



LAKE CITY Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

21 January 2012

The week that was:

The teens and adults Wednesday evening track and field had the traditional post-Christmas small numbers last week.

Thursday evening was a double header. The early evening Trout Fly 5.4km and 3km attracted around 80, while the Marathon Clinic evening had around 60 in attendance, with many new faces.

Sunday morning the Neil Hunt Park car park was full up when the first this year's clinic runs (Marathon and 10k'ers) were held, plus the usual large contingent of walkers heading into the Forest.

Great to see in attendance many new faces, plus the usual hard core of members that front each Sunday.

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.

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

This section of the Club will be taking a break from their weekly activities until 7 February

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.

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.

Note the track facilities are not available from Wednesday 25 January through to and including Tuesday 31 January. Why? Because of the Ragamuffin Concert.

Wednesday 1 February sees the club championship programme commence. The programme is:

- 6.15pm - 60 metres - non championship
- Long jump - **championship**
- 6.30pm - 200 metres - **championship**
- 6.50pm - 1000 metres non championships for under 16 years
- 7.00pm - 5000 metres **championship** for grade 16 and above. Please bring/arrange your own lap recorder.

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

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

26 January 2012

- 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 21 January – Open meeting at Porritt Stadium, Hamilton, which includes events for children. 3.00pm start. Events are: 100m, 200m, 400m, and 1500 (the 400/1500m events are for 10 to 14yrs), long jump and, shot put. \$3.00 entry fee for the afternoon.

For adults:

This Saturday 21 January - Open meeting at Porritt Stadium, Hamilton, 3.00pm start. Events are: 100m, 200m, 400m, and 1500, long jump and, shot put. \$3.00 entry fee for the afternoon

Saturday 28 January – Open meeting, Tauranga Domain, 3.00pm.

Events happening locally in the New Year:

Sunday 4 March 2012 – The Kingsgate Hotel Rotorua off road ½ marathon, ¼ marathon (10.5km) and 5 km

This Club owned event, managed for the Club by Event Promotions is a family day with all events based in our fabulous Whaka Forest. As well as the longer distance events, there's a 1.5km run/walk for those aged 3 to 6 years and a 3km run/walk for those aged 7 to 10 years.

Event headquarters at the mountain bike car park (off State Highway 5).

Entry forms are at the clubrooms, or visit www.eventpromotions.co.nz for online entry.

Saturday 28 April 2012 - The Lion Foundation Rotorua Marathon and associated events

Entry forms for the round the Lake marathon and its associated events (½ marathon, ¼ marathon and 5km) are also at the clubrooms. Online entry is available at: www.rotoruarunners.co.nz

The Neil Hunt Park clubrooms:

It has been noted over recent weeks that the clubrooms have been left unattended with the front door left propped open. **This is a big No No.** Those who are first to open the door, plus the organiser(s) of an activity based from the clubrooms (this includes the Sunday morning and weekly pack runs/walks) are responsible for the security of the Club rooms. Before departure, users must check that they are the last to leave and ensure that all lights are out, windows shut, and upon leaving that all doors are fully locked.

Remember it is a privilege to have access to the building via the key pad, not a right. We don't want to have only 2 or 3 people to be able to open the clubrooms.

Discounted sports massage for club members:

The Lake City Athletic Club is happy to announce that all club members are entitled to a 10% discount on a sports massage with Toni Collins from Touch Massage.

Sports Massage is an integral part of any athlete's schedule. As important as training is to the timetable so is recovery and this is where massage comes in. Sports massage can be worked into any training programme from a casual walker to a marathon runner. Massage increases circulation of oxygenated blood to the muscles and clears away any waste product produced during exercise. During a massage your muscles will be stretched and the joints taken through their normal range of motion which helps to achieve a muscles optimum resting length.

Massage will help increase your flexibility and enhance the overall health of your muscles. Collectively it will help with injury prevention and decrease "down time" needed between training or events. Massage helps to the reduce the muscular

pain brought on by training and improve an athlete's focus. Psychologically it can give you an edge over competitors. It helps to reduce stress brought on through an intensive training schedule and allows the mind to relax. Pre-event massage gives athletes time to focus, set goals and become more body aware.

Massage should be a part of everyone's lifestyle as it improves your overall well-being.

