



# 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

18 February 2012

### The week that was:

Both sections of the Club's track and field are now underway, with good attendances.

All sections of the marathon clinic are putting in increased time on their feet, while the fortnightly Trout Fly event attracted just slightly less than the previous fortnight.

On the social scene an enjoyable Club picnic was held at Lake Okareka.

### 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).

#### **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.

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

**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.co.nz](http://www.lakecity.co.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 **22 February** sees the club championship programme continue. The programme is:

6.15pm	- High jump - <b>championship</b>
6.35pm	- 100 metres - non championship
6.45pm	- 800 metres - <b>championship</b>
7.00pm	- 2000 metres non championship run/walk
7.05pm	- hurdles - <b>championship</b>

**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 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 Friday 17 February. \$4.00 entry fee.

**Saturday 10 March - Athletics Waikato BOP children's championships - Porritt Stadium** - 9.30am. Parents of children who are entering the Grade 7-14yrs championships please note entries must be with Donnene or Leanne **no later than Wednesday 22nd February**. There are no late entries. Entry forms were attached to last weeks' guff sheet or can be obtained from Donnene or Leanne.

**For adults:**

**This Saturday 18 February - Waikato BOP championships** - Tauranga. Athletes must report to the official's desk at least 30 minutes before their first event.

**25 February - Waikato BOP championships** - Porritt Stadium, Hamilton. The second day's entries close Friday 17 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 is 13 years.

**The Marathon Clinic:**

**Runners and 10k'ers**

After a few track diving sessions and rolled ankles last week, Sundays run went fine - perfect running conditions too. We haven't had one run in the rain yet, lets see what this week brings!

There are two talks this week. Thursday is the nutrition talk, starting at 7pm after the run. This Sunday Toni from Touch Massage will be discussing the importance of sports massage, which starts at 10am. All welcome.

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

Jodie Hickson

**Walkers**

Our walking group had another good walk this week. We drove out to Boyes Beach at Lake Okareka and walked from there. We walked out and around Green Lake, Tikitapu Rd and back. We have split into two groups now but all spent the same amount of time on our feet.

Three of us then went along to the picnic. We enjoyed our time there even beating the fear and having a jet ski trip around the lake. Slow compared to the younger set but we were happy and enjoyed the moment. Thanks Murray.

Pat Smyth

**Kingsgate Off-Road Half Marathon, New Balance Quarter Marathon and Tasti 5km Fun Run/Walk - Sunday 4 March 2012**

An option for everyone in the family!

Kingsgate Off-Road Half Marathon - two laps through the Whakarewarewa forest on a mix of mountain bike trails, gravel roads and single track. This is a perfect build up to the Lion Foundation Rotorua Marathon

New Balance Quarter Marathon - one lap of the half marathon course, great for those building up to the Rotorua Half Marathon in April

Tasti 5km Fun Run/Walk - NEW in 2012!

Little Devils 3km or 1.5km option - noncompetitive, fully supervised and lots of prizes!

The late entry fee kicks in on Sunday the 19th of February so get your entries in now! Go to [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) for more details or up lift an entry form from the clubrooms.

These events are owned by the Club, and organized by Event Promotions on behalf of the Club. Volunteers from the Club are required for this event.

You will find a list at the clubrooms for you to volunteer your assistance either on the pre event Saturday, or on the event day, or both. Even if you are running or walking an event you can assist. Alternatively involve a family member or a friend, but make sure they know you have volunteered them.

## Training at the Track - the No 2 ground

Please note that the track is not available on Saturday 25 and Sunday 26 February as the Relay for Life is being held at the Stadium.

