



Website: www.lakecity.co.nz

Email: 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
18 March 2017

The past week:

It was the turn of the club's Wednesday evening activities to take a rain check this past week. Tuesday evening saw the first session of the children's athletics championships and Thursday the penultimate Trout Fly event happening. The Trout Fly results are below.

The wet conditions did not deter the Athletics Waikato BOP children's athletics championships from going ahead at Porritt Stadium on Saturday. A number from the club were in attendance with many podium places coming back to Rotorua - congratulations. Full results can be viewed on the AWBOP website under "results".
(www.athleticswaikatobayofplenty.org.nz)

Rotorua International Walking Festival:

This weekend (18/19 March) the International Walking Festival is on in Rotorua. The start and finish to the festival is outside the Netherland (Dutch) Society clubrooms in the Neil Hunt Park cul du sac. The festival walkers have been given permission to use our clubrooms - mainly the toilet and shower areas on the Saturday and Sunday.

On Sunday morning for the 7.00am club runners and walkers please park down in the car park by the soccer grounds. Please don't leave valuables in the clubroom and make sure any left in your vehicle is well out of sight.

Running / walking clinic members your pack leader will let you know if you are running or walking from a different place.

Sports Nutrition evening:

Join us for an evening focused on **Your Sports Nutrition!**

Our Running Clinic and club-wide Nutrition Evening is on this **Thursday evening 7.30pm at the Neil Hunt Park clubrooms.**

Talking about how the body stores and uses energy, nutrition in sports and key points for those in training - our Key Speakers are David Blundell and Cati Pearson. This will be followed by brief talks about what some of our club members use to keep energy levels in check during training and events.

We will include a brief chat about Hi-Viz and headlamps as well - and you get the chance to ask your questions on all of the above.

A taste test session will conclude the evening - so you can check out some of what's available on the market and what you can make from home too!

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

ADULTS

This weekend - The 17/18/19 March – Athletics New Zealand track and field championships at Porritt Stadium, Hamilton Good luck to club members 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

Teens and adults track and field

Next 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.

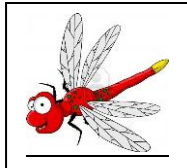
Distance athletes

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 next **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



Whaka Forest - First Response Unit:

The club's Executive have agreed to donate \$500.00 to the above unit.

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.

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 the late entry fee kicks in from 1 April.

This event incorporates the Athletics Waikato BOP and club marathon championships

Winter Season: Cross-Country and Road

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



RESULTS

New Zealand Masters championships -Nelson - 4/5 March 2017		
<i>Jason Cameron</i>		
800 metres	2nd	2.13.02
1500 metres	1st	4.29.76

Trout Fly – 9 March 2017

Leo Bamfield	1	11:20	2550
Sarah Lei	2	11:32	2550
Zack Kelly	3	11:39	2550
Cody Shilton	4	11:53	2550
Joshua Bamfield	5	11:56	2550
Ciara Griffiths	6	11:58	2550
Anja Crombie	7	12:12	2550
Lillian Muir	8	12:13	2550
Will Field	9	12:46	2550
Emma Hickson	10	12:55	2550
Clare Barratt-Wood	11	13:10	2550
Melanie Sweeney	12	13:25	2550
Jaxson Matthews	13	13:40	2550
Kasper Grunwell	14	13:50	2550
Liam Hofmann	15	13:54	2550
Jonah Furnell	16	14:20	2550
Anita Roy	17	14:25	2550
Alexander Bamfield	18	14:31	2550
Francesco Ferrelo	19	14:32	2550
Elliot Castle	20	15:33	2550
Arwen Barker	21	15:40	2550
Judy Hewlett	22	15:47	2550
Freya Lord	23	15:52	2550
Hannah Hickson	24	16:09	2550
Jodie Hickson	25	16:17	2550
Lauryn Hofmann	26	16:20	2550
Bryn Hofmann	27	16:27	2550
Sheryl Pearson	28	16:29	2550
Lewis Lei	29	17:28	2550
Keira Murphy	30	17:47	2550
Steve Burborough	31	17:49	2550
Leah Barker	32	19:26	2550
Kerryn Barker	33	19:27	2550
Graeme Pearson	34	19:29	2550
Katie Roy	35	22:26	2550
Raelene Cockrell	36	22:55	2550
Harrison Lei	37	23:05	2550
Amelia Matthews	38	23:16	2550
Peter Roy	39	2:23	2550

Dirk Peters	1	16:56	5000
Adrian Lysaght	2	17:36	5000
Stephen Bjarnesen	3	18:01	5000
Cameron McKenzie	4	18:50	5000
Russell Clarke	5	19:02	5000
Sam Rossiter	6	19:15	5000
Gaine Petterson	7	19:24	5000
Colin Earwaker	8	20:16	5000
Fred Shilton	9	20:33	5000
Stevie Fiske	10	21:14	5000
Justine Randell	11	21:31	5000
Lance Shilton	12	22:05	5000
Campbell Horn	13	22:06	5000
Philip Gulbransen	14	22:07	5000
Scott Curran	15	22:53	5000
John Barker	16	23:51	5000
Noreen Crombie	17	24:22:00	5000
Kelly Mitchell	18	25:27:00	5000
Max Ward	19	25:28:00	5000
Dee Horne	20	25:49:00	5000
Chris Bycroft	21	25:57:00	5000
Maree Bamfield	22	27:14:00	5000
Kathryn Murphy	23	27:27:00	5000
Anna Gray	24	28:09:00	5000
Marion Ritchie	25	30:45:00	5000
Peter Vyver	26	31:44:00	5000
Jeanette Dekker	27	40:57:00	5000
Chris Corney	28	DNF	5000
Chris Lord	29	DNF	5000

Club uniforms

If you wish to purchase an item from the club's wardrobe 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

Other items also available such as 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 P

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase