



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

4 December 2010

The week that was:

Only another couple of Tuesday and Wednesday competition at the No 2 Ground of the Rotorua International Stadium and track and field for 2010 will be over. 5.00pm on a Tuesday children aged up to and including 11 years meet, while those 12 and above meet at 6.00pm on a Wednesday.

Whaka Forest:

This is a working Forest, and logging operations are still continuing in various areas of it. Signage is in place to indicate the areas being milled. The latest signage that has gone up is in the Heath, Dump and Fern Road areas. Please respect all signage and do not venture into the work areas. During weekdays logging trucks are out and about in the various areas - Hill and Nursery Roads, Popular Avenue, Long and Fern Drive are some of them. Look and listen, and step aside - they are bigger than you are!

The Club's gym:

The person who left the note in the Neil Hunt Park suggestion box re the gym has made contact with the club's secretary, who would now like to know the following:

1. Are you a regular user of the gym facilities?
2. If not a user, would you use the gym if the equipment were upgraded?
3. What equipment would you like to see in the gym?

Just flick your answers to Siobhan Griffiths (the club's secretary) at lakecity@xtra.co.nz or call her on 349 1379 or place a note in the clubrooms suggestion box (with your name on it) - Thank you.

Events on the local scene:

SUNDAYS

Those that run - Meet 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road), when groups of runners head off into Whaka Forest. 8.30am - a running group also leaves from TITC on Waipa Mill Road - contact person - Siobhan Griffiths - 021 1289925

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 3341425 - Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

Children's athletics - (5 to 11 years) 5.00pm at the No 2 Ground Rotorua International Stadium, Devon Street West. Details on this section of the club can be obtained by visiting www.sportsground.co.nz/lakecitykids Please note the following relating to children's ribbon day competition:

Uniform shorts - correct coloured shorts to be worn (Lake City's colour is black) and they must be above the knee. No beach shorts to be worn.

Starts

- 7-9 years - No blocks starts and no shoes capable of carrying spikes to be worn

- 10-11 years - Optional for using blocks. If wearing spikes, blocks must be used.

- 12-14 years - Block starts are compulsory, even if in bare feet.

Note that the use of blocks etc has changed from what was advised previously.

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

Senior track and field (athletics) - for those 12 years and above, 6.00pm at the No 2 Ground, International Stadium, Devon Street West. The programme for 8 December is ★ 6.15pm 600 metres, shot put, high jump ★ 6.30pm 60 metres ★ 6.45pm 200 metres ★ 7.00pm 10000 metres championships for those Grade 19 and over - see below

Distance athletes (runners and walkers - Grade 19 and above) please note that the Club's track 10000 metres championship is scheduled for next Wednesday 8 December. Please supply your own lap recorders. That is someone to count your laps. Also to take a place you must be a current financial member of the Club. Those walking the event note that 6.30pm is your start time.

THURSDAYS

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) - next event 16/12

Trout Fly Summer Series * Meet at the Lake City Athletic Club Clubrooms Neil Hunt Park off Tarawera Road * Run, Walk, Jog either a 5.4km or 3km course * Registration @ 5.45pm * Start @ 6.15pm * PLEASE NOTE children are to be accompanied by adult * Entry fee Adults: \$5.00, Children: \$3.00 (Price includes free beer/wine or soft drink for under 18's) plus BBQ * **Dates** – **2010:** 16 December. **2011:** 13 January, 27 January, 10 February, 24 February, 10 March * For further details contact: Chris Corney - 021 770366

Events out of Rotorua:

TRACK AND FIELD

Seniors - This Saturday 4 December - meeting at Porritt Stadium, Hamilton, 3.00pm start.

Children – This Saturday 27 4 December - Athletics Waikato BOP relay championships at Tauranga Domain at 9.30am. 4 x 100 relays, medley relays and field event relays for grade 7

to 14. Also at this meet are the Race walk championships



Tip of the week

Run facing traffic. Never assume a vehicle sees you.

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

Results:

Senior track and field

24 November 2010 * Denotes person aged under 12 – up graded to grade 12

60 metres

Marina Tahana-Beazley G12*	8.9
Georja Kidd G12	9.4
Mackenzie Van Fulpen G12	9.5
Sarah Bain G12	9.8
Claire Miller G12	10.5
Melkorka Leggett G12*	10.8

Kim Murrell W19	8.5
Rebekah Miller W16	8.5

Michael Kilkelly B14	8.5
Josiah Kilkelly B14	8.8
Sam MacKenzie B13	9.1
Fraser Gilbert B14	9.1
Matthew Wilson B12*	9.3
Sean Kilkelly B12	12.2

Joseph Miller M19	7.0
Kieran Gainsford M19	7.8
Callum Taylor B14	7.8
Andrew Innes B14	7.9
Max Joret M19	8.1
Lewis Eccles B13	8.4
Blake Wilson B12	8.6

100 metres

Samantha Sinclair W16	13.5
Kim Murrell W19	13.9
Rebekah Miller W16	14.0

Andrew Innes B14	12.7
Michael Kilkelly B14	13.3

Blake Wilson B12	13.7
Josiah Kilkelly B14	13.9
Sam MacKenzie B13	15.0

Matthew Wilson B12*	15.3
Javier Browne B12*	17.5
Sean Kilkelly B12	17.9
Kerris Browne W40	18.6
Aria Browne G12*	18.9

Callum Taylor B14	12.4
Max Joret M19	13.1

110 metres

Joseph Miller M19	12.8
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300 metres

Andrew Innes B14	45.2
Dwayne Willoughby M16	49.0
Harry Phipps B12	49.2
Sam Mackenzie B13	51.8
Georja Kidd G12	56.4

800 metres

Kieran Gainsford M19	2.12.3
Sam Rossiter M20	2.21.0
Jason Steyn-Ross M20	2.22.2
Michael Kilkelly B14	2.22.4
Michael Ross B13	2.22.7
Dwayne Willoughby M16	2.24.3
Chris Browne M40	2.48.4
Georja Kidd G12	2.49.4
Samantha Sinclair W16	2.50.8
Josiah Kilkelly B14	2.56.9
Hana Stubbing G12*	2.58.7
Ella Florence G13	3.13.1
Sean Kilkelly B12	3.41.1
Kerris Browne W40	4.06.5

3000 metres

Steven O'Callaghan M20	8.48.0
Sjors Corporaal M20	9.26.0
Bruce Edwards M45	10.11.0
Sam Rossiter M20	10.53.0
Logan Marten M35	11.33.0
Chris Browne M40	12.38.0
Kaya Corporaal B12*	13.00.0
Phil Kerrison M55	13.25.0
Michael Rossiter M20	13.45.0
Martin Harris M55	14.20.0
Kerris Browne W40	16.24.0
Christine Kerrison W55	16.33.0
Mark Geddes (w) M50	18.50.0
Max Bragg (w) M65	20.25.0
Denise Caudwell (w) W55	20.26.0
Tom Lamason (w) M65	23.04.0
Colin Smyth (w) M70	23.43.0
Linda Montgomery (w) W60	23.59.0
Doris Bragg (w) W65	25.22.0

Long jump

Tanja Leggett G13	2.86
Melkorka Leggett G12*	2.75
Sarah Bain G12	3.09
Josiah Kilkelly B14	4.21
Claire Miller G12	3.16
Alie Henderson-Corporaal G12	3.57
Tyler Boyce B14	4.46
Georja Kidd G12	3.29
Marina Tahana-Beazley G12*	4.03
Sam McKenzie B13	3.85
Andrew Innes B14	4.20
Max Joret M19	4.55
Aria Browne G12*	2.53
Javier Browne B12*	2.45
Michael Kilkelly B14	4.22
Callum Taylor B14	5.08
Mackenzie van Fulpen G12	3.42
Ella Florence G12	2.81
Kerris Browne W40	2.79
Chris Browne M40	4.01

