



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

3 January 2015

Happy New Year and welcome to 2015.

The past weeks:

Local track and field – a fine evening allowed the children's last 2014 Tuesday evening to be held. A very wet day and evening on the Wednesday resulted in the teens and adults final 2014 evening being cancelled.

Track and field out of town - For some it was off to the Tauranga Domain on New Year's Day for their Twilight met. Results can be viewed by visiting Tauranga Athletics website.

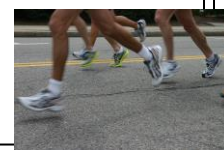
Trout Fly – It was fine weather for the last 2014 Thursday fortnightly Trout Fly event. Results are below.

Distance running – off road - Boxing Day saw the annual King and Queen of Mt Maunganui being held, with a number from the club taking part. Incorporated in the event was the Athletics Waikato BOP Mountain running championship. A number of championship medals came the way of club members. Visit Athletics Tauranga website for the results.

Thanks – to those from the club's walking fraternity for decorating the clubrooms in a festive theme.

2015 Running clinic:

Tuesday 13 January, 7.30pm at the Neil Hunt Park clubrooms a Running Clinic info evening is being held. If you, a friend, family member or workmate is considering the full marathon around Lake Rotorua on 2 May or working towards a half marathon or aiming to run your/their first 10km event then come and join like-minded people. Over many years the club's 15 week clinic programme has proven to be very successful. The actual programme commences Sunday 18 January 7.00am from the Neil Hunt Park clubrooms.



Ipods and the likes:

The club's policy is that Ipods etc are not to be worn in club events. This includes all events – track, trout fly, the running and walking clinics, the off Road Half marathon etc. If a wearer of these devices start the New Year off with the resolution "I'm going to run or walk and hear what's going on around me".

Congratulations:

To club member Kathryn Murphy on her recent award - the Rotorua Rotary Club Police Person of the Year.

Events on the local scene and out of town:

SATURDAYS

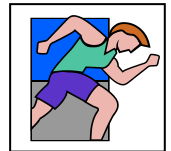
Track and field

Children -

Good luck to those that have headed to Wellington for the North Island Colgate Games. The next ribbon day is at Tokoroa on 31 January.

Adults

The next AWBOP competition is an open met at Tauranga Domain 31 January. The same day (evening) is the Athletics NZ 10,000 metres championships at Mt Smart Stadium. This event doubles as the AWBOP championships. Enter through Athletics NZ. Out of town during January is the Potts Classic (Hastings) which includes the Athletics NZ Junior 3000 metres championships: The Cooks Classic (Whanganui) and Capital Classic (Wellington).



SUNDAYS

Distance athletes

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms **are taking a rest until the first Monday of February**. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Children's summer athletics - The weekly Tuesday sessions at the International Stadium, No 2 ground, Devon Street West, **are taking a break until Tuesday 27 January**.

Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz

Distance athletes

Runners

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

WEDNESDAYS

Am

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua

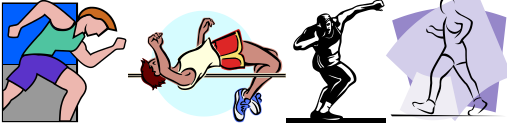


are **taking a rest until the first Wednesday of February.** Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Pm -The weekly track and field (summer athletics) for those 12 and above are at the Stadium's No 2 Ground, Devon Street West with the action kicking off at 6.15pm sharp. **This section will be underway for 2015 Wednesday 7 January.** Let's hope the weather is more favourable for the second part of the season. Of the pre-Christmas Wednesdays there were only a couple of fine evenings out of the eight scheduled.

Programme for 7 January is:

6.15pm 60 metres Long jump
 6.40pm 800 metres
 7.00pm 100 metres
 7.20pm 3000 metres (run/walk) for grade 16 and above
 Contact: Lindsay Foster (348 6818)



THURSDAYS

Weekly Walkers

Am – Meet at 8.00am at Planet Bike, Waipa By Pass Road
Pm – Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

5:45pm

Running techniques at the Neil Hunt car park - (will include the fortnightly Trout Fly). Suitable for beginner joggers to improver runners - nobody is left behind! Contact Kerris 021 753691, email swingmills@xtra.co.nz, or check out Jogging the Power pole facebook page:

<https://www.facebook.com/groups/joggingthepowerpole/>

Fortnightly

The Trout fly series

Next event is 15 January - You have a choice of 2.5km or 5.0km 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



If your name is below:

..... you have a championship certificate at the Neil Hunt Park clubrooms. Please uplift it. The certificates relate to a placing in the 2014 off road half marathon or the marathon or the cross-country and road events.

