



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
1 April 2017

The past week:

Like the Teens and Adults Wednesday evening track and field, the club's children's athletics competition season has now wound up.

Also the last event of this summer's Thursday evening Trout Fly series has been held. Results are below.

Secondary school aged club members had their annual Athletics Waikato BOP secondary schools track and field champs at Porritt Stadium, Hamilton on Saturday. No results are forthcoming at the moment but no doubt club members were to the fore in their events.

With the three sections of the club's summer activities (Children's athletics, the Teens and Adults track and Field and the Trout Fly series) being wrapped up until next summer, thanks are extended to those who have been involved with the organization of these activities. Events don't get organized and delivered without people who stand at the finish line timing / recording: measuring and recording events: and doing the behind the scene things that bring these activities together. They are the unsung people of the Club!

Across the oceans, Jason Cameron combined running with work and took part in the World Masters championships in Daegu, Korea. Congratulations on your placings Jason. His performances are below.

Children's athletics:

Please note the following: The date for prize giving has been changed from the 28th March to the **4th April**. It will be held at Lake City Athletic Club Inc clubrooms, Neil Hunt Park off Tarawera Road at 5.30 p.m. Children are to come in their Lake City uniform as photos will be taken, especially of the children who will be getting the trophy's. Also can parents bring a plate of food to share.

PLEASE: If you have a trophy or trophies please email lakecityca@gmail.com to arrange a day and time and a convenient place to collect from you.

End of summer season: The last night at the stadium for the summer season was held on **March 21**. This will lead into the beginning of the winter season. The programme for the winter section which gets underway mid-April is still being put together. Details will be the guff sheet and on the website in due course.

Coaching: Keep Sunday May 21 free, as we are hoping to have coaching by Kerry Hill, Sport BOP CoachForce Athletics for the children's athletics. The date is to be confirmed and venue to be advised nearer the time.

Any enquiries, please contact Sarah Wiwarena on 027 3478115; Rebecca Howard on 021 712777; Jessica Pickering on 027 6021396.

As the above section of the club is holding their prize giving at the Neil Hunt Park clubrooms late on the afternoon of **Tuesday 4 April** it would be appreciated if the clubrooms and car park were left clear for them. It is suggested that those that usually meet at the clubrooms around 5.00pm to 5.30pm meet at a different venue. Thank you.

Forth coming events:

SATURDAYS

Winter Season: Cross-Country and Road - which runs from mid-April to mid -October

We are currently putting together a programme for the coming winter season but we need some help from our club members (you!) with the following, please:

- 2 or 3 new people to join the club's cross-country and road sub-committee.
- People to propose some new events that **they** will also organise.
- People to find new cross-country venues (we no longer have a venue available for our cross-country championships).

If you can help, contact Adrian Lysaght:

- Mobile - 027 6153496
- Email - adrian.lysaght@xtra.co.nz



SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Running clinic - Full and half marathoners also leave 7.00am at the Neil Hunt Park clubrooms. 10kers meet at 7.30am at venues advised in their newsletter.

Those that walk - Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 - Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena - Ph: 346 3289 (evenings) Mobile 027 347 8115.

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 groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes all sections of the Running clinic.

Children's athletics

Their prize giving is at the Neil Hunt Park clubrooms late afternoon **Tuesday 4 April**

Contacts are Sarah 027 347 8115 or Jessica 027 602 1396.



THURSDAYS

Walkers

Am - Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

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

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes all sections of the Running clinic.

Teens and Adults track and field trophy winners:

Champion of Champion	Sam Rossiter
Keith Hay Homes - men's middle distance points	Matt Parsonage
Women's Sprints - sprint points	Gisele Howard
Cool Spring Jamaica Trophy - best championship performances	Alec Johnson
Dorothy Malcolm Memorial Trophy - acknowledgement of volunteer contribution to a Wednesday evening	Rinus Adriaansz
President's Trophy - most points in championships for athlete ages 12 to 14 years	Gisele Howard
Pentathlon Trophy - male	Alec Johnson
Pentathlon Trophy- female	Denise Caudwell
Howard Trophy - Top overall club athlete at North Island Colgate Games	Gisele Howard

Certificates at clubrooms:

The following have certificates at the Neil Hunt Park clubrooms. These relate to the recent track and field championships. They are on the foyer table on your left as you enter the building. Please uplift them.

Stephen Bjarnesen	Megan Grant
Max Bragg	Tracey Hay
Tony Broadhead (2)	Bryn Hoffman
Chris Bycroft (2)	Kaye King
Jason Cameron	Hannah Muir
Wayne Cameron	Gaine Petterson
Russell Clarke	Art Pingol
Colin Davis	Louise Rickard
Jason Finnerty (2)	Peter Vyver
Mark Geddes (2)	

2017 Distance event in Rotorua:

Saturday 6 May - The 53rd Lion Foundation Rotorua Marathon and associated events (half marathon, Quarter marathon and 5.5km fun run). This event doubles as the club's marathon championship. Entry forms are the club rooms or visit www.rotoruumarathon.co.nz the late entry fee kicks in from 1 April.

This event incorporates the Athletics Waikato BOP and club marathon championships

RESULTS

Trout Fly - 23 March 2017 – Final event

Max Voss	1	10:10	2550	
Clare Barratt-Wood	2	10:57	2550	
Jack Peterson	3	11:45	2550	
Cody Shilton	4	11:52	2550	
Anja Crombie	5	12:06	2550	
Alan Crombie	6	12:07	2550	
Jaxson Matthews	7	12:22	2550	
Lillian Muir	8	14:06	2550	
Elliot Castle	9	14:23	2550	
Ashleigh Randell	10	14:34	2550	
Anita Roy	11	14:36	2550	
Jonah Furnell	12	14:50	2550	
Alan Twiddy	13	15:27	2550	
Joshua Finnerty	14	15:45	2550	
Keira Murphy	15	15:46	2550	
Claire Randell	16	15:47	2550	
Justine Randell	17	15:50	2550	
Judy Hewlett	18	15:52	2550	
Katrina Finnerty	19	15:56	2550	
Kathryn Murphy	20	15:56	2550	
Caleb Finnerty	21	15:57	2550	
Katharine Twiddy	22	16:48	2550	
Andrew Twiddy	23	16:49	2550	
Graeme Pearson	24	17:41	2550	
Daniel Cheesman	25	17:47	2550	
Alexander Bamfield	26	17:52	2550	
Lewis Lei	27	19:06	2550	
Sheryl Pearson	28	19:42	2550	+ pram
Margo Furnell	29	20:12	2550	
Edward Twiddy	30	21:04	2550	
Sian Twiddy	31	21:08	2550	
Katie Roy	32	22:08	2550	
Peter Roy	33	22:30	2550	
Max Peterson	34	25:11	2550	
Matthew Parsonage	1	17:21	5000	
Adrian Lysaght	2	17:47	5000	
Bruce Edwards	3	17:54	5000	
Russell Clarke	4	19:16	5000	
Gaine Petterson	5	19:41	5000	
Megan Grant	6	19:48	5000	
Sam Rossiter	7	20:44	5000	
Neil Kerrison	8	20:56	5000	
Fred Shilton	9	21:17	5000	

Chris Lord	10	21:55	5000	
Lance Shilton	11	21:58	5000	
Alexa Kuffel	12	22:44	5000	
Matthew Morreau	13	22:44	5000	
Philip Gulbransen	14	22:58	5000	
Noreen Crombie	15	23:02	5000	
Kerryn Barker	16	23:13	5000	
Sarah Lei	17	23:27	5000	
Jason Finnerty	18	23:51	5000	+ pram
Charlotte Pearson	19	24:20	5000	
Gabriel Carstens	20	25:18	5000	
Kelly Mitchell	21	25:47	5000	
Sam Atkinson	22	25:48	5000	
Peter Bloore	23	27:46	5000	
Maree Bamfield	24	28:11	5000	
Kirsty Peterson	25	29:55	5000	
Raelene Cockrell	26	31:47	5000	
Peter Vyver	27	31:49	5000	
Erin Jeffrey	28	39:18	5000	+ pram
Jeanette Dekker	29	42:01	5000	
Kate Dekker	30	42:15	5000	+ pram

World Masters Championships – Daegu- Korea

<i>Jason Cameron</i>	<i>Men 45-49</i>	
Cross-country	1st	27.45.0
Indoors		
1500 metres	7th	4.25.37
3000 metres	3rd	9.37.95

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) - \$20.00

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)

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

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