



# LAKE CITY Athletic Club INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

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

## GUFF SHEET

11 February 2012

### The week that was:

The first session of the 2012 track and field championships for teens and adults was held last Wednesday evening, with a good attendance, especially in the 5000 metres run/walk event.

The long weekend saw the attendance at the various sections of the marathon clinic down slightly.

### 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. Some at 7.00am: some a bit later. 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 at the Neil Hunt Park clubrooms will vary, but you will be advised this 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).

**The social scene - This Sunday 12 February** -- This is the afternoon of the Club's "Mix and Mingle" picnic at Lake Okareka, open to all club members from the children's section, track and field, distance runners, walkers, the marathon clinic plus their families. Other words all welcome. See below for further details.

#### **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

**This weekly section of the Club is underway again 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.c9o.nz](http://www.lakecity.c9o.nz)

Contact - Kerris Browne - 021 753 691, or 348 0790 or [swingmills@xtra.co.nz](mailto: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.

**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.

#### **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.

Wednesday **15 February** sees the club championship programme continue. The programme is:

6.15pm	- 100 metres - non championship
	- Discus - <b>championship</b>
6.30pm	- 400 metres - <b>championship</b>
7.00pm	- 3000 metres <b>championship</b> run/walk

**Please note that a person needs to be an actual financial club member at the time of the event is taking place. That is having paid a subscription to the Club prior to the event commencement.**

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 event in this fortnightly series is **23 February**

- 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 11 February** – The first ribbon day of 2012 at Glenshea Park, Putaruru.

**Saturday 18 February** – Ribbon day, Te Aroha.

**Saturday 25 February** – Ribbon day, Tauranga Domain. This event incorporates the Athletics Waikato BOP triple jump champs for 13-14 year athletes. Entry closes Saturday 17 February. \$4.00 entry fee.

#### **For adults:**

**5-12 February** – Masters Oceania Games, Tauranga Domain. Mel Martin, Trevor Ogilvie and Karyn McCready have entered a number of events. Some 480 athletes have entered the Games, 260 from New Zealand.

**Saturday 11 February** – Porritt Classic – Porritt Stadium, Hamilton. For the programme and entry details etc. visit [www.athletics.org.nz](http://www.athletics.org.nz) Click on Calendar/events and scroll down until event date is found. Note entries close Friday 3 February.

**18 February - Waikato BOP championships** – The first day's entries close Friday 10 February. Check out the Athletics Waikato BOP handbook for entry details etc. Late Entries are \$20.00 per event. Athletes must be fully registered, i.e. No Club only entrants. Minimum age 13 years.

## **The Marathon Clinic:**

### **Runners and 10k'ers**

The groups in the marathon clinic (including 1/2 and 10k'ers) are certainly clocking up some time on the feet, with the marathon groups now running for 2 hours on Sunday. The 10k'ers are increasing their time and all seem to be coping well with the increased distance.

Last weekend Innes from Foot Mechanics spoke about the importance of foot care and orthotics. The talk after this Sunday's long run is about clothing, uniforms, chafing, and Sheree from Understatement will end the discussion with the importance sports bras. The talk will be at approx. 9.45am, all welcome.

Any clinic queries can be sent to [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com).

*Jodie Hickson*

### **Walkers**

The Walking Marathon Clinic has had a regular 26 members since we began our training in October. We have 7 new members and they are all coping well. We have just completed our 16 week build up and now starting 8 weeks of hill work. 20 of us walked the Western Walkway on Sunday including a short side trip up to the Whakapounakau Trig. It took us 5 hours and ended with a lunch at Lake Okataina. We try and do an away walk about once a month.

*Pat Smyth*

## **Club social scene:**

***Keep from midday this Sunday 12 February free!***

This is the afternoon of the Club's "Mix and Mingle" picnic at Lake Okareka, open to all club members from the children's section, track and field, distance runners, walkers, the marathon clinic plus their families. Other words all welcome.

Everyone is encouraged to bring finger food to share. BYO refreshments.

Come and socialize with fellow members and their families in a fun filled afternoon by either taking part in a water activity, volleyball, cricket etc. or just soaking up the sun (not too much of this).

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

For your physio needs contact

The Physiotherapy Clinic

[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz) or 07

347 8380

## Results:

### Local track and field -1 February 2012

#### Championship events

##### 200 metres -run

###### Girls 12

Aria Browne 45.0

###### Girls 13

Paige Satchell 30.3

Georja Kidd 32.5

Sarah Bain 32.6

Mackenzie Van Fulpen 33.3

###### Women 17

Molly Florence 28.0

Eilish Satchell 32.2

###### Women 20

Maundy Maulder 51.1

###### Women 21-34

Olivia Goh 43.1

###### Masters women:

###### 35-39:

Mel Martin 33.8

Sarah Lei 41.7

###### 40-44

Kerris Browne 40.3

Sharissa Hetherington 93.9

###### 45-49

Mere Attwater 39.1

###### Boys 12

Gus Dube 32.1

Cameron Chandler 35.5

###### Boys 14

Bruce Mabagos 26.9

Tom Vosey 31.2

###### Men 17

Callum Taylor 25.7

Andrew Innes 26.6

Kurt Rice 26.9

Jim Walker 27.6

###### Men 21-34

Sam Rossiter 28.0

###### Masters men:

###### 40-44

Andrew Dube 29.5

###### 55-59

Lindsay Foster 32.4

##### 200 metres – walk

###### Masters women

###### 55-59

Denise Caudwell 83.9

###### 60-64

Linda Montgomery 85.2

###### 70-74

Maureen Heald 88.0

##### 5000 metres – run

###### Women 21-34

Olivia Goh 28.09.9

###### Masters women

###### 35-39

Sarah Lei 23.55.7

###### 40-44

Rachel Browne 30.53.7

Kerris Browne 32.50.0

###### 45-49

Mere Attwater 27.42.7

###### Men 17

Kurt Rice 22.06.9

###### Men 21-34

Nick Portas 15.55.5

Steven O'Callaghan 16.44.5

Jason Steyn-Ross 17.57.6

Sam Rossiter 20.17.0

Stevie Fiske 21.06.9

Michael Rossiter 24.37.0

###### Men 20

Liam Walsh 16.52.4

###### Masters men

###### 35-39

Adrian Lysaght 17.36.8

###### 40-44

Tony Broadhead 18.37.6

Chris Browne 21.40.6

###### 45-49

Duncan Smith 17.37.3

###### 50-54

Bruce Edwards 17.51.5

###### 55-59

Phil Kerrison 22.09.7

Lindsay Foster 24.49.2

###### 60-64

Martin Harris 26.57.0

###### 65-69

Max Bragg 25.27.1

##### 5000 metres - walk

###### Masters women

###### 55-59

Denise Caudwell 41.42.1

###### 60-64

Linda Montgomery 41.40.7

###### 70-74

Maureen Heald 41.39.6

###### Masters men

###### 70-74

Colin Smyth 41.41.3

##### Long jump

###### Girls 12

Melkorka Leggett 3.40

###### Girls 13

Paige Satchell 3.79

Mackenzie Van Fulpen 3.64

Georja Kidd 3.34

Sarah Bain 3.27

###### Girls 14

Tanja Leggett 3.52

###### Women 17

Eilish Satchell 3.45

###### Women 20

Mandy Maulder 2.62

###### Women 21

Olivia Goh 2.60

###### Masters women

###### 40-44

Kerris Browne 2.98

Sharissa Hetherington 1.42

###### Boys 12

Gus Dube 3.40

###### Boys 14

Bruce Mabagos 4.16

###### Men 17

Callum Taylor 5.34

Andrew Innes 4.33

###### Men 21-34

Sam Rossiter 4.08

###### Master men

###### 55-59

Lindsay Foster 3.91

##### Non Championship

###### 60 metres

Paige Satchell G13 8.9

Eilish Satchell W17 9.2

Georja Kidd G13 9.4

Sarah Bain G13 9.6

Mackenzie Van Fulpen G13 9.9

Mel Martin W35 9.0

Gus Dube B12 9.3

Cameron Chandler B12 9.8

Javier Browne B12\* 10.8

Ryan Howe M20 7.0

Bruce Mabagos B14 7.7

Callum Taylor M17 7.8

Molly Florence W17 7.9

Andrew Innes M17 7.8

Kurt Rice M17 8.0

Andrew Dube M40 8.1

Tom Vosey B14 8.8

##### 5000 metres

###### Boys 12

Gus Dube 25.43.8

Cameron Chandler 25.52.1

###### Long jump

Javier Browne \* 2.97

### Sylvia Potts Classic – Hastings – 21 January 2012

#### Women 17

##### Molly Florence

100m 3rd 12.63

#### Men 17

##### Callum Taylor

100m 5th 12.13

Long jump 2nd 6.01

### Classic Capital – Wellington – 23 January 2012

#### Women 17

##### Molly Florence

100m 1st 12.80

#### Men 17

##### Callum Taylor

100m 7th 12.25

Triple jump 1st 12.08

### Cooks Classic – Wanganui – 27 January 2012

#### Women open

##### Molly Florence

200m 3rd 26.67