Clare Barratt-Wood: Shiloh Bell: JJ Botha: Steve Bradley: Jenny Burns: Cindy Carpenter: Natasha Cianci: Dave Cronshaw: Bruce Edwards: John Edwards: Tania Fiskien: Ella and Tegan Fookes: Hannah Gapes: Mark Geddes:; Alan Gordon: Siobhan

and Ronan Griffiths: Neville Harper: Ricky Haverkamp: Campbell Horn: Rina Joy:; Kate Keaney: Kaye King: Nic Leary (2): Carole Limbrick-Hill: Yvonne Mansell:; Eddie Meijer: Kelly Mitchell (2): Allan McGregor: Grant McKinnon: Chris McGuire: Matt Parsonage: Len Pemberton: Craig Pollard: Kate Rea: Lynne Reardon: Kerry Robinson: Frederick Shilton: Robyn Skelton: Justine Sinclair: Ben Smit: Duncan Smith: Isobel Taylor: Marc Teakel: Stephanie Thomson: Ed van den Broek: Eamon Walsh.

RESULTS

Trout Fly - 18 December 2014 – No 4

| 2550 metres | | | |
|--------------------|----|-------|-------------|
| Melanie Thompson | 1 | 10:18 | 2550 |
| Sam Rossiter | 2 | 10:29 | 2550 |
| Paul Pascoe | 3 | 10:52 | 2550 |
| Charlotte Pearson | 4 | 11:52 | 2550 |
| Kelly Mitchell | 5 | 12:38 | 2550 |
| Harper Lass | 6 | 13:24 | 2550 |
| Lance Shilton | 7 | 13:25 | 2550 |
| Matt Fiskien | 8 | 13:50 | 2550 |
| Jasmin Donaldson | 9 | 13:52 | 2550 |
| George Crouch | 10 | 14:01 | 2550 |
| Freya Lord | 11 | 14:05 | 2550 |
| Emma Hickson | 12 | 14:11 | 2550 |
| Hannah Shilton | 13 | 14:18 | 2550 |
| Angela Coates | 14 | 14:19 | 2550 |
| Crystal Lamb | 15 | 14:27 | 2550 |
| Becky Dimock | 16 | 14:28 | 2550 |
| Conor Lysaght | 17 | 15:07 | 2550 |
| Joel Nicholson | 18 | 15:07 | 2550 |
| Stella Pinckney | 19 | 15:13 | 2550 |
| Matthew Stucki | 20 | 15:15 | 2550 |
| Stella Win | 21 | 15:21 | 2550 |
| Cody Shilton | 22 | 15:35 | 2550 |
| Fred Shilton | 23 | 15:35 | 2550 |
| Lily Gordon | 24 | 16:23 | 2550 |
| Jackson Matthews | 25 | 16:34 | 2550 |
| Grace Ward | 26 | 16:46 | 2550 |
| Samantha Henderson | 27 | 16:52 | 2550 + pram |
| Jeanene Lysaght | 28 | 17:05 | 2550 |
| Ella Hollows | 29 | 17:22 | 2550 |
| Ashleigh Randell | 30 | 20:37 | 2550 |
| Anita Roy | 31 | 20:43 | 2550 |
| Mandy Mauder | 32 | 20:44 | 2550 |
| Peter Roy | 33 | 20:50 | 2550 |
| Judy Hewlett | 34 | 20:52 | 2550 |
| Christine Stucki | 35 | 20:55 | 2550 |
| Ethan Stucki | 36 | 20:56 | 2550 |
| Erica Shilton | 37 | 21:00 | 2550 |
| Amber Lysaght | 38 | 21:34 | 2550 |
| Hannah Hickson | 39 | 21:35 | 2550 |
| Jodie Hickson | 40 | 21:36 | 2550 |
| Tamsin Aitchison | 41 | 22:55 | 2550 |