Call into the clubroom and pick up Toni's flyer / business card. Bring your Lake City Membership card with you when you attend to get the discount. Toni's contact details are:-

Touch Massage
1317 Eruera Street
(07) 3496621
021 2971002

Results:

Teens and Seniors Track and Field - weekly

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

11 January 2 012

60 metres

Georja Kidd	G13	9.39
Kitana Johnson	G13	11.3
Aria Browne	G12	11.5

Tanja Leggett	G14	10.1
Melkorka Leggett	G12	10.2

Kurt Rice	M17	8.8
Tom Vosey	B14	8.9
Gus Dube	B12	9.5

Andrew Dube	M40	8.5
Chris Browne	M40	9.2
Karyn McCready	W40	10.7

100 metres

Georja Kidd	G13	15.7
Karyn McCready	W40	16.4
Kerris Browne	W40	18.6
Aria Browne	G12	20.6
Kitana Johnson	G13	20.8

Kurt Rice	M17	12.8
Andrew Dube	M40	13.8
Tom Vosey	B14	14.3
Gus Dube	B12	14.6
Chris Browne	M40	14.7

800 metres - run

Gus Dube	B12	2.59.9
Karyn McCready	W40	3.00.7
Chris Browne	M40	3.13.7
Georja Kidd	G13	3.32.5
Andrew Dube	M40	4.00.6
Olivia Goh	W20	4.06.9

800 metres – walk

Kerris Browne	W40	5.35.4
Rinus Adriaansz	M55	5.35.6
Aria Browne	G12	6.26.7

Kitana Johnson G13 7.55.1

3000 metres

Sam Rossiter	M20	11.37.8
Logan Marten	M35	12.04.2
Karyn McCready	W40	12.16.6
Chris Browne	M40	13.01.4
Georja Kidd	G13	14.26.2
Martin Harris	M60	15.58.3
Olivia Goh	W20	17.10.3
Kerris Browne	W40	17.29.9
Rinus Adriaansz	M55	19.18.0

Long jump

Melkorka Leggett	G12	3.39
Aria Browne	G12	2.36
Georja Kidd	G13	3.16
Kitana Johnson	G13	2.82
Tanja Leggett	G14	3.53
Kerris Browne	W40	3.06
Gus Dube	B12	3.68
Kurt Rice	M17	4.51

Trout Fly - 12 January 2012

Sorry, some of the 3km PBs are missing this week

	3km:	PB so far	This week's time	PB gain this week
Javier	Browne	00:00:00	00:12:46	0:00:00
Olivia	Goh	00:16:31	00:17:04	0:00:00
Michelle	Robinson	00:00:00	00:17:28	0:00:00
Jade	Mitchell	00:18:04	00:18:33	0:00:00
Steve	O'Callaghan + pram	00:00:00	00:18:47	0:00:00
Tineke	O'Callaghan	00:00:00	00:18:49	0:00:00
Jeanine	Lysaght	00:18:04	00:18:56	0:00:00
Tracy	Rimes	00:00:00	00:19:10	0:00:00
Michelle	Evans	00:00:00	00:20:57	0:00:00
Aria	Browne	00:00:00	00:21:01	0:00:00
Heather	Wickett	00:00:00	00:21:44	0:00:00
Denise	Caudwell (w)	00:21:47	00:22:03	0:00:00
Christine	Reed	00:24:19	00:22:08	0:02:11
Shane	Evans	00:25:58	00:22:10	0:03:48
Earl	Robinson (w)	00:27:27	00:22:37	0:04:50
Kerris	Browne (w)	00:30:31	00:23:30	0:07:01
Nikki	Mitchell	00:30:32	00:23:45	0:06:47
Phil	Gulbrandsen (w)	00:28:56	00:25:47	0:03:09
John	Gulbrandsen (w)	00:00:00	00:25:55	0:00:00
Maureen	Heald (w)	00:00:00	00:25:56	0:00:00
Beryl	Cleland (w)	00:00:00	00:25:57	0:00:00
Fran	Ferguson (w)	00:00:00	00:25:59	0:00:00
Katana	Louie (w)	00:00:00	00:26:01	0:00:00
Mandy	Maulder (w)	00:00:00	00:26:10	0:00:00
Michael	Rossiter (w)	00:00:00	00:26:11	0:00:00
John	Holmes (w)	00:00:00	00:28:40	0:00:00
Carol	Holmes (w)	00:00:00	00:28:41	0:00:00
Celene	Aitchison (w)	00:00:00	00:28:42	0:00:00
Andrew	Harris (w)	00:00:00	00:29:37	0:00:00
Martin	Harris (w)	00:00:00	00:29:37	0:00:00
Nadine	Everson (w)	00:00:00	00:31:08	0:00:00
Richard	Ellis (w)	00:00:00	00:31:10	0:00:00
5.4km				
Nick	Portas	00:17:52	00:17:37	0:00:15
Leighton	Warren	00:20:47	00:18:58	0:01:49
Adrian	Lysaght	00:18:35	00:19:46	0:00:00
Duncan	Smith	00:19:51	00:20:02	0:00:00
Brett	Fordyce	00:00:00	00:21:15	0:00:00
Tony	Broadhead	00:19:55	00:21:31	0:00:00
Graeme	Pearson	00:00:00	00:21:59	0:00:00

Sam	Rossiter	00:21:11	00:22:04	0:00:00
Colin	Earwaker	00:19:05	00:22:08	0:00:00
Russell	Clarke	00:22:43	00:22:39	0:00:04
Thomas	Bebbington	00:00:00	00:23:04	0:00:00
Stevie	Fiske	00:23:00	00:23:12	0:00:00
Kat	Walbert	00:00:00	00:23:56	0:00:00
Andy	Belcher	00:00:00	00:24:10	0:00:00
Alex	Brake	00:00:00	00:24:26	0:00:00
Logan	Marten	00:22:13	00:24:40	0:00:00
Chris	Browne	00:27:56	00:24:40	0:03:16
Kris	Adriaansz	00:22:10	00:25:32	0:00:00
Pip	Hyde	00:00:00	00:25:35	0:00:00
Shaun	O'Donnell	00:24:59	00:25:40	0:00:00
Paul	Carpenter	00:00:00	00:25:45	0:00:00
Robin	Reed	00:00:00	00:25:46	0:00:00
Sarah	Lei	00:24:57	00:26:26	0:00:00
Jodie	Hickson	00:25:02	00:26:32	0:00:00
Lindsay	Foster	00:27:07	00:26:58	0:00:09
Charlotte	Pearson	00:23:21	00:27:20	0:00:00
Stephen	Rolls	00:00:00	00:27:29	0:00:00
Scott	McEwen	00:28:30	00:27:39	0:00:51
Peter	Bloore	00:00:00	00:28:16	0:00:00
Campbell	Horn	00:24:23	00:28:23	0:00:00
Kelly	Mitchell	00:29:01	00:29:20	0:00:00
Peter	Vyver	00:28:22	00:29:39	0:00:00
Mere	Attwater	00:30:51	00:29:51	0:01:00
Kate	Hopkins	00:00:00	00:30:48	0:00:00
Rachael	Cavanagh	00:33:05	00:31:01	0:02:04
Jared	Bond	00:00:00	00:31:25	0:00:00
Dan	Roberts	00:00:00	00:31:26	0:00:00
Vaughan	Way	00:00:00	00:32:02	0:00:00
Sheryl	Pearson	00:31:28	00:32:04	0:00:00
Random	Man	00:00:00	00:32:07	0:00:00
Catherine	Bosley	00:35:48	00:33:57	0:01:51
Judith	Tomasevich	00:32:44	00:34:12	0:00:00
Frances	Fordyce	00:32:51	00:34:16	0:00:00
Rachael	Browne	00:32:11	00:34:27	0:00:00
Rosemary	Bond	00:00:00	00:34:58	0:00:00
Jamie	Turner	00:00:00	00:40:10	0:00:00
Sandra	Lindrop	00:00:00	00:41:41	0:00:00
Helen	Perkins	00:00:00	00:44:46	0:00:00

The Marathon Clinic:

Welcome to all that have joined the "clinic" to train for the Lion Foundation Rotorua Marathon or one of its associated events on 28 April.

There are approximately 90 people now allocated to groups (packs), including some existing club members.

The new 10km "clinic" has a dozen or more in it, with three groups (packs) being formed.

A special welcome to all the new faces. We trust that you will enjoy your time with us and once the 28 April has passed that you will continue your association with our Club.

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

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