

Lake City Athletic Club Winter season results - 2016		
Opening day – 16 April 2016 – Trout Fly course		
Nikita Harding	1	07:37
Poppy Petterson	2	07:39
Anton Harding	3	07:45
Ben Harding	4	07:46
Leo Bamfield	1	10:56
Conor Lysaght	2	11:36
John Marten	3	12:28
Maria Brunton	4	12:32
Emma Hickson	5	12:37
Joshua Bamfield	6	13:54
Amber Lysaght	7	14:20
Freya Lord	8	14:31
Morgan MacCormick	9	14:37
Alexander Bamfield	10	14:49
Hannah Hickson	11	15:13
Lewis Lei	12	15:41
James McGregor	13	15:59
Bruce McGregor	14	16:01
Andrew Hickson	15	16:02
Steven Litherland	16	16:05
Rob Bamfield	17	16:06
Daniel Hocking	18	18:56
Tahlia Pearce	19	19:13
Katharine Twiddy	20	19:38
Edward Twiddy	21	20:20
Alan Twiddy	22	23:13
Khalani Broughton	23	27:43
Keanu Broughton	24	27:44
Shan Tapsell	25	27:47

Jason Cameron	1	17:16
Adrian Lysaght	2	17:30
Chris Corney	3	17:52
Gaine Petterson	4	19:03
Andrew Jamieson	5	19:16
Campbell Horn	6	23:13
Megan Grant	7	23:16
Tracey Hay	8	23:33
Lance Shilton	9	23:52
Chris Lord	10	24:11
Erin Leahy	11	24:32
Faith Barber	12	25:00
Jodie Hickson	13	25:18
Martin Harris	14	25:29

Maree Bamfield	15	27:55
Jackie Cirne	16	28:12
Peter Vyver	17	29:28
Olivia Litherland	18	29:33
Hannah Shilton	19	30:55
Linda Johnston	20	31:46
Cody Shilton	21	34:12
Fred Shilton	22	34:15
Diane Barratt-Kendall	23	36:09
Gay Timpany	24	39:19
Christine Hocking	26	44:04
Linda Montgomery	27	44:05
Rinus Adriaansz	25	44:05
Zeon Hetherington	28	45:27
Alan Ryan	29	45:45

Mokopuna Dash – No 1 - 7 May 2016

Name	Place	Time	Distance Approx	Notes
Conor Lysaght	1	08:44	2000	
Luke Crombie	2	08:53	2000	
Lance Shilton	3	09:33	2000	
Cody Shilton	4	09:38	2000	
Harper Lance	5	09:45	2000	
Fred Shilton	6	09:58	2000	
Ronan Griffiths	7	10:02	2000	
Maria Brunton	9	10:17	2000	
Michael Stephen	8	10:17	2000	
Anja Crombie	10	10:18	2000	
Hannah Shilton	11	11:38	2000	
Jasmin Donaldson	12	11:38	2000	
Katie Stephen	13	11:42	2000	
James McGregor	14	11:44	2000	
Bruce McGregor	15	12:01	2000	
Hannah Hickson	16	12:54	2000	
Katharine Twiddy	17	12:55	2000	
Teresa Stephen	18	12:57	2000	
Poppy Petterson	19	12:59	2000	
Gaine Petterson	20	13:01	2000	
Gay Timpany	21	13:35	2000	
Jessica Martin	22	14:10	2000	
Jodie Hickson	23	14:13	2000	
Keira Murphy	24	14:14	2000	
Tahlia Pearce	25	14:27	2000	
George McGregor	26	14:40	2000	
Edward Twiddy	27	14:54	2000	
Erin Jeffrey	28	14:58	2000	
Bjarni Leggett	29	15:48	2000	
Sheryl Pearson	30	16:21	2000	+ Gareth in Pram
Linda Montgomery	31	16:50	2000	walker
Doris Bragg	32	18:41	2000	walker

Graham Timpany	33	19:28	2000	
Red McHale	34	20:16	2000	walker
Kim Stevenson	35	20:17	2000	walker
Colin Earwaker	1	13:58	4000	
Andrew Hickson	2	14:39	4000	
Alan Crombie	3	14:56	4000	
Siobhan Griffiths	4	15:54	4000	
Chris Lord	5	17:56	4000	
Martin Harris	6	19:24	4000	
Sian Twiddy	7	20:11	4000	
Freya Lord	8	21:31	4000	
Emma Hickson	9	21:33	4000	
Peter Vyver	10	23:04	4000	
Max Bragg	11	23:05	4000	
Kathryn Murphy	12	25:32	4000	
Melkorka Leggett	13	26:34	4000	
Briet Leggett	14	27:06	4000	
Leanne Leggett	15	27:24	4000	walker
Denise Caudwell	16	28:43	4000	walker
Erica Shilton	17	29:15	4000	
Michael Burkinshaw	18	33:10	4000	
Alan Ryan	19	33:53	4000	walker
Diane Barratt-Kendall	20	37:11	4000	walker
Josh Barratt	21	37:12	4000	walker

Matthew Gear	1	24:21	6000
Erin Leahy	2	27:26	6000
Faith Barber	3	28:11	6000

Novice, Veteran, Costello and Tihi-O-Tonga – 14 May 2016 (Tihi-O-Tonga Tree Trust, Simmonds Crescent and Otonga School green areas)

7km approx..				
Ben McHale	NM	27.45	0.00	27.45
Adrian Lysaght	V	27.50	0.00	27.50
Mike Bray	V	28.22	3.00	25.22
Andrew Twiddy	V	28.29	3.00	25.29
Alan Crombie	N	28.30	3.00	25.30
Fred Shilton	V	28.36	9.00	19.36
Daniel Gapes	K	28.39	8.00	20.39
Hannah Gapes	N	29.19	9.00	20.19
Dirk Peters	NM	31.27	7.00	24.27
Stephen Bjarnesen	C	34.35	6.00	28.35
Matthew Dear	NM	34.54	8.00	26.54
Campbell Horn	V	34.55	8.30	26.25
Charlotte Pearson	C	34.56	10.30	24.26
Tracey Hay	C	35.09	10.30	24.39
Chris Lord	V	35.44	12.00	23.44
Clare Barratt-Wood	N	35.45	10.00	25.45
Erin Jeffrey	C	37.36	11.00	26.36

Faith McGregor	NM	37.43	13.00	24.43
John Harvey	V	38.04	12.00	26.04
Amy Bray	C	40.42	15.00	25.42
Max Bragg	V	41.01	15.30	25.31
Martin Harris	V	42.02	16.00	26.02
Peter Bloore	V	44.44	18.00	26.44
Luanna George	V	44.53	18.00	26.53
Peter Vyver	V	50.09	20.30	29.39
Zack Kelly	K	51.25	26.00	25.25
Lance Shilton	K	51.38	20.00	31.38
Denise Caudwell	W	52.57	32.00	20.57
Marieke Wass	W	53.52	30.00	23.52
Diana Van der Akker	W	53.53	30.00	23.53
Diane Barratt-Kendell	W	54.35	31.00	23.35
Dan Hocking	V	63.13	28.00	35.13
Shan Tapsell	W	63.41	30.00	33.41
Linda Johnston	W	63.43	35.00	28.43
Alan Ryan	W	63.45	38.00	25.45
Christine Hocking	W	63.58	37.00	26.58
Rhonda Herring	N	71.29	39.00	32.29
Rinus Adriaansz	W	71.30	38.00	33.30
2km				
Conor Lysaght		9.43		
Maria Brunton		10.09		
Anja Crombie		10.10		
Hannah Shilton		10.48		
James McGregor		11.09		
Cody Shilton		11.11		
Katlyn Parkes		11.14		
Hannah Hickson		11.37		
Katie Stephens		11.53		
Freya Lord		12.30		
Amber Lysaght		12.36		
Emma Hickson		12.59		
Allan Twiddy		13.12		
Bruce McGregor		13.13		
Teresa Stephens		13.28		
Poppy Petterson		14.08		
Gaine Petterson		14.08	+ pram	
Gay Timpany		16.20		
Mike Burkinshaw		16.24		
Erica Shilton		16.45		
Kathryn Twiddy		18.16		
Keira Murphy		19.11		
Kathryn Murphy		19.11		
Eddy Twiddy		19.47		
Sian Twiddy		20.08		
Doris Bragg	W	21.33		
Sheryl Pearson		21.34	+Gareth in Pram	

Trophy winners:

Veteran Trophy – Fred Shilton

Costello Trophy – Charlotte Pearson

Tihi-O-Tonga Trophy – Denise Caudwell

Novice Trophy – Hannah Gapes

Athletics New Zealand Mountain running championships – Ben Lomond, Queenstown – 14 May 2016

13.86 (up and down hill)				
Overall winner	Stephen Day	Wgtn	68.54	Wgtn
<u>Masters men</u>				
<u>35-39</u>				
	Sjors Corporaal	1st		76.27
7.6km (uphill)				
<u>55-59</u>				
	Colin Earwaker	1st		44.57
	Graeme Pearson	2nd		46.53
7.6km (uphill)				
<u>Men under 19</u>				
	Jack Beaumont	1st	Otago	36.59
	Kaya Henderson-Corporaal	8th		44.09

**The Narrows (Tamahere) cross-country – 21 May 2016
Relay – 3.3km lap**

<u>Women's team</u>		24th overall		65.39
Leg 1	Maria Brunton		17.27	
Leg 2	Charlotte Pearson		15.04	
Leg 3	Clare Barratt-Wood		15.51	
Leg 4	Amy Bray		17.17	
<u>Masters Men's team</u>		18th overall		61.04
Leg 1	Adrian Lysaght		12.21	
Leg 2	Alan Crombie		13.55	
Leg 3	Daniel Gapes		13.24	
Leg 4	Peter Vyver		21.24	
Leg 1	Adrian Lysaght		12.21	
Individual 10/12 grades - 2km				
1.	Will Montgomerie	Hawks	6.49	
6.	Conor Lysaght		7.35	
10.	Anja Crombie		7.55	
18.	Amber Lysaght		9.22	

Tauranga Cross-country – 28 May 2016 – Waipuna Park, Welcome Bay.

Women 4100 metres			
<u>Senior women</u>			
1.	Sally Gibbs	Tauranga Ramblers	15.37
4.	Megan Grant		18.00
<u>Youth women</u>			
1.	Chari Miller	Hawks	15.59
5.	Ella Fookes		17.54
7.	Tegan Fookes		18.40
Men 8160 metres			
<u>Masters men</u>			
<u>40-44</u>			
1.	Jason Cameron		30.10
<u>45-49</u>			
1.	Tony Broadhead		32.05
2.	Kerry Robinson		33.26
4.	Alan Crombie		34.57
6.	Daniel Gapes		36.24
<u>55-59</u>			
1.	Colin Earwaker		32.54
<u>70-74</u>			
1.	Max Bragg		46.35
2.	Peter Vyver		52.47

Christchurch Marathon, Athletics NZ half marathon championships - 5 June 2016

Run			
<u>Senior men – 20-34</u>			
1.	Oska Inkster-Baynes	Christchurch	1..06.34
3.	Michael Voss		1.06.50
238.	Aaron Miller		1.35.08
<u>Masters men</u>			
<u>40-44</u>			
3.	Jason Cameron		1.16.04
<u>45-49</u>			
1.	Tony Broadhead		1.18.57
Walk			
	Marieke Wass		3.06.45

**Foster, Smyth, Lamason 9.6km open handicap
11 June 2016 – Paiaka Farm property – top Uthunia Road, Rotorua**

V – visitor W – Walk – A – Adult

9.6km		Finish Time	Handicap	Net Time
	Peter Roy	1:27:50	0:43:00	0.44.50
	Steven Bjarnesen	1:29:36	0:44:30	0.45.06
	Barry Bird	V 1:31:04	0:46:00	0:45:04

Andy Twiddy		1:31:37	0:48:00	0:43:37
Dennis Maddern	V	1:31:46	0:37:00	0:54:46
Gavin Smith	V	1:33:27	0:48:00	0:45:27
Campbell Horn		1:33:36	0:40:30	0:53:06
Kathryn Murphy		1:34:09	0:32:00	1:02:09
Alan Ryan	W	1:35:08	0:04:00	1:31:08
Geoff Proctor	V	1:35:50	0:45:00	0:50:50
Mike Bray		1:35:57	0:50:30	0:45:27
Denise Caudwell	W	1:35:58	0:12:00	1:23:58
Marieke Wass	W	1:36:11	0:12:00	1:24:11
Amy Bray		1:36:14	0:37:30	0:58:44
Geoff Proctor	V	1:35:50	0:45:00	0:50:50
Rhonda Herring		1:36:48	0:18:30	1:18:18
Russell Lake	V	1:37:06	0:53:00	0:44:06
Christine Hocking	W	1:38:07	0:09:30	1:28:37
Gaine Peterson		1:38:21	0:51:30	0:46:51
Bruce Edwards		1:38:56	0:57:00	0:41:56
Phil Gulbransen		1:38:58	0:41:00	0:57:58
Murray Clarkson	V	1:39:26	0:40:00	0:59:26
Rhonda Herring		1:36:48	0:18:30	1:18:18
Russell Lake	V	1:37:06	0:53:00	0:44:06
Christine Hocking	W	1:38:07	0:09:30	1:28:37
Gaine Peterson		1:38:21	0:51:30	0:46:51
Kerryn Barker		1:39:43	0:44:30	0:55:13
Tracey Hay		1:39:56	0:49:30	0:50:26
Sarah Lei		1:40:18	0:44:30	0:55:48
Diane Barratt-Kendell	W	1:41:17	0:18:00	1:23:17
Adrian Lysaght		1:41:24	0:59:00	0:42:24
Fred Shilton		1:42:20	0:55:00	0:47:20
Andy Hickson		1:42:23	0:55:30	0:46:53
Mark Wass	V W	1:42:56	0:00:00	1:42:56
Peter Vyver		1:44:53	0:28:30	1:16:23
Faith McGregor		1:49:25	0:47:30	1:01:55
Russell Clarke		1:53:42	0:48:00	1:05:42
Kerryn Barker		1:39:43	0:44:30	0:55:13
Luanna George		1:54:02	0:32:00	1:22:02
Max Bragg		1:54:14	0:37:00	1:17:14
Mike Burkinshaw	W	1:56:06	0:12:30	1:43:36
Chris Lord		1:58:56	0:48:00	1:10:56
Shan Tapsell	W	1:58:57	0:02:00	1:56:57
Robyn Gray	V W	1:58:58	0:02:00	1:56:58
Linda Johnston	W	1:58:59	0:06:30	1:52:29
Luanna George		1:54:02	0:32:00	1:22:02
Max Bragg		1:54:14	0:37:00	1:17:14
Maureen Heald	W	2:03:47	0:00:00	2:03:47
Beryl Cleland	W	2:18:31	0:00:00	2:18:31
Maureen Rolfe	W	2:18:32	0:00:00	2:18:32
Maureen Heald	W	2:03:47	0:00:00	2:03:47
3km	Ag	Time		

	e			
Hannah Gapes	12	12.41		
Lance Shilton	12	13.51		
Conor Lysaght	10	14.29		
Maria Brunton	12	15.15		
Lance Shilton	12	13.51		
Conor Lysaght	10	14.29		
Maria Brunton	12	15.15		
John Marten	A	15.45		
Cody Shilton	6	17.17		
Hannah Shilton	10	18.16		
Josh Ka Page	10	18.22		
Amber Lysaght	7	18.49		
Poppy Petersen	7	20.08		
James McGregor	7	20.1		
Harry Lei	10	21.16		
Emma Hickson	9	24.23		
Cody Shilton	6	17.17		
Hannah Shilton	10	18.16		
Josh Ka Page	10	18.22		
Keira Murphy	5	24.24		
Freya Lord	10	24.26		
Erica Shilton	A	27.02		
Bruce McGregor	6	29.21		
Katharine Twiddy	7	29.51		
Hannah Hickson	7	30.43		
Katharine Twiddy	7	29.51		
Jodie Hickson	A	30.44		
Doris Bragg	W A	30.5		
Lewis Lei	8	31.17		
George McGregor	4	31.3		
Alan Twiddy	5	32.33		
Eddie Twiddy	4	34.41		
Sian Twiddy	A	35.38		
Jodie Hickson	A	30.44		
Doris Bragg	W A	30.5		
Lewis Lei	8	31.17		

Trophy winners:

Foster Shield - Peter Roy

Smyth Trophy - Kathryn Murphy

Lamason Trophy – Alan Ryan

**Club cross-country championships – 25 June 2016,
Bishops Farm, State Highway 30 (Te Ngae) Rotorua**

V = visitor – not financial with the Club prior to the event

2000 metres - run:			
<i>Girls under 10</i>			
Amber Lysaght		10.32	
Hannah Hickson		12.07	

