



Website: www.lakecity.co.nz

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

GUFF SHEET

12 November 2011

The week that was:

Tuesday evening saw numbers at the children's athletics down on the previous week, this caused by the inclement weather. The Wednesday evening teens and adults track and field attracted good numbers – results are herewith. The first of this summer's Trout Fly series had 80 in attendance – results are herewith.

Out of Rotorua there was a ribbon day at Tokoroa for child members, while the teens plus headed to Tauranga Domain for their track and field competition. On Sunday the Bays and Bridges 14km at Tauranga was contested.

Forthcoming 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.

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, 6.30am, 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

Weekly Tuesday Summer Athletics (Track and Field) sessions are 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 on www.lakecity.co.nz

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.

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. Come run, jump, throw or walk with us.

The programme for next Wednesday (16/11) is:

- 6.15pm - 1500 metres,
- 6.30pm - discus
- 6.45pm - 100 metres,
- 7.00pm - 400 metres
- 7.15pm - Hurdles

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.

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 **17 November**.

- 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

Beginners Jogging - Alternate Thursdays between Trout Fly

Comfortable 45 minutes to 1 hour jog in the lovely Redwoods led by Rachel and Kerris. Start 5:30pm from the Clubrooms, on middle Thursdays between the Trout Fly events. No charge for beginners' first three sessions - great way to keep your weekly motivation going! Rachel 027 3630644, Kerris 021 753691

Logging in Whaka Forest

The tree felling on the Tokorangi ridgeline is taking a little longer than expected, therefore it will be another 3 weeks or so before felling is completed. **Operations will be taking place 7 days a week.** Timberlands have also advised that they will be undertaking Gravity Roller Crushing in the harvested area off Katore Rd. This is a clearing process where a roller connected to independently controlled winch drums is rolled down a slope clearing vegetation in its path. Needless to say you wouldn't want to be in its path! **This work will now start on 9 November for two weeks.** MTB tracks closed are Gunna Gotta, Katore Jumps, A Trail, K2 and The Tickler, the Corridor, Eastern Spice, North Face. Horse Track closed is Katore Wash Trail (still to be reinstated anyway), Tokorangi Pa Lookout. Walk tracks closed are Tokorangi Pa Track and Whakarewarewa Circuit. Spruce Rd and Katore Rd will also be closed.

Please put the word out and stay clear! Do not go into the closed areas and watch for trucks.

Thanks - **Julianne Wilkinson** - Manager, the Redwoods, Whakarewarewa Forest

The Flying Trout Mud 'n Slide Family Race Day - Lake Okareka - Saturday 12 November:

The most action packed family event is on its way! There are 7 races so that every age can take part - from the open age 5k trail and Killer Mountain run, to the primary school age Terminator events and preschoolers Fairies and Superheroes Scamper.

Don't let the kids have all the fun, join in with the Mad Mums Gumboot run and Fathers Frocking Frolics races.

Get all wet and frothed up on the massive water slide to collect your chocolate trout at the finish line - yeeha!!

Register your whole family online now at www.theflyingtrout.co.nz and tell your friends and family about it.

Awesome location, fantastic prizes and good old belly-laughing fun!!!

It is a really fun event that encourages the whole family to get involved. This is a fundraising event for Lake Okareka Preschool but is professionally run. I would appreciate your help in getting it out to likeminded people

Events out of Rotorua:

Distance events:

Sunday 20 November - 18km Toi's Challenge - Whakatane - For entry form and event details visit www.Sportsground.co.nz/whakataneahc or www.whakatane.com

Track and field:

For children:

This Saturday 12 November – Ribbon Day, Porritt Stadium, Hamilton, 10.00am

Saturday 19 November – Ribbon Day, Te Awamutu, 10.00am

For Adults:

This Saturday 12 November – Putaruru Bell meeting, plus Athletics Waikato BOP 10000 metres track championships for grade 19 and above (6.00pm start).

Note that entries for the 10km to be with AWBOP (administrator@athleticswbop.org.nz) by noon Friday 11 November. Entry fee \$7.50.

