



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

*Track and Field (children and adults) No 2 Ground the  
Stadium, Devon Street West - Rotorua*

**GUFF SHEET**  
**11 March 2017**

## The past week:

Club members have been spread far and wide over the last few days. Nelson for the master's track and field champs: Hamilton for the AWBOP senior track and field champs: New Plymouth for a marathon: the children to Paeroa for a ribbon day: and locally the Cophorne Off road half marathon and associated events.

Last Tuesday's children's athletics took a rain check. The Magic Night of Miles went ahead on the Wednesday evening with the customary Wednesday evening rain. Results are below for the AWBOP champs, New Plymouth marathon and the Magic Night of Miles. The results of the Cophorne off Road half marathon and associated events can be obtained by visiting [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz)

The weather played its part by being fine for the Off Road Half on Sunday with a good number of club singlets out on the course. This club owned event, which is managed by the Events Promotion team on the club's behalf cannot go ahead without volunteers. Thanks are extended to those club members that stepped up when requested to fill the various volunteer roles on offer.

Thanks are also extended to the various sponsors that came on board: the parties that made Whakarewarewa Forest available to the event: and the Event Promotions team that brought the event together.

Thanks are also extended to those that made the Night of Miles a success.

## Forth coming events:

### **SATURDAYS**

#### Track and field – out of Rotorua

##### **ADULTS**

This Saturday - 11 March – open meeting Tauranga 3.00pm

##### **CHILDREN**

This Saturday - 11 March – Athletics Waikato BOP championships at Porritt Stadium. Good luck to those from the Club taking part.

### **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

Arrive 4.45 to 5.00pm at the International Stadium's No 2 ground Devon Street West.

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



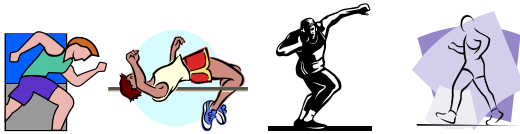
### **WEDNESDAYS**

Pm – Track and field for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

Next Wednesday 15 March - is the 10000 metres championships for those aged 18 and above. 5.30pm start for those walkers and runners likely to take over 60 minutes to complete the event. 6.00pm

start for those likely to complete the event under 60 minutes. Please supply your own lap recorder. This is the last event for the summer track and field.

**Wednesday 22 March** - the season's prize giving at the Neil Hunt Park clubrooms. Meet 6.00pm.



**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.

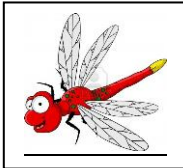
**Distance athletes**

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

**Trout Fly - fortnightly**

The final event of this summer's series is **Thursday 23 March** –

Register at the Neil Hunt Park club rooms around 5.45pm and then head to the start line for a 6.15pm getaway. Costs: Adults \$5.00, children \$3.00 who must be accompanied by an adult. Contact Chris Corney 021 770 366 or email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz)



**The Club's social scene:**

Details are coming on the next Social event - Lake City Quiz Night!



**Publicity:**

Please note should you be involved in publicity relating to your Club, please mention the Club's name – the Lake City Athletic Club - and wear your club uniform if pics are likely to be taken- Thank you.



**Whaka Forest:**

Logging operations are still happening in Whaka Forest. With Hill Road closed weekdays and possibly some weekends the mountain bike shuttle bus will be using Nursery Road and Katore Road, so take care if running/walking in these regions. Unauthorised entry into work sites may result in a trespass notice being issued. Please obey the instructions of security people on site.

**Also remember that 8 Mile Gate Road is out of bounds at all times.**



**Sulphur Point –**

**Te Ngae Road areas (Trout Fly):** Please be mindful that the Trout Fly course is a public area - accessed by runners, walkers and cyclists - from Lake City members through to the local community and tourists as well. All people using the Te Ngae Rd/Sulphur Flats route should be mindful of other users of the area and employ general courtesy and common sense when sharing the path. This general courtesy and common sense also applies to tracks and roads within the Redwoods and Whaka Forest.

**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.rotorumarathon.co.nz](http://www.rotorumarathon.co.nz) the late entry fee kicks in from 1 April

**RESULTS**

The Magic Mile series – 1 March 2017		
Run - Race 1		
Matt Parsonage	M35	5.52.8
Adrian Lysaght	M40	5.07.9
Sam Rossiter	M20	5.11.1
Apache Davidson	B14	5.12.0
Tony Broadhead	M45	5.12.7
Russell Clarke	M20	5.29.9
Hannah Gapes	G13	5.31.4
Kerry Robinson	M45	5.37.5
Adrian Lysaght	M40	5.07.9
Gaine Petterson	M40	5.38.6
Fred Shilton	M40	5.52.9
Megan Grant	W20	5.56.4
Evan Richards-Ward	B13	6.01.7
Daniel Gapes	M45	6.02.3
Trevor Ogilvie	M65	6.03.3
Stevie Fiske	M20	6.09.9
Sarah Pitcher-Campbell	W20	6.25.2
Alec Johnson	MU20	6.26.2
Sian Twiddy	W40	6.27.5
Phil Gulbransen	M60	6.35.3

Karyn McCready	W45	6.42.5
Katrina Morton	W35	6.46.9
Chris Bycroft	M45	6.57.6
Sian Twiddy	W40	6.27.5
Carol Harwood	W35	7.02.5
Maree Banfield	W40	7.04.1
Noreen Crombie	W50	7.10.7
Lillian Muir	G11	7.35.5
Anja Crombie	G10	7.36.2
Hannah Muir	G13	7.58.6
Peter Bloore	M65	8.09.4
Kirsty Petterson	W40	8.24.2
Janet Shorland	W45	9.27.9
<i>Run - Race 2</i>		
Conor Lysaght	B10	6.12.1
Leo Bamfield	B10	6.16.8
Gisele Howard	G12	6.22.8
Anja Crombie	G11	6.35.2
Maria Brunton	G13	6.51.8
Lillian Muir	G11	6.54.6
Joshua Bamfield	B12	7.02.8
Trelise Howard	G9	7.17.2
Amber Lysaght	G8	7.23.6
Conor Lysaght	B10	6.12.1
Corey Davidson	G12	7.29.4
Hannah Muir	G13	7.35.7
Elliott Castle	B7	8.19.2
Allan Twiddy	B6	8.26.6
Ruby Cameron	G7	8.30.9
Alex Bamfield	B7	8.53.9
Katharine Twiddy	G8	9.11.8
<i>Walk</i>		
Dianne Barratt-Kendell	W55	9.53.7
Leroy Cameron	B5	10.05.2
Mark Geddes	M55	10.29.7
Denise Caudwell	W60	11.09.1
Alan Ryan		
<b>New Plymouth Marathon - 4 March 2017</b>		
Chris Corney (1st men 50-54)	5th	2.53.39
<b>Athletics Waikato BOP Senior Track and field championships – 4/5 March 2017 – (Porritt Stadium - Hamilton)</b>		
<i>Men under 20</i>		
<b>Alec Johnson</b>		
100 metres	1st	11.88
200 metres	1st	24.50

Shot put	1 <sup>st</sup>	11.95
Discus	2nd	37.37
Javelin	1 <sup>st</sup>	34.83
Masters men - 35 plus ( no age group placings)		
<b>Trevor Ogilvie</b>		
800 metres	2nd	2.41.00
1500 metres	2nd	5.23.46

### 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