Poppy Petterson	12.48	V
Jessica Martin	12.53	
Emily Avis	13.52	
Keira Murphy	13.56	
Katharine Twiddy	14.45	
<u>Boys 10 and under</u>		
Conor Lysaght	9.30	
Cody Shilton	10.31	
James McGregor	12.08	
Bruce McGregor	13.36	
Allan Twiddy	14.32	
Edward Twiddy	18.04	
George McGregor	18..23	
<u>Girls 11/12</u>		
Hannah Gapes	7.36	
Anja Crombie	10.06	
Hannah Shilton	10.29	
<u>Boys 11/12</u>		
Sean Gapes	8.31	V
Lance Shilton	8.45	
<u>Girls 13/14</u>		
Rebekah Edhouse	9.08	V
Maria Brunton	9.44	
4000 metres – run:		
<u>Women 20</u>		
Megan Grant	16.27	
Charlotte Pearson	17.21	
Clare Barratt-Wood	17.52	
<u>Women 40</u>		
Sian Twiddy	18.23	
Kerryn Barker	18.53	
Sarah Lei	19.13	
Faith McGregor	19.59	V
Jodie Hickson	20.31	
Teresa Martin	22.45	
<u>Women 45</u>		
Sue Crowley	16.45	
Kathryn Murphy	21.58	
<u>Women 50</u>		
Luanna George	23.57	
<u>Women 60</u>		
Sheryl Pearson	28.23	
<u>Women 65</u>		
Kathy Howard	22.30	
4000 metre - walk:		
<u>Women 45</u>		
Sharissa Hetherington	59.15	
<u>Women 55</u>		
Diane Barratt-Kendell	28.52	
<u>Women 65</u>		
Maureen Rolfe	44.56	

<u>Women 75</u>		
Maureen Heald	44.56	
<u>Men 55</u>		
Rinus Adriaansz	34.39	
<u>Men 65</u>		
Alan Ryan	33.43	
<u>Men 70</u>		
Mike Burkinshaw	35.39	
8000 metres – run:		
<u>Men 20</u>		
Ben McHale	30.23	V
Dirk Peters	30.34	V
Stephen Bjarnesen	33.38	
6000 metres – run:		
<u>Men 35</u>		
Matt Parsonage	21.51	
Andy Twiddy	25.03	
<u>Men 40</u>		
Adrian Lysaght	22.09	
Andy Hickson	24.52	
Fred Shilton	25.12	
Gaine Petterson	25.16	
Andrew Jamieson	25.27	
<u>Men 45</u>		
Tony Broadhead	23.30	
Kerry Robinson	23.08	
Alan Crombie	24.17	
Daniel Gapes	25.01	
Chris Bycroft	34.42	
<u>Men 50</u>		
Bruce Edwards	22.45	
Dave Cronshaw	23.56	
Peter Roy	24.10	
<u>Men 55</u>		
Colin Earwaker	22.31	
<u>Men 60</u>		
Phil Kerrison	32.04	
<u>Men 65</u>		
Campbell Horn	29.17	
Trevor Ogilvie	29.23	
<u>Men 70</u>		
Max Bragg	32.44	
Peter Vyver	40.44	

**North Island Cross-country championships – Spa Park,
Taupo - 2 July 2016**

	3000 metres Boys 13,14		
1	Finlay Seeds	Trentham United	10.01
21	Max Voss		12.06

	5000 metres Men 18,19		
1	Hayden Wilde	Whakatane	16.14
3	Michael Voss		16.22
	6000 metres Masters men		
	35-39		
1	Mathew Rogers	Hutt Valley	20.48
3	Matt Parsonage		21.13
	40-44		
1	Stephen Day	Wellington Scottish	20.06
2	Jason Cameron		20.51
	45-49		
1	Michael Wray	Wellington Scottish	22.08
2	Tony Broadhead		22.20
	55-59		
1	Alistair Prangnell	Auckland Athletic	22.22
2	Colin Earwaker		22.23
3	Bruce Edwards		22.56
	70-74		
1	Alan Jones	Egmont Athletics	30.51
5	Peter Vyver		39.12
	3000 metres Girls 13,14		
1	Charli Miller	Hamilton Hawks	10.40
6	Hannah Gapes		11.31
	5000 metres women 20-34		
1	Laura Nagel	Napier Harriers	17.53
10	Megan Grant		20.15
	Master women 5000 metres		
	65-69		
1	Joy Baker	Energy City Harriers	26.14
2	Kathy Howard		26.53

Athletics Waikato BOP Cross-country championships - Spa Park, Taupo - 16 July 2016

	<u>Girls 13, 14 – 3000 metres</u>		
1	Charli Miller	Hamilton City Hawks	11.03
4	Hannah Gapes		11.40
	<u>Masters men - 6000 metres</u>		
	<u>65-69</u>		
1	Dennis Madden	Athletics Tauranga	27.35
2	Trevor Ogilvie		28.22
	<u>70-74</u>		
1	Peter Vyver		39.26
	<u>Masters men - 8000 metres</u>		
	<u>35-39</u>		
1	Lance Brew	Hamilton City Hawks	30.25

2	Andy Twiddy		34.19
	<u>40-44</u>		
1	Steve Rees-Jones	Hamilton City Hawks	27.36
5	Andrew Hickson		33.47
	<u>45-49</u>		
1	Kent Hodgson	Hamilton City Hawks	30.10
2	Tony Broadhead		30.23
5	Kerry Robinson		31.45
8	Daniel Gapes		34.03
	<u>50-54</u>		
1	Bruce Edwards		30.40
	<u>60-64</u>		
1	Colin Earwaker		31.13

**Minster Cup estimated 10km and Kerrison Run/walk trophies
5km –Timber Industry Training Centre, Poplar Drive, Whaka Forest – 30 July 2016**

V = visitor

Minster Cup 10km estimated time - Run	Finish time	Estimated time	Diff.
Matt Parsonage	36.48	36.00	+0.48
Tony Broadhead	37.53	36.50	+1.03
Adrian Lysaght	38.16	38.00	+0.16
Dave Cronshaw	38.37	39.00	-0.23
Steven O'Callaghan	39.52	41.35	-1.33
Chris Corney	40.13	39.39	+0.34
Andy Hickson	41.02	41.28	-0.26
Alan Crombie	41.14	41.30	-0.16
Andrew Twiddy	41.21	41.30	-0.09
Barry Bird	V 41.26	40.00	+1.26
Jason Steyn-Ross	42.28	42.00	+0.28
Fred Shilton	43.09	43.30	-0.21
Daniel Gapes	43.16	45.02	-1.46
Campbell Horn	49.38	51.00	-1.22
Kerryn Barker	49.46	48.00	+1.46
Steve Bradley	53.20	53.08	+0.12
Chris Lord	53.39	54.00	-0.21
Amy Bray	53.39	55.00	-1.21
Phil Gulbransen	54.54	51.23	+3.31
Kathryn Murphy	55.09	56.10	-1.01
Rhonda Herring	66.21	70.00	-3.39
Peter Vyver	71.15	59.00	+12.15
Kerrison Trophy 5km - run			
Hannah Gapes	20.05	23.00	-2.55
Lance Shilton	23.25	25.30	-2.05
Sian Twiddy	23.29	24.50	-1.21
Johanna Ottosson	24.35	---	With pram
Jodie Hickson	25.17	25.00	+0.17
Kathy Howard	26.50	26.54	-0.04