### Results:

#### Trout Fly - 9 February 2012

##### 5.4km:

Sorjs Corporaal	18.31	
Leighton Warren	18.45	(PB 0.13)
Jason Steyn-Ross	18.53	
Chris Comey	18.59	
Adrian Lysaght	19.01	
John Gray	19.07	
Graeme Pearson	19.20	
Duncan Smith	19.43	
Johanna Ottosson	20.38	(Vet. Women Rec.)
Aaron Perry	20.49	(PB 0.10)
Sam Rossiter	21.17	
Michael Harrison	21.20	
Russell Clarke	21.54	(PB 0.26)
Hannah Barker	21.57	
Nick Pannet	22.00	
Kris Adriaansz	22.10	(PB =)
Sue Crowley	22.38	(PB 0.02)
Ian Richardson	22.39	
Chris Browne	22.45	
Sarah Abbott	22.46	
Andy Belcher	23.32	(PB 0.20)
Campbell Horn	23.49	(PB 0.06)
Alec Isley	23.58	
Jamie Quinao	25.01	
Nikola Buckley	25.07	
Stu Granger	25.15	(PB 3.16)
Clare Barrat Wood	25.25	
Sarah Lei	25.50	
Stephen Rolls	26.06	
Jodie Hickson	26.14	
Jackie ???	26.15	
Stevie Fiske	26.29	
Crispian Stewart	26.40	
Joshua Boyle	26.50	(PB 2.04)
Nicky Roderick	27.26	
Peter Bloore	27.36	
Max Bragg	27.51	
Georja Kidd	28.13	
Matt Fisken	28.18	
Julie Bevan	28.28	(PB 1.28)
Scott McEwen	28.49	
Daniel Roberts	29.07	
Olivia Goh	29.08	(PB 1.44)
Mere Attwater	29.39	(PB 0.10)
Peter Vyver	29.46	
Vaughan Way	30.16	
Madre Collier	30.43	
Catlin Turner	31.01	
Melissa Smylie	31.14	
Viv Sutton	32.38	
Sue Taft	33.09	(PB 1.05)
Catherin Bosley	33.13	
Jeanette Dekker	33.15	(PB 0.02)
Sheryl Pearson	33.31	
Leanne Stewart	33.45	(PB 0.43)
Sarak Barkley	34.06	
Rachael Browne	34.37	
Leanne Willis	35.48	
Nikky Hayes	37.21	
Angela Vanner (lost)	40.16	

##### 3km:

Lewis Ryan	11.34
Logan Marten	11.50
Stephen Coleman	13.28

Ruby Ryan	14.11	
Michael Rossiter	14.33	
Alie Corporaal	15.12	
Jeremy Scadden	16.16	
Josh Deer	16.20	
Mandy Perrin	16.21	
Celene Aitchinson	16.38	(PB 5.26)
Lyn Towsey	16.49	(PB1.02)
Nicola Hunt	17.01	(PB 1.34)
Cy Atkinson	17.04	
Bob Towsey	17.18	(PB 0.14)
Tineka O'Callaghan	17.35	(PB 0.19)
Kerris Browne	17.35	
Steven O'Callaghan + Pram	17.43	(PB 1.03)
Chris Kerrison	18.18	
Annabel Fordyce	18.26	(PB 0.10)
Jeanine Van Der Vegte	18.44	
Jade Mitchell	18.55	
Marty Morris	19.07	
Adam Morris	19.08	(PB 9.08)
Javier Browne	19.10	
Debbie Allen-Knight	19.18	(PB 1.16)
John Holmes	19.19	(PB 1.24)
Jackie Evans	19.20	
Jeanene Lysaght	19.26	
Aria Browne	19.27	
Shania Parkinson	19.27	
Emily Frederiksen	19.42	
Christy Tan	20.01	
Michelle Evans	20.08	(PB 0.49)
Hamish Duncan	20.19	
Sandra Lindop	20.43	
Grant Ancovich	21.08	
Ella Campbell	21.14	
Christine Reed	21.25	(PB 0.18)
Katarina Haver Kamp	21.33	
Knishna Ruland	21.34	
Heather Wickett	21.51	
Denise Caudwell (w)	21.52	
Isobel Murray	22.34	
Iritana Te Whata	23.26	
Doris Bragg	23.35	
Nikki Mitchell	23.43	
Bella Tait	23.56	
Aly Wilson	24.23	(PB 0.14)
Maureen Heald (w)	25.16	
Linda Montgomery (w)	25.17	
Eva Tait	25.24	
Juliet Fordyce	25.29	
Brett Fordyce	25.30	
Ellen Goodin	25.43	(PB 0.31)
Sonya Cooper	25.46	(PB 0.04)
Merle Amos (w)	26.35	
Mandy Maulder	26.57	
Beryl Cleland (w)	27.42	
Martin Harris (w)	29.32	(PB 0.05)
Andrew Harris (w)	29.32	(PB 0.05)

For your physio needs contact  
The Physiotherapy Clinic  
[inquiry@physiotherapyclinic.co.nz](mailto: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

## Local track and field - 8 February 2012

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

### Championship events

#### 100 metres -run

##### Girls 12

Melkorka Leggett	15.2
Aria Browne	19.0

##### Girls 13

Paige Satchell	14.1
Georja Kidd	14.6
Tayla Davies	14.6
Sarah Bain	15.1

##### Women 17

Molly Florence	12.7
Jurnee Hannah	17.2

##### Women 20

Chynne Evans	17.5
Maundy Maulder	20.9

##### Women 21-34

Olivia Goh	19.3
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##### Masters women:

##### 35-39

Michelle Evans	19.5
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##### 40-44

Kerris Browne	18.0
Leanne Leggett	18.6
Sharissa Hetherington	30.5

##### 55-59

Christine Kerrison	18.7
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##### Boys 12

Gus Dube	15.1
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##### Boys 14

Bruce Mabagos	12.0
Tom Vosey	13.9

##### Men 17

Callum Taylor	12.3
Andrew Innes	12.8
Kurt Rice	13.1

##### Men 21-34

Sam Rossiter	13.0
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##### Masters men:

##### 40-44

Andrew Dube	13.3
Chris Browne	15.2

##### 50-54

Mark Geddes	15.4
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##### 55-59

Lindsay Foster	14.9
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#### 1500 metres – run

##### Girls 12

Aria Browne	8.52.8
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##### Girls 13

Paige Satchell	5.17.6
Georja Kidd	6.21.5
Sarah Bain	6.46.1

##### Women 20

Chynne Evans	8.05.6
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#### Women 21-34

Olivia Goh	7.25.7
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#### Masters women

##### 40-44

Kerris Browne	8.08.1
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##### 45-49

Mere Attwater	7.21.6
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##### 55-59

Christine Kerrison	8.16.4
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#### Boys 12

Eamon Walsh	6.13.9
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#### Men 17

Callum Taylor	5.10.9
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Kurt Rice	5.20.4
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Fintan Walsh	5.46.9
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#### Men 20

Liam Walsh	4.18.3
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#### Men 21-34

Nick Portas	4.17.2
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Steven O'Callaghan	4.40.1
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Jason Steyn-Ross	4.44.7
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Sam Rossiter	5.08.4
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Michael Rossiter	6.22.7
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#### Masters men

##### 35-39

Logan Marten	5.23.3
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##### 40-44

Tony Broadhead	4.55.3
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Chris Browne	5.42.6
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##### 50-54

Bruce Edwards	4.55.3
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##### 55-59

Phil Kerrison	5.54.1
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Lindsay Foster	6.25.6
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##### 60-64

Martin Harris	7.18.8
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##### 65-69

Max Bragg	6.54.1
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#### 1500 metres - walk

##### Masters women

##### 55-59

Denise Caudwell	10.47.6
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##### 60-64

Linda Montgomery	11.42.6
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##### 70-74

Maureen Heald	11.45.3
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#### Masters men

##### 50-54

Mark Geddes	9.13.5
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#### Shot put

##### Girls 12

Melkorka Leggett	6.82
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Aria Browne	4.04
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##### Girls 13

Sarah Bain	6.14
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Mackenzie Van Fulpen	5.84
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Georja Kidd	4.56
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#### Girls 14

Tanja Leggett	7.70
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#### Women 17

Jurnee Hannah	5.78
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#### Women 20

Chynne Evans	4.31
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Mandy Maulder	4.30
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#### Women 21-34

Olivia Goh	4.07
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#### Masters women

##### 35-39

Michelle Evans	5.68
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##### 40-44

Leanne Leggett	7.33
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Kerris Browne	6.12
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Sharissa Hetherington	5.48
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##### 55-59

Denise Caudwell	6.61
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##### 60-64

Linda Montgomery	5.10
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##### 70-74

Maureen Heald	5.85
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#### Men 17

Callum Taylor	8.38
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Andrew Innes	6.75
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#### Men 21-34

Sam Rossiter	7.73
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#### Masters men

##### 55-59

Lindsay Foster	8.04
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Rinus Adriaansz	5.75
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##### 70-64

John Kirkland	8.16
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Colin Smyth	8.04
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### Non Championship

#### 100 metres

Javier Browne	B12 *	17.6
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Ryan Howe	M20	11.9
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Ryan Winckel	M20	12.5
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#### 200 metres

Paige Satchell	G13	31.6
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Georja Kidd	G13	32.4
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Sarah Bain	G13	33.0
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Tayla Davies	G13	34.9
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Ryan Howe	M20	22.9
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Andrew Innes	M17	25.8
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Bruce Mabagos	B14	26.2
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Ryan Winckel	M20	26.6
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Tom Vosey	B14	30.1
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Gus Dube	B12	32.7
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#### 1500m metres

Orla Walsh	G12*	6.55.9
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Javier Browne	B12 *	6.01.3
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