



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## GUFF SHEET

4 April 2015

### The past week:

**Trout Fly** – the final Trout Fly event for this summer was held last Thursday. Results are below.

**Thank you:** Over the summer months the Club has had a number of activities happening: The Tuesday evening children's athletics – Tiny Tots to 11 year olds: The Wednesday evening 12 year plus track and field: the fortnightly Thursday evening Trout Fly: The Children's ribbon Day: The Copthorne off Road half marathon and associated events.

All of these would not happen without mums/dads/caregivers/partners/fellow club members/friends of the Club giving up their time and in some instance the chance to actually participate.

Thank you all for your contribution to the Club and our sport over the recent months.

### Whaka Forest - logging operations:

Logging operations are continuing in the Forest so take care. These are weekdays between 7.00am and 4.00pm. Log haulage trucks will make use of Pipeline, Direct, Red Tank and Nursery Roads and could be operating at any time day or night.



Security will be on site to manage the road safety closures. Please respect their instructions.

### Renewal of club membership:

Last week an email (25/3) with an attachment relating to renewal of club membership for the forthcoming year (1 April 2015 to 31 March 2016) was forwarded to members that have an email address.

Before returning the form by which ever method you choose, please ensure all the necessary details have been completed. If paying direct into the Club's bank account make sure a reference to the payment is entered, and that the actual form is forwarded to the club. All this is necessary to allow your membership to be processed.

The fee paid entitles you to take a placing in events conducted by the club and now unlike previous years Athletics Waikato BOP and Athletics New Zealand championship events.

Paper copies of the membership form are at the Neil Hunt Park clubrooms.

### Events on the local scene:

#### **SUNDAYS**

##### Distance athletes

**Running clinic** - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions: 10kers meet at 7.25am at a venue to be advised.

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759): Email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

**Others 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. 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

##### Distance athletes

**Running clinic** – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Others that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

#### **WEDNESDAYS**

**All athletes** – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

#### **THURSDAYS**

##### 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

**Running clinic** – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Others that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

## Upcoming distance events:

**Saturday 2 May** - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via [www.rotoruumarathon.co.nz](http://www.rotoruumarathon.co.nz)

## Track and Field:

The Club's teens and adults trophy winners for the season are:

### Champion of Champion - Seniors 15 years plus

Overall points attained in the championship programme

#### *Sam Rossiter*

This was a very close contest with three points separating the top two

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### Keith Hay Homes – Men's middle distance

Points accumulated in the 800, 1500 and 3000 metres championship events

#### *Steven O'Callaghan*

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### Sprint trophy – women's sprints

Points accumulated in the 100, 200, 400 metres championship events

#### *Karyn McCready*

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### President's Trophy

12, 13, 14 years for overall points attained in championship programme

#### *Brooklyn Tomo*

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### Cool Spring Trophy

Best all round performances by an athlete aged 15 to 19 years in the championship programme

#### *Alec Johnson*

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### Pentathlon Trophy

Most points achieved on the Pentathlon evening

#### *Alec Johnson*

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### Dorothy Malcolm Memorial Trophy

Person who has made the greatest contribution to Wednesday evening's teens and adults track and field

#### *Adrian Lysaght*

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## Champagne Breakfast

Skyline is booked for Sunday morning 26 April for the annual Champagne Breakfast. Cost is \$22.00pp. (Adult and child price) which includes the gondola ride up.

Details on the entertainment are to come and next week plus the dates on when to pay as pay it is beforehand at the clubrooms (not on the day at Skyline).



