



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
11 November 2017

The past week:

The weather allowed the club's two mid-week activities to go ahead. That is the Tuesday children's athletics and the Teens and adults athletics first weekly Wednesday evening with a far better attendance than at the same time last year. Results are below.

The club's distance athletes Tuesday and Thursday evening and Sunday morning runs and walks had a variety of weather to deal with.

Club certificates:

Those club members that was unable to attend the winter season prize giving please check the 28 October guff sheet to see if you have a certificate(s) in your name for your uplifting at the Neil Hunt Park clubrooms. These are on the table to your left on entering the clubrooms.

Whaka Forest:

Logging operations are happening for 4/5 weeks in the region of Hill Road. Logging trucks will be using Nice and Hill Road and mountain bike tracks like Corners, Red Riding Huck will be out of bounds. A side road near the top of Hill Road is also being closed. Some of the areas will be open during the weekends. Please do no venture into the closed areas and respect any tapes and closures in place.

8 Mile Gate Road - please remember that this road is out of bounds at all times to all. Please use the couple of crossing points – one opposite Poplar Avenue and the other at Sandstone Road.

Local regular events:

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave later and from various venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to **8.00am**. Contacts are: Marieke Wass 07 347 9885 ah or 027 462 8572; Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115; Rob Colledge 07 348 7768.

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Children's athletics – meet.4.45pm for weekly activities from 5:15pm to 6:15pm at the International Stadium, Ground 2, Devon Street West, Rotorua for 2yrs to 11yrs. *Only Online registration available at www.lakecity.co.nz*

Contacts: Sarah Mb. 027 3478115; Maureen Rolfe Mb. 021 146 4578; Email: lakecityca@gmail.com

WEDNESDAYS

Teens and adults track and field (athletics) –

This Wednesday 8 November, 6.00pm at the International Stadium, Ground 2, Devon Street West, Rotorua is the first session of the skills and training programme. Come along and see what it's about.

Next Wednesday, 15 November we are back to the competition programme

Events scheduled are:

100 metres

Shot put

400 metres

1 mile run/walk

Bear in mind these evenings will only be a success if there is participation from club members as well as the public. Come along and see what it's all about: bringing friends, work mates or family members. It's as non-competitive or competitive as you wish to make it. There will be plenty of fun.

THURSDAYS

Walkers

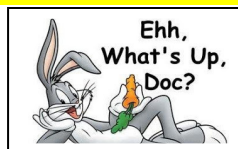
Am – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm – Meet 5.30pm at Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

The first event in the fortnightly Trout Fly series is this Thursday evening 9 November – see the “advert” in this publication



Looking ahead:

Out of Rotorua –

This Saturday 11 November

Children - No scheduled Ribbon day

Adults – track and field met, Porritt Stadium, Hamilton, 2.00pm start. The programme is on www.athleticswaikatobayofplenty.org.nz

This Sunday 12 November

Distance - the 25th anniversary Tois Challenge at Whakatane. Details of event are on the Whakatane Harrier Club’s website. Early entry has closed

Athletics – Masters track and field meet 12 noon, Porritt Stadium, Hamilton

Saturday 18 November

Children – Ribbon Day at Porritt Stadium, Hamilton – 10.00am start

Sunday 19 November

Adults – Throws meet 10.00am and open meet 12 noon, both at Porritt Stadium

RESULTS

Teens and Adults - 1 November 2017		
* Denotes upgraded to Grade 12		
60 metres - Run		
Race 1		
Liam MacMillian	M17	7.7
Jesse Pakinga-Lawson	B14	8.3
Nathan Gapes	M17	8.8
Sean Gapes	B12	9.1
Race 2		
Alec Johnson	M19	7.3
Kody Mayes	M17	7.5
Alex Neff	M17	7.7
Apache Davidson	M17	8.1