The Putaruru Bell is a team event and team entry to be in by noon Friday 11 November. Send to mhyre.oman@gmail.com please read the Athletics Waikato BOP handbook or visit www.athletics.org.nz/waikato for the events rules and programme.

Helpers needed:

Saturday 17 December sees the Club hosting a ribbon day at the Stadium's No 2 ground for children aged tiny tots to 14 years in a wide variety of athletic events.

We need a large number of officials please. So if you have any experience helping at athletics events, organising kids, or recording, PLEASE urgently forward your name to Kerris Browne 3480790, 021 753691, swingmills@xtra.co.nz. All parents of attending children are also expected to assist.

Over the years the Club has successfully hosted the likes of children's ribbon days, Athletics Waikato BOP area champs, Athletics Waikato BOP championships plus the Easter children's Interprovincial meeting so let's make the 17 December another successful event.

Athletics New Zealand 2012 winter championship programme:

April (date TBA)	Mountain running - Nelson
4 August	Cross-country - Hamilton
12 August	Half marathon – Palmerston North
1 September	Road (TBA)
6 October	Relay – Nelson
28 October	Marathon - Auckland

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

Results:

Local Teens and Seniors Track and Field - 2 November 2011

* Denotes an athlete under Grade 12 –

100 metres

Bruce Mabagos	B14	12.4
Tom Vosey	B14	14.3
Sam Mackenzie	B14	14.5

Paige Satchell	G13	14.4
Amelia Jensen	G13	15.2
Allie Corporaal	G12	15.2
Kaya Corporaal	B12*	16.0
Melkorka Leggett	G12	16.3

Eillish Satchell	W16	NT
Sarah Bain	G13	NT
Yeseul Park	W16	NT
Monica Pue	G12	NT
Sasha Pue	G12	NT

Tessa Norton-Campbell	G16	14.5
Ashleigh Nathan	G14	15.3
Jurnee Hannah	W16	18.2
Aria Browne	G12	18.4
Chynne Evans	W19	19.2

Andrew Innes	M16	13.1
Michael Kilkelly	M16	13.4
Samantha Sinclair	W16	13.5
Julian Smith	B14	14.1
Raymond Winwood	M20	14.7
Kurt Rice	M16	14.8
Andrew Dube	M40	16.0

Michelle Evans	W35	17.4
Mary Mupita	W40	18.1
Kerris Browne	W40	18.3
Christine Kerrison	W55	18.6
Kathy Satchell	W45	19.1
Olivia Goh	W20	20.0
Judith Tomasevich	W55	24.2
Rutendo Mupita	G14	25.2

Kurt Rice	M16	13.5
Tom Vosey	B14	13.9
Julian Smith	B14	13.9
Eillish Satchell	W16	14.2

400 metres

Paige Satchell	G13	67.6
Allie Corporaal	G12	73.6
Kaya Corporaal	B12*	75.9
Gus Dube	B12	76.6
Cameron Chandler	B12	81.6

Sam Rossiter	M20	59.9
Michael Kilkelly	M16	63.3
Samantha Sinclair	W16	64.7
Kurt Rice	M16	65.4

1200 metre walk

Kerris Browne	W40	9.01.5
Olivia Goh	W20	9.58.2
Aria Browne	G12	10.14.6
Mary Mupita	W40	10.29.2
Michelle Evans	W35	10.41.3
Matthew Gibbs	M16	11.27.1

Eillish Satchell	W16	11.41.9
Yeseul Park	W16	11.43.7
Chynne Evans	W19	11.44.9

2000 metre walk

Rinus Adriaansz	M55	14.14.6
Judith Tomasevich	W55	15.19.0
Kathy Satchell	W45	17.24.0

2000 metres – run

Jason Steyn-Ross	M20	6.36.3
Sam Rossiter	M20	8.23.0
Sarah Bain	G13	8.38.8
Phil Chandler	M35	8.39.5
Gus Dube	B12	8.42.1
Phil Kerrison	M55	8.49.5
Michael Rossiter	M20	9.01.6
Ashleigh Nathan	G14	10.05.9
Joe Nathan	M40	10.15.4
Olivia Goh	W20	11.07.1