| | | | |
|-------------------|----|-------|------|
| MJ Pikimaui | 42 | 22:56 | 2550 |
| Bridget Aitchison | 43 | 23:07 | 2550 |
| Madison Aitchison | 44 | 23:12 | 2550 |
| Claire Roy | 45 | 23:56 | 2550 |
| Farah Alaeinia | 46 | 23:58 | 2550 |
| Claire Randell | 47 | 25:06 | 2550 |
| Justine Randell | 48 | 25:26 | 2550 |
| Katie Roy | | | 2550 |

| 5000 metres | | | |
|-------------------|----|-------|------|
| Sam Osborne | 1 | 16:05 | 5000 |
| Hugh Bootten | 2 | 17:44 | 5000 |
| Adrian Lysaght | 3 | 17:57 | 5000 |
| Jason Steyn-Ross | 4 | 18:23 | 5000 |
| Tony Broadhead | 5 | 18:45 | 5000 |
| Andrew Twiddy | 6 | 19:02 | 5000 |
| Sue Crowley | 7 | 19:20 | 5000 |
| Andrew Hickson | 8 | 19:57 | 5000 |
| David Cronshaw | 9 | 21:10 | 5000 |
| Russell Clarke | 10 | 21:30 | 5000 |
| Graeme Pearson | 11 | 21:32 | 5000 |
| Stephanie McHale | 12 | 22:00 | 5000 |
| Nicola Fiskén | 13 | 22:08 | 5000 |
| Lawrie Scott | 14 | 22:17 | 5000 |
| Chris Lord | 15 | 22:19 | 5000 |
| Tracey Hay | 16 | 22:19 | 5000 |
| Stephen Bjarnesen | 17 | 22:22 | 5000 |
| Faith McGregor | 18 | 22:54 | 5000 |
| Nick Jeffrey | 19 | 23:16 | 5000 |
| Kerryn Barker | 20 | 23:28 | 5000 |
| Ray Hewlett | 21 | 23:35 | 5000 |
| Sarah Lei | 22 | 23:35 | 5000 |
| John Harvey | 23 | 23:56 | 5000 |
| Philip Gulbransen | 24 | 24:28 | 5000 |
| Amanda Heaphy | 25 | 24:30 | 5000 |
| Amy Bray | 26 | 25:01 | 5000 |
| Sarah Manders | 27 | 25:05 | 5000 |
| Kathy Jackson | 28 | 25:27 | 5000 |
| Arturo Pingol | 29 | 26:29 | 5000 |
| Luanna George | 30 | 26:41 | 5000 |
| Chris Bycroft | 31 | 27:13 | 5000 |
| Mark Geddes | 32 | 27:48 | 5000 |
| James Watson | 33 | 28:12 | 5000 |
| Sarah Nutall | 34 | 28:22 | 5000 |
| Alison Scott | 35 | 28:34 | 5000 |
| Rhonda Herring | 36 | 30:23 | 5000 |
| Philip MacAlister | 37 | 30:39 | 5000 |
| Sheryl Pearson | 38 | 32:12 | 5000 |
| Peter Vyver | 39 | 32:20 | 5000 |
| Raelene Cockrell | 40 | 34:11 | 5000 |
| Jeanette Dekker | 41 | 34:11 | 5000 |

Club uniforms:

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase.

Payment to be made at time of purchase - please bring along the correct change

Costs: Adults running singlets: \$35.00
 Adults short sleeve walker's tees: \$35.00
 Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Nikki Mitchell - Ph: 349 2920 (evenings):
 Mobile 027 464 8546

Sarah Wiwarena – Ph: 348 7674 (evenings):
 Mobile 027 248 3874

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.

RUNNING CLINICS

For Rotorua Marathon, ½ and 10km

Considering the Marathon in May 2015?
 Working up towards a Half Marathon?
 Aiming to run your 1st ever 10km event?

FREE INFO EVENING
7:30pm Tues 13th January

15 week Clinic starts 7am Sun 18th January
 Venue: Lake City Athletic Clubrooms,
 Neil Hunt Park (off Tarawera Road)

For more details contact:

JODIE 021 970482 or TERESA 021 0428759

lakecitymarathonclinic@gmail.com

www.lakecity.co.nz

