



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
18 November 2017

The past week:

The fine weather last Tuesday and Wednesday evenings allowed the two athletics sectors of the club to go ahead. The first of the Teens and adults training and skills evenings proved popular. Thanks to those who took the various activities – Kim, Grant and Tere.

Another first was the first event of this summer's Trout Fly series being held on Thursday evening. Results are below.

Out of the City was Toi's Challenge in Whakatane – visit the Whakatane Harriers website for the results. Track and field wise Rebekah Edhouse attended the open met at Porritt Stadium on Saturday. Results are below.

Colgate Games / Interprovincial teams / Cambridge pentathlon:

Please note that entries for the Colgate Games must be with the Children's convener (Sarah Wiwarena) no later than **Tuesday 21 November**. Entry forms can be downloaded from the North Island Colgate Games website. The completed form and full payment of entry fees to be handed to Sarah.

The details of the Easter Interprovincial contest for grade 12 and 13 are on the Athletics Waikato Bop website (children's section) under the activities heading. The nomination form is on the right hand side of that page. Please read the selection process for the team.

Details of selection policy for the Grade 14 to under 18 Athletics Waikato BoP team for the Interprovincial contest at Papakura (27 January 2018) can also be found on the AWBOP website.

Also note that pre-registration is required by 27 November for those athletes grade 7 to 14, attending the Cambridge Pentathlon day on 2 December. Google Cambridge Athletic and Harrier club for registration form etc.

Whaka Forest:

Logging operations are happening for 3/4 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 not 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.

Athletics Waikato BoP half marathon championship medals:

Congratulations to the following club members that won a medal at the Cambridge Half Marathon on 27 August - Russell Clarke, Adrian Lysaght, Chris Bycroft, Bruce Edwards, Neil Butler, Max Bragg, Peter Vyver, Gay Timpany, Doris Bragg

This event doubled as the above championships. Your medal is on the table to the left inside the Neil Hunt Park clubrooms.

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**. **Note:** Those who might be needing to walk for longer times when in training for an event can still leave at 7am if that suits them better.

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 15 November, 6.00pm at the International Stadium, Ground 2, Devon Street West, Rotorua the programme is

- 100 metres
- Shot put
- 400 metres
- 1 mile run/walk

The following Wednesday 22 November is the second Skills and Training evening. These are well worth taking part in so come along and see what they are about.

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 second event in the fortnightly Trout Fly series is Thursday 23 November – see the “advert” in this publication

Looking ahead:

Out of Rotorua –

Children:

This Saturday 18 November – A Ribbon Day at Porritt Stadium, Hamilton – 10.00am start Caregivers of children going to a Ribbon Day please note that the host club requires assistance to run the programme, so on arriving please offer your help. Thank you.

Saturday 25 November – Ribbon Day at Te Awamutu, 10.00am start.

Adults:



This Sunday 19 November - Throws meet 10.00am and open meet 12 noon, both at Porritt Stadium. The programme is on www.athleticswaikatobayofplenty.org.nz

Saturday 25 November - open meeting at Porritt Stadium 3.00pm start. The programme is on www.athleticswaikatobayofplenty.org.nz

The Club's social scene:

Xmas Family Fun Day & BBQ

Who: All club members are invited to a family friendly afternoon

When: Sunday 3 December, 2.00pm

Where: Lake City Athletic Club Rooms, Neil Park

What: Please bring a salad or dessert to share, we will have sausages on the BBQ - the bar will be open.

What Else? Secret Santa to go under the tree at a max price of \$5

We have ordered the sunshine, are planning the games for you competitive lot, and have heard that Santa will try and find time in his busy season to come along and visit us!

If we could have approximate numbers by 30th November, please email breiamy@hotmail.com or add your name to the list at the clubrooms

RESULTS

Trout Fly - 9 November 2017

Name	Place	Time	Notes
2550 metres			
Clare Barratt-Wood	1	10:59	
Brei Gudsell	2	11:11	
Josh Tavendale	3	11:16	
Conor Lysaght	4	11:45	
Dillon Clarke	5	11:51	
Cody Shilton	6	11:54	
Anja Crombie	7	12:00	
Hannah Shilton	8	12:37	
Lillian Muir	9	13:09	
Emma Hickson	10	13:41	
Freya Lord	11	13:42	
Amber Lysaght	12	13:42	
Richard Werahiko	13	13:55	
Anita Roy	14	14:07	
Claire Randell	15	14:10	
Justine Randell	16	14:12	
Joshua Finnerty	17	14:49	
Caleb Finnerty	18	14:52	
Keryn Tavendale	19	15:01	
Leonie Philburn	20	15:53	
Katie Roy	21	17:08	
Peter Roy	22	17:09	
Katrina Finnerty	23	18:51	

Tori Finnerty	24	18:52
Elliot MacNair	25	20:24
Galen MacNair	26	20:33
Kelly Mitchell	27	20:38
Niko Weir	28	20:44
Trevor Weir	29	20:46
Sue Anaru	30	22:16
Hannah Hickson	31	27:04:00
Jodie Hickson	32	27:22:00
Freya MacNair	33	28:19:00
Holly Logan	34	28:19:00
Erin McHugh	35	29:36:00
Claire Roy	36	29:37:00
Melanie Sweeney	37	33:11:00
Erin Jeffrey	38	33:51:00
Luukas Weir	39	41:36:00
Anu Weir	40	41:36:00
5000 metres		
Tony Broadhead	1	17:53
Adrian Lysaght	2	17:59
Robin Grant	3	19:06
Chris Corney	4	19:13
David Cronshaw	5	19:45
Megan Grant	6	19:57
Greg Flynn	7	20:17
Gaine Petterson	8	20:31
Fred Shilton	9	20:39
Alan Crombie	10	20:40
Russell Clarke	11	21:22
Alice Cook	12	22:47
Lance Shilton	13	22:50
Rhys Downes	14	22:50
Kerryn Barker	15	23:20
Scott Curran	16	23:37
Dylan Wright	17	25:05:00
Philip Gulbransen	18	25:19:00
Noreen Crombie	19	25:38:00
Chris Lord	20	25:51:00
Chris Bycroft	21	26:02:00
Claire Flynn	22	27:03:00
Dee Horne	23	27:23:00
Sam Rossiter	24	27:41:00
Shayne Hossack	25	27:41:00
Amy Bray	26	27:44:00
Arturo Pingol	27	27:53:00
Sana Athinja	28	27:59:00
Natalie Ridler	29	28:41:00
Peter Bloore	30	29:23:00
Rachael Catley	31	29:51:00
Matt Fisken	32	30:08:00
Peter Vyver	33	32:01:00
Denise Caudwell	34	35:54:00 Walker
Glennis Hennessy	35	35:55:00 Walker
Alex Sole	36	39:36:00

Sonya Hunt	37	44:01:00 Walker
Nola	38	44:02:00

Athletics Waikato BOP open track and field meet - Porritt Stadium, Hamilton - 11 November 2017

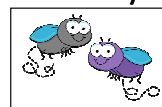
100 metres – race 2 – wind -3.0

1.	Sophie Sandford (unattached)	13.20
3.	Rebekah Edhouse	13.73

200 metres – race 2 – wind -2.4

1.	Lucy Vellenoweth (Fairfield)	27.15
4.	Rebekah Edhouse	28.59

The Trout Fly series



Next event Thursday 23 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

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

Attendees don't need to be club members

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 at the clubrooms to check what you want to purchase