



Website: www.lakecity.co.nz

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

GUFF SHEET

5 November 2011

The week that was:

A mixed bag of events this past week. The local children's weekly athletics attracted excellent numbers last Tuesday. The teens and adults on Wednesday evening saw some top class performances from those in attendance. A number of track and field athletes headed to Porritt Stadium on Saturday, while on Sunday the Auckland marathon and Athletics NZ half marathon championships catered for the club's distance athletes. The Auckland results are awaited.

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).

For the beginner - Meet 3.00pm at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

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:
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 (9/11) is:

- 6.15pm - 600 metres, shot put, high jump
- 6.30pm - 60 metres,
- 6.45pm - 200 metres
- 7.00pm - 5000 metres - run/walk for grades 16 plus

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

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 Frolicking 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:

This Sunday 6 November – 14km Bays and Bridges Challenge - Tauranga

Visit www.taurangaathletics.co.nz for event details and entry form

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 5 November - Ribbon Day, Strathmore Park, Tokoroa, 10.00am

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

For Adults:

This Saturday 5 November - open meeting, Tauranga Domain, 3.00pm. 2000 metre walk, 100, 400, 800 3000 metres and 80, 100 and 110 metre hurdles, plus triple jump, discus and javelin are on the programme.

Saturday 12 November – Putaruru Bell open meeting, plus Athletics Waikato BOP 10000 metres track championships) for grade 19 and above. Tauranga Domain, 4.00pm.

For master graded athletes: - Oceania Masters Athletics championships – Tauranga - 5 -12 February 2012

Any master graded athlete looking at taking part in the above championships please note that you need to be a member of NZ Masters Athletics (via Waikato BOP Masters Athletics - email them at wktovetath@xtra.co.nz to request a sub form) and that entries close 15 December with no late entry accepted. Visit nzmastersathletics.org.nz and click on the Oceania 2012 link

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.

Results:

Local Teens and Seniors Track and Field

- 26 October 2011 * Denotes an athlete under Grade 12 – up graded to Grade 12

60 metres

Andrew Innes	M16	8.0
Kurt Rice	M16	8.0
Sam Rossiter	M20	8.2
Sam Mackenzie	B14	9.1

Sarah Bain	G13	8.9
Eillish Satchell	W16	9.0
Mel Martin	W35	9.2
Ashleigh Nathan	G14	9.5
Mackenzie van Fulpen	G13	9.9

Gus Dube	B12	9.7
Javier Browne	B12*	9.8
Cameron Chandler	B12	10.0

100 metres

Mel Martin	W35	15.6
Kerris Browne	W40	18.3
Christine Kerrison	W55	19.1
Olivia Goh	W20	19.8
Cindy Carpenter	W50	21.5
Judith Tomasevich	W55	22.2

Andrew Innes	M16	12.7
Kurt Rice	M16	12.7
Sam Rossiter	M20	13.2
Javier Browne	B12*	13.5
Sam Mackenzie	B14	15.1

Eilish Satchell	W16	14.3
Sarah Bain	G13	14.8
Ashleigh Nathan	G14	15.7
Mackenzie van Fulpen	G13	16.2

800 metres

Sam Rossiter	M20	2.36.2
Paige Satchell	G13	2.40.4
Kurt Rice	M16	2.47.1
Eilish Satchell	W16	3.08.4
Sarah Bain	G13	3.14.2
Michael Rossiter	M20	3.17.2
Javier Browne	B12*	3.29.0
Joe Nathan	M40	3.46.7
Ashleigh Nathan	G14	3.57.1
Kerris Browne	W40	3.58.5
Judith Tomasevich	W55	4.20.0

3000 metres

Nick Portas	M20	9.16.0
Jason Steyn-Ross	M20	10.18.0
Paige Satchell	G13	11.21.0
Sam Rossiter	M20	12.15.0
Phil Kerrison	M55	13.26.0
Eilish Satchell	W16	13.56.0
Mel Martin	W35	15.40.0
Cindy Carpenter	W50	16.33.0
Olivia Goh	W20	16.38.0
Christine Kerrison	W55	17.20.0
Judith Tomasevich	W55	18.20.0

Long jump

Melkorka Leggett	G12	3.30
Paige Satchell	G13	3.91
Amelia Jensen	G13	3.40
Sarah Bain	G13	3.35
Mackenzie van Fulpen	G13	3.10
Ashleigh Nathan	G14	3.63
Eilish Satchell	W16	3.16
Olivia Goh	W20	2.40
Kerris Browne	W40	2.86
Cindy Carpenter	W50	1.92
Cameron Chandler	B12	3.43
Gus Dube	B12	3.38
Sam Mackenzie	B14	4.24
Kurt Rice	M16	4.74
Andrew Innes	M16	4.21

Track and Field**Porritt Stadium – 29 October 2011**Women 16

Molly Florence		
80 m	2nd	10.31

Men 16

Callum Taylor		
80m	4th	9.90
300 m	4th	40.30
Long jump	1st	6.09

Men 70

John Kirkland		
Shot put	1st	7.87
Hammer	1st	22.71

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

For your physio needs contact

The Physiotherapy Clinic