Peter Bloore		29.39	28.00	+1.39
Mary Swanson		29.48	30.00	-0.12
Kerrison Trophy 5km - walk				
Dianne Barratt-Kendell		35.46	33.00	+2.46
Denise Caudwell		37.56	41.20	-3.23
Marieke Wass		39.47	41.13	-1.26
Mike Burkinshaw		41.20	46.00	-4.40
Rinus Adriaansz		41.56	44.00	-2.04
Jeanene Lysaght		41.59	43.28	-1.29
2km course				
Conor Lysaght		7.05		
Anja Crombie		7.17		
Maria Brunton		7.32		
Cody Shilton		7.44		
Amber Lysaght		8.25		
Bruce McGregor		9.01		
James McGregor		9.09		
Hannah Hickson		9.15		
Hannah Shilton		10.06		
Elisabeth Manthart	V	10.08		
Alan Twiddy		10.11		
Keira Murphy		11.42		
Erica Shilton		13.19		

Kathrine Twiddy		14.10		
Edward Twiddy		14.23		
Freya Lord		16.07		
Emma Hickson		16.14		

Mokopuna Dash – No 2 - 6 August 2016

Name	Place	Time	Distance Approx	Notes
Cody Shilton	1	9.18	1860	
James McGregor	2	11.00	1860	
Jake Porter	3	11.26	1860	
Bruce McGregor	4	11.36	1860	
Alan Twiddy	5	11.37	1860	
Jessica Martin	6	13.06	1860	
Ellie Porter	7	13.21	1860	
Mike Burkinshaw	8	15.17	1860	run
Keira Murphy	9	15.30	1860	
Alan Ryan	10	15.31	1860	walk
Katharine Twiddy	11	18.46	1860	
Eddy Twiddy	12	20.26	1860	
Red McHale	13	25.46	1860	
Campbell Porter	14	29.57	1860	
Anita Porter	15	29.57	1860	
Shaun Martin	16	30.36	1860	
Fred Shilton	1	16.15	3720	
Jeffery Conrad	2	18.07	3720	
Chris Lord	3	18.28	3720	
Kathryn Murphy	4	20.49	3720	
Colin Flutey	5	22.17	3720	
Freya Lord	6	23.48	3720	

Emma Hickson	7	23.48	3720	
Linda Johnstone	8	26.56	3720	
Hannah Hickson	9	29.14	3720	
Andy Hickson	10	29.18	3720	
Ryan Magness	11	39.42	3720	
AleyMagness	12	39.42	3720	
Jodie Hickson	1	27.56	5580	
Faith McGregor	2	27.56	5580	
Peter Vyver	3	38.04	5580	

New Zealand Cross-country championships – Auckland Domain – 7 August 2016

<i>Under 15 girls - 3000 metres</i>				
1.	Charli Miller	Waikato		10.54
4	Hannah Gapes			11.50
<u>Masters Men - 8000 metres</u>				
<u>40-44</u>				
1.	Dan Nixon	Wellington		28.46
5.	Jason Cameron			29.27
<u>50-54</u>				
1.	Richard Bennett	Canterbury		29.06
7	Bruce Edwards			31.50
<u>60-64</u>				
1.	Paul Sharp	Wellington		32.00
3.	Colin Earwaker			32.28

Trout Fly Time trial – 13 August 2016

	Place	Time	Distance
Hannah Shilton	1	5.30	1400 m
Cody Shilton	2	5.39	1400m
Hayden Martin	3	5.48	1400m
Elliot Castle	4	6.22	1400m
James McGregor	5	6.27	1400m
Alan Twiddy	6	6.31	1400m
Bruce McGregor	7	6.34	1400m
Katharine Twiddy	8	8.10	1400m
Anja Crombie	1	11.32	2550m
Alan Crombie	2	11.32	2550m
Sheryl Pearson	3	28.29	2550m (w)
Kerry Reynolds	4	29.19	2550m (w)
Jason Cameron	1	16.48	5000m
Ben McHale	2	17.37	5000m
Tony Broadhead	3	17.38	5000m
Dave Cronshaw	4	18.05	5000m
Chris Corney	5	18.14	5000m
Kerry Robinson	6	18.24	5000m
Andy Hickson	7	19.13	5000m
Fred Shilton	8	20.02	5000m
Andrew Jamieson	9	20.15	5000m
Gaine Petterson	10	20.31	5000m
Russell Clarke	11	21.47	5000m
Lance Shilton	12	22.01	5000m
Sian Twiddy	13	22.06	5000m
Gillian Shapley	14	22.44	5000m
Sam Rossiter	15	22.55	5000m
Campbell Horn	16	23.04	5000m
Tania Smellie	17	23.10	5000m
Kerryn Barker	18	23.23	5000m
Faith McGregor	19	23.37	5000m
Phil Gulbransen	20	23.59	5000m
Chris Lord	21	24.12	5000m
Kathryn Murphy	22	24.49	5000m
Amy Bray	23	25.01	5000m
Mike Bray	24	25.01	5000m
Teresa Martin	25	26.30	5000m
Peter Vyver	26	30.48	5000m
Diane Barrett-Kendall	1	33.05	5000m (w)
Denise Caudwell	2	36.46	5000m (w)
Marieke Wass	3	37.44	5000m (w)
Gay Timpany	4	39.37	5000m (w)
Rinus Adriaansz	5	46.39	5000m (w)
Mike Burkinshaw	6	46.40	5000m (w)