Long jump

Gus Dube	B12	3.17
Cameron Chandler	B12	3.04
Bruce Mabagos	B14	4.88
Sam Mackenzie	B14	4.08
Melkorka Leggett	G12	3.27
Paige Satchell	G13	3.86
Amelia Jensen	G13	3.35
Tanja Leggett	G14	3.38
Samantha Sinclair	W16	4.50
Molly Florence	W16	3.86
Olivia Goh	W20	2.35
Michelle Evans	W35	2.44
Mary Mupita	W40	2.58
Kerris Browne	W40	2.80
Christine Kerrison	W55	2.62

Javelin

Joh Ti	B12*	9.77
Bruce Mabagos	B14	18.84
Raymond Winwood	M20	30.80
Rinus Adriaansz	M55	12.75
Melkorka Leggett	G12	16.33
Amelia Jensen	G13	8.90
Tanja Leggett	G14	19.13
Rutendo Mupita	G14	7.40
Samantha Sinclair	W16	28.40
Jurnee Hannah	W16	8.65
Chynne Evans	W19	8.18
Olivia Goh	W20	7.75
Kerris Browne	W40	14.18
Judith Tomasevich	W55	11.00

Trout Fly - Event 1 - 3 November 2011

5.4km:

Nick Portas	18.26
John Gray	18.29 PB 0.07
Adrian Lysaght	19.12
Jason Steyn Ross	19.32
Damien Sellier (France)	20.01 PB 1.01
Chris Corney	20.11
Dave Cronshaw	20.25
Aaron Perry	21.02 PB 2.48
Michael Harrison	21.21 PB 0.17
Graeme Pearson	21.32
Sam Rossiter	21.49
Kris Adriaansz	22.10 PB 3.39
Justin Carnaby	23.06

Nick Pannett	23.07
Hannah Barker	23.10
Sue Crowley	23.29
Gillian Shapley	23.48 PB 0.30
Charlotte Pearson	23.48
John Harvey	24.04
Eric Cawte	24.24
Steve Fiske	24.42
Jodie Hickson	25.05 PB 0.37
Gareth Upston	25.12 PB 0.01
Clare Barrat-Wood	25.18
Sarah Lei	25.28
Shaun O'Donnell	25.39
Nikola Buckley-Fisken	25.45
Len Watson	27.32
Erin Roberts	27.54
Peter Vyver	28.22
Helen Morgan	30.44 PB 0.40
Mandy Perrin	30.45
Melissa Smylie	30.57
Tom Tierney	31.32
Sheryl Pearson	31.37
Matt Fiske	32.16
Martin Carlyle	32.30
Rachael Browne	32.37
Catlin Turner	32.38
Barbara Baker	32.50
Maria Palmer	32.50
Olivia Goh	33.25
Jeanette Dekker	33.43
Chris Kerrison	33.48
Kerris Browne	34.32
Lina Obermeier (Germany)	35.05
Frances Fordyce	35.17
Janet Tutt (Time Trial)	35.23
Kelly Mitchell	36.28
Jade Mitchell	36.28
Sonia Hunt (w)	40.02 PB 3.43

3 km:

Lewis Ryan	11.33
Steven Hasnip	13.40
Javier Browne	13.55
Chris Browne	13.55
Michael Rossiter	14.39
Campbell Horn	18.02
Ciara Griffiths	18.04 PB 3.50
Tineke O'Callaghan	18.05
Steven O'Callaghan	18.06+ huge pram
Isobel Murray	21.09
Christine Reed (Time Trial)	21.47
Maribel Carlyle	21.53
Aria Browne	22.53
Annabel Fordyce	22.53
Denise Caudwell (w)	23.02
Phil Gulbransen (w)	23.03
Cameron Caudwell	23.47
Ronan Griffiths	23.47
Gabriel Carlyle	25.04
Mandy Maulder	27.01 PB =
Angel Lam	27.29
Merle Amos (w)	27.57
Maureen Heald (w)	28.01
Sian Bremner	32.25
Alison King (w)	32.26
Juliet Fordyce (w)	33.58
Brett Fordyce (w)	34.00
Martin Harris (w)	34.22
Andrew Harris (w)	34.22

