



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

GUFF SHEET

24 March 2012

The week that was:

The teens and adults track and field programme is rapidly drawing to a close. Likewise the children's section is near the conclusion of their championship events.

Many of the teens and child members have been taking part in their school and regional school athletics days and championships. The benefits of participation at club nights and training sessions are shining through. Well done.

Athletics NZ track and field championships:

These are being held in Auckland this weekend. We wish club members - Molly, Callum and Liam all the best.

Congratulations:

Congratulations to Paige Satchell, Melkorka Leggett-Hilmarsdottir and Tom Voss for their selection into the 12/13 year Athletics Waikato BOP Interprovincial team. This yearly team contest is held over Easter weekend and this year is in Auckland. Athletes from all New Zealand athletic centers will be taking part. Paige, Melkorka and Tim will be joining 37 other Waikato BOP athletes, all who will be wearing Waikato colours at the contest.

Whakarewarewa Forest: (logging)

Work is now in the Kotare, Tokorangi Road areas, as well as the Dipper Mountain Bike/Tahi track area. Diversions are in place along Nursery Road, Please use them. Do not go past road closed signs, banners or tapes. No public access will be permitted through or near the hazard areas until signage is removed. Be aware of logging trucks and machinery - even on the weekends. Give way to trucks (yes they are bigger than you) and get off the roadway quickly.

The Marathon Clinic:

Runners and 10k'ers

Those training for marathon have only three long runs left, being over three hours. This weekend sees us running out to Lake Okeraka, Blue and Green Lakes and back on 8 Mile Gate Road. We have a few injuries but most seem to be coping well with the increased time on the feet. We have been so lucky with the weather, still haven't had a run in the rain yet!! Let's hope it stays like that. Next weekend we run out Ngakuru and the weekend after is around part of the Lake. If anyone would like to help us out with a drink stop, send me an email.

The 10km group has been making great progress and ran for 70 minutes out at the Blue Lake on Sunday.

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

Jodie Hickson

Walkers

On Sunday we all left our gear bags in our cars because of the 2 Day Walk. When we got back Albie's ute had been broken into. His bag with change of clothing, shoes, wallet etc. had all gone. The window and frame of the window really smashed. I spoke to Deryck Shaw of the 2 Day Walk and asked if he had seen anything going on. He had seen 2 boys hanging around Albie's ute at 7.15am but thought they belonged to the ute. These kids have got away with this this week and who knows they may be back next week only thing is there won't be anyone around after 7.00am. A reminder to keep everything in cars covered. Only problem with Albie he had nowhere else to leave his bag but on the front seat. He has reported this to the Police but not holding his breath to have anything returned.

Pat Smyth

We all need to take care and not leave items visible in vehicles. It's also timely to remind all that the clubrooms door is not to be left ajar. Pack leaders please make sure the door is shut behind you when you leave the clubrooms.

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 sections weekly Tuesday activities wind up on Tuesday 27 March (5.30pm) with their prize giving at the Lake City Neil Hunt Park clubrooms off Tarawera Road (behind the Outdoorsman).

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

WEDNESDAYS

Summer athletics:

Teens and adults

The final evening for this section will be prize giving at the Neil Hunt Park clubrooms, off Tarawera Road on Wednesday 28 March at 6.15pm.

If you are attending please advise Lindsay Foster by ringing him on 07 348 6818 - leaving a message if need be or email him at lindsayfoster@xtra.co.nz. Please do this **no latter than Sunday 25 March.**

He needs to know numbers for catering purposes. Food will only be served to those whose name in on the list.

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.

Results:

Local track and field - 7 March 2012

14 March 2012

Championship events

Hurdles

Boys 13

Gus Dube 17.3

Men 17

Julian Smith 16.0

Kurt Rice 16.1

Men 21-34

Sam Rossiter 16.3

Masters men

40-44

Andrew Dube 16.8

Girls 12

Melkorka Leggett 18.6

Aria Browne 27.9

Girls 13

Mackenzie Van Fulpen 15.3

Sarah Bain 17.1

Georja Kidd 17.8

Girls 14

Tanja Leggett 17.4

Women 40-44

Kerris Browne 31.4

Non Championship

60 metres

Molly Florence W17 7.2

Kurt Rice M17 7.2

Andrew Dube M40 8.7

Sam Rossiter M21 9.5

Tom Vosey B14 8.3

Julian Smith M17 8.8

Gus Dube B12 9.4

200 metres

Molly Florence W17 26.7

Kurt Rice M17 27.5

Tom Vosey B14 30.0

Gus Dube B12 35.1

5000 metres

Nic Portas M21 16.24.0

Sam Rossiter M21 19.36.0

Georja Kidd G13 22.05.9

Sarah Lei W35 22.56.5

Michael Rossiter M21 24.22.3

Max Bragg M65 24.58.1

Martin Harris M60 25.39.6

Peter Vyver M70 25.50.0

Olivia Goh W21 26.10.7

Tom Lamason M65 35.32.2