Athletics Waikato BOP – Road championships – Raynes Road - Tamahere - 20 August 2016

<u>Masters women – 5000 metres</u>			
<u>40-44</u>			
Sian Twiddy	1		21.27
<u>65-69</u>			
Kathy Howard	1		25.19
<u>Women open -10000 metres</u>			
Sally Gibbs	1	Tauranga	36.46
Megan Grant	5		40.24
<u>Men open</u>			
Craig Kirkwood	1	Tauranga	32.37
Steven O'Callaghan	4		35.14
Jason Steyn-Ross	8		38.46
<u>Masters men</u>			
<u>35-39</u>			
Andrew Jamieson	2		40.43
<u>40-44</u>			
Jason Cameron	1		34.53
Brendon Keenan	5		37.00
Andrew Hickson	7		39.36
<u>45-49</u>			
Tony Broadhead	2		35.33
Kerry Robinson	5		38.04
Alan Crombie	9		40.46
<u>50-54</u>			
Dave Cronshaw	3		37.32
Chris Corney	4		38.32
<u>60-64</u>			
Phil Gulbransen	4		47.28
<u>65-69</u>			
Trevor Ogilvie	1		43.43
<u>70-74</u>			
Peter Vyver	2		60.43

Auckland road championships – 20 August 2016

<u>Senior men – 10000 metres</u>			
Jono Jackson	1	Auckland	31.22
Michael Voss	2		31.27

Mokopuna Dash - No 3- 27 August 2016

	Place	Time	Distance
Conor Lysaght	1	8.36	1860 approx
Maria Brunton	2	10.03	
Hannah Shilton	3	10.35	
James McGregor	4	10.44	

Bruce McGregor	5	12.53	
Tahlia Pearce	6	13.45	
Amber Lysaght	7	13.45	
Anna Martin	8	13.46	
Rinus Adriaansz (w)	9	15.16	
Keira Murphy	10	16.39	
Kathryn Murphy	11	16.40	
Lance Shilton	1	17.51	3720approx
John Harvey	2	22.55	
Mike Burkinshaw (w)	3	33.03	
Adrian Lysaght	1	21.11	5580approx
Fred Shilton	2	23.29	
Tania Smellie	3	26.57	
Campbell Horn	4	27.11	
Faith McGregor	5	27.34	
Jodie Hickson	6	27.34	
Peter Vyver	7	36.58	
Dianne Barratt-Kendell (w)	8	37.58	

Mokopuna Dash - No 4 – 3 September 2016

	Place	Time	Distance
			1860 approx.
Maria Brunton	1	9.07	
Amber Lysaght	2	9.49	
Jake Porter	3	10.56	
Bruce McGregor	4	11.05	
Elliot Castle	5	11.06	
Alan Twiddy	6	11.33	
James McGregor	7	11.41	
Lydia O'Callaghan	8	11.46	
Maisey O'Callaghan	9	12.24	
Hannah Hickson	10	17.48	
Katharine Twiddy	11	17.49	
Keira Murphy	12	17.51	
Sam Rossiter	1	16.01	3720 approx.
Cody Shilton	2	19.45	
Kathryn Murphy	3	21.39	
Anita Gibb	4	21.39	
Hamish McGregor	5	22.28	
Mike Burkinshaw (w)	6	30.21	
Rinus Adriaansz (w)	7	31.33	
Steven O'Callaghan	1	20.40	5580approx.
Adrian Lysaght	2	21.29	
Sian Twiddy	3	26.05	
Campbell Horn	4	26.40	
Fred Shilton	5	27.06	
Emma Hickson	6	30.49	
Peter Vyver	7	36.30	

Athletics New Zealand Road running championships- Masterton – 3 September 2016

<u>Men under 20 – 8000 metres</u>			
Michael Voss	1		26.44
<u>Masters men - 10000 metres</u>			
<u>45-49</u>			
Chris Mardon	1	Canterbury	34.13
Jason Cameron	3		34.50
Tony Broadhead	5		36.57
<u>Masters women – 5000 metres</u>			
<u>65-69</u>			
Pam Graham	1	Wellington	23.44
Joy Baker	2	Taranaki	24.40
Kathy Howard	3		24.43

Red Stag Redwoods Forest Saturday 10 September 2016 - Rotorua

<u>Running teams</u>			
Female Youth			
Pakuranga Athletics	1st	49.37	
Lake City-Rotorua	16th	1.14.06	
Lillian Muir			17.19
Hannah Hickson			20.14
Emma Hickson			15.29
Katharine Twiddy			21.04
Women Open			
Lake City-Rotorua	1st	1.54.00	
Clare Barrett- Wood			21.32
Char Pearson			21.45
Tracey Hay			21.36
Amy Bray			24.14
Natalie Miedema			24.53
Masters Women			
Lake City-Rotorua – No 1	1st	1.48.41	
Johanna Ottosson			19.56
Sian Twiddy			22.28
Sue Crowley			19.36
Gillian Shapley			23.06
Tania Smellie			23.35
Masters Women – No2	4th	2.05.47	
Sarah Lei			24.52
Dee Horne			25.26
Kathryn Murphy			25.05
Anita Gibb			27.00
Jodie Hickson			23.24
Men Open			
Pakuranga	1st	1.24.07	
Lake City-Rotorua	3rd	1.29.34	
Michael Voss			15.46
Steven O'Callaghan			16.47
Jason Steyn-Ross			18.53
Stephen Bjarnesen			18.54

Andrew Twiddy			19.14
Masters men			
Pakuranga	1 st	1.27.05	
Lake City-Rotorua – No 1	3rd	1.29.05	
Adrian Lysaght			17.56
Jason Cameron			16.44
Kerry Robinson			18.45
Bruce Edwards			18.12
Tony Broadhead			17.28
Lake City- Rotorua - No 2	5th	1.38.01	
Daniel Gapes			20.17
Chris Corney			18.42
. Gaine Petterson			20.41
Alan Crombie			19.30
Andy Hickson			18.51
Lake City-Rotorua – No 3	8th	1.49.09	
Andrew Jamieson			19.45
Mike Bray			19.50
Phil Gulbransen			23.16
Chris Lord			24.04
Campbell Horn			22.14
Lake City- Rotorua - No 4	10th	2.07.12	
Ray Hewlett			23.54
Steve Bradley			24.18
Andrew Skene			21.02
Peter Vyver			29.36
Peter Bloore			28.22
<u>Walking teams</u>			
Egmont Athletics	1st	61.59	
Lake City-Rotorua – No 1	3rd	69.51	
Diane Barratt-Kendell			33.36
Glennis Hennessy			36.15
Lake City-Rotorua – No 2	8th	80.26	
Rinus Adriaansz			40.55
Gay Timpany			39.31
Lake City-Rotorua – No 3	10th	84.05	
Alan Ryan			40.52
Andy Eastcott			43.13
Lake City-Rotorua – No 4	12th	88.22	
Doris Bragg			45.38
Christine Hocking			38.42

Sue Crowley had the fastest masters women lap time
Michael Voss had the fastest men's open lap time

**Club Road championships – Hannahs Bay – Rotorua –
17 September 2016**

Running		
<u>10 and under boys – 2000 metres</u>		
Conor Lysaght		8.26
Cody Shilton		10.22

James McGregor			11.43
<u>10 and under girls- 2000 metres</u>			
Anja Crombie			8.59
Emma Hickson			9.29
Amber Lysaght			10.29
Hannah Hickson			13.23
Keira Murphy			14.37
<u>11/12 boys- 2000 metres</u>			
Lance Shilton			8.24
Harlyn Pearce	V		11.38
<u>11/12 girls – 2000 metres</u>			
Hannah Shilton			10.05
<u>13/14 girls – 3000 metres</u>			
Maria Brunton			14.38
<u>Masters women – 5000 metres</u>			
<u>40-44</u>			
Gillian Shapley			22.04
Jodie Hickson			22.10
Kerryn Barker			22.39
<u>45-49</u>			
Faith McGregor	V		24.16
Kathryn Murphy			25.23
<u>50-54</u>			
Rhonda Herring			28.40
<u>Men 20 – 10000 metres</u>			
Michael Voss			32.18
Tom Reynolds	V		34.46
Carl Fischer			35.15
Steven O'Callaghan			35.25
Ben McHale	V		35.31
Matthew Morrau	V		36.22
Stephen Bjarnesen			38.38
Warren Blunt	V		47.56
<u>Masters men – 10000 metres</u>			
<u>35-39</u>			
Matt Parsonage			35.38
<u>40-44</u>			
Adrian Lysaght			37.07
Andrew Hickson			38.29
Andrew Jamieson			40.42
Gaine Petterson			40.47
Fred Shilton			40.50
<u>45-49</u>			
Tony Broadhead			37.05
Kerry Robinson			38.00
Alan Crombie			39.41
Daniel Gapes			41.16

<u>50-54</u>		
Chris Corney		37.42
Peter Roy		43.20
Chris Lord		46.49
<u>55-59</u>		
Bruce Edwards		38.10
Mike Bray		38.57
<u>60-64</u>		
Phil Gulbransen		46.56
<u>65-69</u>		
Campbell Horn		47.49
Ray Hewlett		51.44
<u>70-74</u>		
Ray Litchwark		48.33
Peter Vyver		61.23
<u>Women open – 10000 metres</u>		
Sue Crowley		39.03
Johanna Ottosson		40.26
Charlotte Pearson		42.56
Tracey Hay		43.33
Amy Bray		51.45
Walk – 5000 metres		
<u>Men 60-64</u>		
Rinus Adriaansz		42.33
<u>Men 65-69</u>		
Alan Ryan		41.34
<u>Women 50- 54</u>		
Gay Timpany		42.39
<u>Women 55-59</u>		
Dianne Barratt-Kendall		33.27

Fenton Park Blast – 24 September - 2016

<u>2 laps – 1.00km approx</u>		
Cody Shilton		4.38
Bruce McGregor		5.25
Elliot Castle		5.50
Keria Murphy		6.21
3km		
Matt Parsonage		9.45
Dave Cronshaw		10.12
Andy Twiddy		10.37
Alan Crombie		10.39
Sue Crowley		10.50
Peter Roy		11.00
Andrew Jamieson		11.04
Mike Bray		11.06
Gaine Petterson		11.09
Megan Grant		11.11
Fred Shilton		11.23

Sam Rossiter		11.50
Sian Twiddy		12.13
Lance Shilton		12.16
Tania Smellie		12.17
Chris Lord		12.26
Faith McGregor		12.57
Amy Bray		13.16
Luke Crombie		13.18
Stephen Bradley		13.24
Campbell Horn		13.35
Ray Litchwark		13.37
John Harvey		13.53
Anja Crombie		13.57
Kathryn Murphy		14.15
Peter Bloore		14.54
Freya Lord		15.45
Emma Hickson		15.50
Andrew Skene		16.40
Rhonda Herring		16.43
Peter Vyver		17.13
Hannah Hickson		18.49
Diane Barratt-Kendell	W	19.36

Dunedin Marathon - 25 September 2016

<u>Open Women</u>		
Megan Grant	1st	3.09.43
10th overall		

Athletics New Zealand Road relay Championships – 1 October 2016 - Rotorua

Walkers			
Trentham		1st	4.52.11
Lake City-Rotorua		4th	5.54.30
Gay Timpany	71.04		
Rinus Adriaansz	68.55		
Glennis Hennessy	27.49		
Alan Ryan	49.45		
Mike Wharton	68.16		
Diane Barratt-Kendell	68.37		
Social			
North Harbour Bays		1st	2.56.54
Lake City-Rotorua		9th	3.33.38
Amy Bray	42.35		
Tracey Hay	39.35		
Peter Vyver	21.07		
Bruce Easton	27.26		
John Harvey	41.06		
Megan Grant	41.43		

Senior Men – B Grade			
Scottish No 2		1st	3.38.58
Lake City-Rotorua		5th	3.50.02
Steven O'Callaghan	30.25		
Carl Fischer	30.46		
Jason Steyn-Ross	34.06		
Stephen Bjarnesen	34.10		
Matt Parsonage	33.29		
Andrew Twiddy	33.20		
Sam Osborne	33.40		
Masters Men A			
Wellington Harriers		1st	3.46.05
Lake City-Rotorua		5th	3.52.44
Dave Cronshaw	32.26		
Bruce Edwards	32.28		
Mike Bray	34.32		
Adrian Lysaght	31.12		
Tony Broadhead	34.46		
Brendon Keenan	32.05		
Jason Cameron	35.09		
Masters Men B		11th	4.34.00
Daniel Gapes	36.35		
Gaine Petterson	36.09		
Chris Lord	41.12		
Peter Roy	36.15		
Alan Crombie	39.31		
Chris Bycroft	43.22		
Andrew Jamieson	40.49		
Masters 60			
Wellington Harriers		1st	3.09.22
Lake City-Rotorua		2nd	3.20.08
Phil Gulbransen	39.02		
Trevor Ogilvie	37.48		
Ray Hewlett	18.21		
Ray Lichtwark	27.52		
Campbell Horn	37.41		
Colin Earwaker	39.18		
Masters Women A			
Scottish		1st	4.26.49
Lake City-Rotorua		3rd	4.37.08
Sian Twiddy	39.41		
Tania Smellie	39.32		
Kerryn Barker	40.27		
Gillian Shapley	38.15		
Sue Crowley	38.30		
Sarah Lei	39.25		
Johanna Ottosson	41.16		

Masters Women B			
Dee Horne	42.25	6th	5.24.18
Jodie Hickson	41.15		
Rhonda Herring	52.48		
Faith McGregor	41.06		
Kathryn Murphy	51.18		
Kelly Mitchell	39.04		
Anita Gibb	56.16		

New Plymouth Half Marathon – 2 October 2016

Michael Voss	1st	69.45	

Forest 10km open handicap and Magic Mile – 8 October 2016

<u>Magic Mile</u>			
Lance Shilton	6.14		
Conor Lysaght	6.31		
Cory Shilton	6.50		
James McGregor	7.31		
Amber Lysaght	7.31		
Bruce McGregor	8.22		
Keira Murphy	11.30		
<u>Forest 10km – open handicap</u>			
Christine Hocking	1.41.52	13.00	1.28.52
Sue Crowley	1.43.38	58.00	45.38
Luanna George	1.43.52	41.00	62.52
Fred Shilton	1.45.01	58.00	47.01
Adrian Lysaght	1.46.16	62.30	43.46
Chris Bycroft	1.46.16	39.30	66.46
Andy Twiddy	1.46.53	58.30	48.23

**River Trail Trot - 23 July 2016 - River bank Waikato River,
Atiamuri – main event**

				Distance	Placing	Walking	30 min +	Total	
Place	Name	Team	Time	Distance	Points	Points	Points	Penalty	Points
1	Cody Shilton	Lowlanders	16:27	3000	3	5			8
2	Emma Hickson	Trip to the Cake Tin 2016	18:53	3500	3.5	5			8.5
3	Conor Lysaght	Trip to the Cake Tin 2016	19:36	4000	4	5			9
4	Erica Shilton	Trip to the Cake Tin 2016	22:49	3500	3.5	3			6.5
5	Jeanene Lysaght	Lowlanders	22:57	3000	3	3	5		11
6	Hannah Shilton	Lowlanders	23:12	4000	4	3			7
7	Hannah Hickson	Lowlanders	24:54	3500	3.5	1			4.5
8	James McGregor	Lowlanders	24:56	3500	3.5				3.5
9	Jodie Hickson	Trip to the Cake Tin 2016	24:58	3500	3.5				3.5
10	Tracey Hay	Lowlanders	25:01	5500	5.5	5			10.5
11	Andy Hickson	Trip to the Cake Tin 2016	25:02	6000	6	5			11
12	Fred Shilton	Lowlanders	25:04	6000	6	3			9
13	Lance Shilton	Lowlanders	25:10	5000	5	5			10
14	Matt Parsonage	Lowlanders	26:24	7000	7	5			12
15	Faith McGregor	Trip to the Cake Tin 2016	26:48	5500	5.5	3			8.5
16	Adrian Lysaght	Trip to the Cake Tin 2016	26:55	7000	7	3			10
17	Steven O'Callaghan	Trip to the Cake Tin 2016	27:03	6500	6.5	5			11.5
18	Andy Twiddy	Lowlanders	27:15	6500	6.5	3			9.5
19	Diane Barratt-Kendall	Trip to the Cake Tin 2016	27:30	4000	4	1	5		10
20	Alan Ryan	Trip to the Cake Tin 2016	28:08	3500	3.5		5		8.5
21	Greg Holland	Trip to the Cake Tin 2016	28:11	3000	3	1	5		9
22	Peter Vyver	Lowlanders	33:44	5000	5	3		-5	3

**Children's Taniwha Run - 1500 metres – 23 July 2016 --
River bank Waikato River, Atiamuri**

Place	Name	Time
1	Amber Lysaght	09:07
2	Bruce McGregor	09:29
3	Maisie O'Callaghan	09:32
4	Tineke O'Callaghan	09:49
5	Katharine Twiddy	10:31
6	Lydia O'Callaghan	10:37
7	Alan Twiddy	10:50
8	Edward Twiddy	16:11
9	Sian Twiddy	17:14