## RESULTS

### Trout Fly – 26 March 2015 – No 10

Sarah Lei	1	11:33	2550	
Kelly Mitchell	2	12:11	2550	*
James Watson	3	13:02	2550	*
Casper Grunwell	4	13:14	2550	*
Anja Crombie	5	13:15	2550	*
Emma Hickson	6	13:53	2550	
Freya Lord	7	13:54	2550	
Mere Attwater	8	14:50	2550	*
Lucas Joy	9	15:32	2550	*
Jessica McMillan	10	15:50	2550	
Alyssa Pingol	11	15:52	2550	*
Aria Browne	12	16:01	2550	*
Samantha Samson	13	16:38	2550	
Rachael Browne	14	16:54	2550	*
Anita Roy	15	17:58	2550	*
Jade Mitchell	16	17:59	2550	
Dave Rossiter	17	17:59	2550	*
Hannah Hickson	18	21:06	2550	
Tamzin Joy	19	22:34	2550	*
Rina Joy	20	22:38	2550	*
Chase Grunwell	21	23:14	2550	
Angela Grunwell	22	23:15	2550	
Peter Roy	23	23:46	2550	+ pram.
Katie Roy	24	23:48	2550	
Madison Aitchison	25	26:18	2550	
Bridget Aitchison	26	26:19	2550	
Rachelle Cavanagh	27	27:57	2550	
Liam Murphy	28	27:58	2550	+ pram.
Claire Roy	29	29:02	2550	
Tamsin Aitchison	30	29:13	2550	
Lauren Wass	31	29:35	2550	
Andrew Crowley	1	17:13	5000	
Adrian Lysaght	2	17:17	5000	
Ben McHale	3	17:32	5000	
Tony Broadhead	4	18:17	5000	*
Sam Rossiter	5	18:23	5000	*
Stephen Bjarnesen	6	18:49	5000	
Jason Steyn-Ross	7	19:13	5000	
Cameron McKenzie	8	19:31	5000	
David Cronshaw	9	19:39	5000	*
Megan Grant	10	19:57	5000	
Gaine Petterson	11	20:20	5000	*
Charlotte Pearson	12	21:02	5000	
Sian Twiddy	13	21:34	5000	
Lindsay Foster	14	21:44	5000	*
Jason Finnerty	15	21:54	5000	*
Ester George	16	21:58	5000	*
Andrew Jamieson	17	22:05	5000	
Chris Lord	18	22:14	5000	

Nicola Fisken	19	22:22	5000	
Lauren Keaney	20	22:23	5000	*
Michael Tang	21	22:27	5000	*
Philip Gulbransen	22	22:39	5000	*
Wayne Cameron	23	22:41	5000	
Noreen Crombie	24	22:48	5000	
Jodie Hickson	25	22:51	5000	
John Harvey	26	23:07	5000	
Craig Pollard	27	23:13	5000	
Sarah Manders	28	23:25	5000	*
Bruce Easton	29	23:29	5000	
Amy Bray	30	23:55	5000	*
Mike Bray	31	23:58	5000	
Paul Whitehead	32	24:00	5000	
Kathy Jackson	33	24:11	5000	
Colin Davis	34	24:17	5000	*
Steve Bradley	35	24:57	5000	
Kaye King	36	24:58	5000	*
Max Bragg	37	25:26	5000	
Aaron Walmsley	38	25:31	5000	
Arturo Pingol	39	25:55	5000	*
Jack Peterson	40	26:04	5000	
Luanna George	41	26:09	5000	*
Dee Horne	42	26:21	5000	
Tenecia Hingston	43	26:35	5000	*
Chris Bycroft	44	26:42	5000	
Tracy Sebirn	45	27:19	5000	
Phil Kerrison	46	27:23	5000	
Matt Fisken	47	27:53	5000	
Jan France-Goss	48	28:03	5000	*
Lewis Yetsenga	49	28:29	5000	
Kirsty Peterson	50	29:25	5000	*
Bart Yetsenga	51	29:29	5000	
Peter Vyver	52	29:38	5000	
Rhonda Herring	53	30:04	5000	
Stephanie Thompson	54	30:15	5000	*
Sheryl Pearson	55	31:45	5000	
Keith Walmsley	56	36:19	5000	*
Diane B K	57	36:30	5000	
Sue Crowley	58	36:48	5000	
Marama Christie	59	36:54	5000	
Rinus Adriaansz	60	48:52	5000	Walker.

\*: season personal best.

### 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

**Sarah Wiwarena** – Ph: 348 7674 (evenings):

Mobile 027 248 3874

**Denise Caudwell** - Ph 346 8431 (evenings)

**Nikki Mitchell** - Ph: 349 2920 (evenings):

Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.