Race 3		
Lillian Muir	G12	8.8
Hannah Muir	G14	8.8
Cara Thomson	W17	9.0
Race 4		
Anja Crombie	G12	9.4
Marissa Keenan	G13	9.8
Corey Davidson	G13	10.6
Race 5		
Kody Mayes	M17	7.7
Apache Davidson	M17	8.4
Ngakau Hunia	B12	9.1
Johdeci Te Kani	B12	9.2
Race 6		
Jason Finnerty	M35	8.4
Sam Rossiter	M20	8.8
Rusty Clarke	M20	9.7
Andy Twiddy	M40	11.5
Race 7		
Hannah Muir	G14	9.1
Kerry Robinson	M45	9.7
Megan Grant	W20	12.3
Race 8		
Kody Mayes	M17	7.7
Liam MacMillian	M17	7.7
Apache Davidson	M17	9.1
Corey Davidson	G13	11.2
60 metres - Walk		
Denise Caudwell	W60	18.3
800 metres - Run		
Race 1		
Nathan Gapes	M17	2.18.5
Apache Davidson	M17	2.32.5
Liam MacMillian	M17	2.48.0
Ngakau Hunia	B12	2.50.5
Alex Neff	M17	3.14.0
Alec Johnson	M19	3.18.2
Johdeci Te Kani	B12	3.44.2
Elliott Castle	*B12	3.52.8
Race 2		
Rebekah Edhouse	W17	2.43.9
Anja Crombie	G12	3.01.8
Lillian Muir	G12	3.07.0
Cara Thomson	W17	3.07.0
Marissa Keenan	G13	3.14.6
Corey Davidson	G13	3.20.4
Hannah Muir	G14	3.51.3
Race 3		
Sam Rossiter	M20	2.47.6

Alan Crombie	M50	2.54.4
Graeme Adams	M65	2.55.2
Jason Finnerty	M35	3.15.1
Kerry Robinson	M45	3.16.5
Megan Grant	W20	3.20.0
Rusty Clarke	M20	3.38.5
Andy Twiddy	M40	3.39.2
Tony Broadhead	M50	4.29.3
800 metres - Walk		
Denise Caudwell	W60	5.24.1
3000 metres - Run		
Tony Broadhead	M50	10.35.6
Nathan Gapes	M17	11.01.8
Rusty Clarke	M20	11.22.4
Andy Twiddy	M40	11.24.0
Megan Grant	W20	11.36.2
Apache Davidson	M17	11.46.5
Kerry Robinson	M45	11.47.7
Alan Crombie	M50	12.39.0
Sam Rossiter	M20	12.56.2
Liam McMillan	M17	13.48.8
Jason Finnerty	M35	14.19.3
Long jump		
Corey Davidson	G13	2.51
Apache Davidson	M17	3.36
Alec Johnson	M19	4.51
Jesse Pakinga-Lawson	B14	4.27
Liam MacMillan	M17	4.85
Nathan Gapes	M17	4.28
Sean Gapes	B12	3.96
Ngakau Hunia	B12	3.25
Johdeci Te Kani	B12	3.17
Elliott Castle	*B12	2.48
Lillian Muir	G12	3.85
Marissa Keenan	G13	3.20
Anja Crombie	G12	3.42
Kody Mayes	M17	4.60
Cara Thomson	W17	3.26
Alex Neff	M17	3.82
Hannah Muir	G14	3.83
Denise Caudwell	W60	2.47

Auckland Marathon and associated events – 29 October 2017

Marathon -run

Brendon Keenan – 2.53.11 6th M40-44

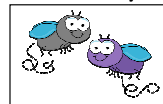
Half Marathon – Walk

Gay Timpany – 3.09.10

These are the only results that have been brought to the attention of the guff sheet.

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The Trout Fly series



This popular runners and walker's summer fortnightly, Thursday evening series commences

This Thursday 9 November

Registration: is at the Neil Hunt Park clubrooms 5.45pm with the event starting 6.15pm on the dot.

Fees: \$5 for adults, \$3 for children – Includes free refreshment and BBQ sausages after you have exercised

The distance: Your choice of 3km or 5km either running, jogging or walking

The Course: winds through the picturesque Sulphur Flats area

This is a great family event [young children must be accompanied though] and is a good starting point towards January's 10km, ½ or Marathon Clinics

Dates: 2017

9th and 23 November

7th and 21 December

2018

11th and 25th January

8th and 22nd February

8th and 22nd March

Contacts: Chris Corney – 021 770 366:

Email chris-donna@xtra.co.nz

Come and take part in this casual "drop-in" event every 2nd Thursday.

All welcome: club members bring your family, friends or work-mates along

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 2 to 8 - \$25.00

Size 10 to 12 - \$30.00

Size 14 - \$35.00

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

Sarah Wiwarena – Ph: 346 3289 (evenings):

Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet