Tibble at Sport BOP arikit@sportbop.co.nz or 07 348 4125 to advise him of your availability and the area you can assist in i.e. judging etc. Also tell him you are from the Club.

Whakarewarewa Forest: (logging)

Those of you that have been up and over Nursery Road Hill in the last few days will have seen the changing Forest landscape. Please respect the barriers put in place, read the signage, and do not enter into the working areas. Watch out for logging trucks on Nursery Road, especially during week days. Also take care on the weekends as they could be working.

The Marathon Clinic:

Runners and 10k'ers

Everyone in the clinic who competed in the 5km, 1/4 and 1/2 marathon on Sunday had a fantastic day. They all did really well, with some very good Pb's and podium finishes!

Congratulations to the following in the clinic who also came away with placings:

Half Marathon

Sue Crowley - 3rd Female 35 to 44

Shiree Flutey - 3rd Female 45 to 54

1/4 Marathon

Sarah Abbott - 1st Female overall

5km

Jeremy Scadden - 3rd Male 19 and under

Nicola Hunt - 2nd Female 20 to 34

Lyn Towsey - 1st Female 45 to 54

Debbie Allen-Knight - 3rd Female 45 to 54

Sonia Cooper - 3rd Female 55 and over

And well done to all other club members who walked and ran the event on Sunday. It was great seeing all those Lake City shirts out there and again the support on the course was fantastic!! Bring on the lake!

Any clinic queries can be sent to lakecitymarathonclinic@gmail.com.

Jodie Hickson

Walkers

First of all a big thank you to everyone that helped with the half Marathon in one way or another.

We had a big turnout for the Half Marathon from the walkers and everyone finished well. Rika Otto came in first and she was flying over that line. Our six new members should be very proud of their effort. The "LSD" is paying off.

Our Sunday walks are out to 5 hours now so we will be spending a lot of time together over the next 6 weeks.

Pat Smyth

Weekly / fortnightly 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. Find a group that is compatible with your fitness and head off into the Forest.

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

Clinic 10k'ers - Meeting time and venue will vary, but you will be advised the times and venue via email.

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.

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.

Marathon Clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving at 5.30pm.

Clinic 10k'ers - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

Summer athletics: For Tiny Tots and children aged 5-11 years.

This weekly section of the Club is 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 of www.lakecity.co.nz

Contact – Kerris Browne – 021 753 691, or 348 0790 or swingmills@xtra.co.nz

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 Wednesday **14 March** is:

- | | |
|--------|------------------------|
| 6.15pm | - 600 metres |
| | - Shot put |
| | - High jump |
| 6.30pm | - 60 metres |
| 6.45pm | - 200 metres |
| 7.00pm | - 5000 metres run/walk |

Contact - Lindsay Foster – 348 6818 evenings

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.

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm.

Clinic 10k'ers - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

THURSDAYS - fortnightly

The Trout fly series - The next and final event in this fortnightly series is **22 March**.

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

Events out of Rotorua:

Track and field:

For children:

This Saturday 10 March - Athletics Waikato BOP children's championships – Porritt Stadium, Hamilton - 9.30am start

For adults:

This Sunday – 11 March – open meeting Porritt stadium, Hamilton, 3.00pm

23-25 March - Athletics NZ championships for those 15 plus (age as at 31/12/2012). Entries close **Friday 9 March** Late entry up to midday Sunday 11 March an extra \$50.00. Visit www.athletics.org.nz. and click on events/results for entry details etc.

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz or
07 347 8380
They have a free sports injury drop in clinic
between 4.00 and 5.00pm Mondays at their
Eruera Street clinic

For your massage needs contact
Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002
Take your Lake City membership card to
obtain the discount on offer

Results:

Local track and field - 29 February

2012 * Denotes an athlete under Grade 12 – up graded to Grade 12

Championship events

800 metres – run

Boys 12

Gus Dube 2.50.2

Men 17

Kurt Rice 2.24.2

Men 21-34

Nic Portas 2.10.9

Steven O'Callaghan 2.14.0

Jason Steyn-Ross 2.17.9

Sam Rossiter 2.32.4

Michael Rossiter 3.12.1

Masters men

Men 50-54

Mark Geddes 3.06.3

55-59

Lindsay Foster 2.57.0

Phil Kerrison 2.59.3

Rinus Adriaansz 3.57.6

60-64

Martin Harris 3.35.5

65-69

Max Bragg 3.24.9

Men 70-74

Peter Vyver 3.51.2

Girls 13

Page Satchell 2.34.9

Georja Kidd 2.55.6

Sarah Bain 3.15.4

Women 17

Eillish Satchell 2.52.1

Women 21-34

Olivia Goh 3.51.4

Women 40-44

Kerris Browne 4.16.5

Women 45-49

Mere Attwater 3.32.9

Women 55-59

Christine Kerrison 3.54.7

800 metres – walk

Women 55-59

Denise Caudwell 5.28.1

Women 60-64

Linda Montgomery 6.08.4

Women 70-74

Maureen Heald 6.20.1

Men 55-59

Rinus Adriaansz 5.45.3

Men 70-74

Peter Vyver 5.31.2

Colin Smyth 5.47.7

2km Steeplechase

Masters men

65-69

Max Bragg 10.26.0

70-74

Peter Vyver 11.46.5

Masters Women

40-44

Kerris Browne 12.31.3

45-49

Mere Attwater 10.37.0

3km Steeplechase

Men 21-34

Nic Portas 9.49.1

Jason Steyn-Ross 11.51.1

Women 21-34

Olivia Goh 16.20.1

Javelin

Men 21-34

Sam Rossiter 25.94

Masters men

55-59

Lindsay Foster 18.73

Rinus Adriaansz 13.55

70-74

Colin Smyth 32.31

Peter Vyver 11.12

Girls 12

Melkorka Leggett 16.78

Aria Browne 7.24

Girls 13

Mackenzie Van Fulpen 9.30

Georja Kidd 9.06

Sarah Bain 8.55

Girls 14

Tanja Leggett 22.69

Women 20

Mandy Maulder 7.98

Women 21-34

Olivia Goh 6.26

Masters Women

40-44

Leanne Leggett 20.13

Kerris Browne 12.61

45-49

Mere Attwater 10.55

55-59

Denise Caudwell 10.70

60-64

Linda Montgomery 5.38

70-74

Maureen Heald 7.21

Triple jump

Master men

55-59

Lindsay Foster 7.85

Girls 12

Melkorka Leggett 7.04

Girls 13

Mackenzie van Fulpen 8.90

Paige Satchell 7.17

Sarah Bain 7.05

Georja Kidd 6.47

Girls 14

Tanja Leggett 6.20

Women 17

Jurnee Hannah 6.80

Eillish Satchell 6.50

Women 21-34

Olivia Goh 5.35

Masters Women

40-44

Kerris Browne 5.91

45-49

Mere Attwater 4.48

Non Championship

100 metres

Paige Satchell G13 14.8

Eillish Satchell W17 14.9

Gus Dube B12 14.9

Duane Willoughby M19 12.3

Andrew Dube M40 13.5

800 metres

Javier Browne B12* 3.25.9

Julian Smith M17 2.39.2

Duane Willoughby M20 2.51.2

2km Steeplechase

Georja Kidd G13 9.56.4

Triple jump

Javier Browne B12* 6.06

New Plymouth Mountain to Surf Marathon – 4 March 2012

Marathon

1. Grant McLean (Wgt) 2.31.33

2. Bruce Edwards 2.37.15

3. Chris Corney 2.41.00 1st in age group

Dave Cronshaw 2.53.00 2nd in age group

Half Marathon Relay

1. Steven O'Callaghan/Nic Pannett

2. Tony Broadhead/Nic Portas

New Zealand Masters Track and Field championships - Auckland 3-4 March 2012

Andrew Dube - 40-44

2nd in all events in PB times

60m 8.21

100m 12.60

200m 26.52

