



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
25 March 2017

The past week:

Both the club's mid-week activities went ahead last week: The children's athletic section's second week of their championships: and the final event of the Teens and Adults season – the 10000 metres championships.

The 10000 metres results are below together with the Athletics Waikato BOP children's athletics champs from the previous weekend.

The running and walking clinics building towards the Rotorua Marathon and associated events are progressing well with time on the feet gradually increasing for all sectors.

Alec Johnson, (Men under 20) was the sole club member taking part at the Athletics New Zealand track and field championships at Porritt Stadium Hamilton on the weekend. His discus results are below.

Children's athletics prize giving:

Please note that the above section of the club is holding their prize giving at the Neil Hunt Park clubrooms late on the afternoon of **Tuesday 28 March**. It would be appreciated if the clubrooms and car park were left clear for them. It is suggest that those that usually met at the clubrooms around 5.00pm to 5.30pm met at a different venue. Thank you.

Rotorua International Walking festival:

Thanks are extended to club members for leaving the Neil Hunt Park car park free for the walking festival participants this past weekend.

Neil Hunt Park – clubrooms:

Those that frequent the clubrooms will have noticed that there have been tradesmen on site over the past weeks repairing parts of the building which was constructed in the mid-1980s. These areas being: some of the wooden outside wall panels: a new roof over the shower/toilet/ gear shed area: a portion of the ceiling in the men's bathroom/shower areas plus one or two other jobs.

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 28 March.

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

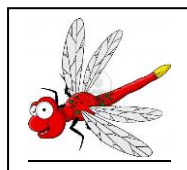
Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes all sections of the Running clinic.

Trout Fly - fortnightly

The final event of this summer's series is **this 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



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.rotoruarunners.co.nz the late entry fee kicks in from 1 April.

This event incorporates the Athletics Waikato BOP and club marathon championships

RESULTS

Teens and Adults – track and field - 15 March 2017		
10000 metres – run - championship		
Adrian Lysaght	M40	37.20.0
Gaine Petterson	M40	40.12.0
Sam Rossiter	M20	42.36.2
Phil Gulbransen	M60	44.25.2
Wayne Cameron	M50	49.42.3
Colin Davis	M45	49.55.2
Max Bragg	M70	51.32.8
Art Pingol	M55	52.33.0
Kaye King	W55	55.52.9
Louise Rickard	W50	64.38.8
10000 metres – walk - championship		
Dianne Barrett- Kendall	W55	64.40.9
Denise Caudwell	W60	76.31.9
Alan Ryan	M65	76.43.6
Athletics Waikato BOP children's championships – Porritt Stadium, Hamilton - 11 March 2016		
Apache Davidson – Grade 14 boy		
100 metres hurdles - final	3rd	19.62
800 metres – final	3rd	2.21.34
1500 metres – final	2nd	4.45.64
Rebekah Edhouse – Grade 14 girl		
100 metres – final	2nd	13.20
200 metres – final	6th	28.30
Jesse Pakinga-Lawson – Grade 13 boy		
Discus – final	2nd	35.05
Shot put – final	3rd	9.81
Gisele Howard – Grade 12 girl		
1500 metres – final	1st	5.38.18
100 metres - heat	7th	14.49
- final	6th	14.64
Discus - final	4th	19.36
Lillian Muir – Grade 11 girl		
High jump – final	2nd	1.31
100 metres – heat	4th	14.51
- final	6th	14.89
200 metres – heat	6th	31.82
- final	4th	31.14
Trelise Howard - Grade 9 girl		
800 metres – final	3rd	3.01.03

Discus – final	8th	14.46
200 metres – heat	6th	34.18
- final	8th	36.95
Cooper Simes – Grade 9 boy		
60 metres – heat	3rd	9.42
- final	3rd	9.36
200 metres - heat	3rd	31.67
- final	3rd	31.09
100 metres – heat	2nd	15.13
- final	2nd=	15.26
Manaia Christiansen – Grade 9 boy		
Shot put – final	3rd	9.21
Discus – final	1st	26.92
Nikita Harding – Grade 8 girl		
200 metres – heat	6th	35.08
200 metres – final	4th	35.19
100 metres – final	8th	17.68
Harrison Beazley – Grade 8 boy		
60 metres – heat	3rd	9.89
- final	2nd	9.71
100 metres – heat	3rd	15.89
- final	3rd	15.97
200 metres – heat	8th	34.92
- final	6th	34.64
Taylor-James Beazley – Grade 7 boy		
60 metres – heat	4th	10.54
100 metres – heat	5th	17.06
- final	6th	17.39
200 metres - heat	4th	36.31
- final	5th	37.19
Raumati Stephens – Grade 7 girl		
100 metres - heat	1st	16.91
- final	1st	16.65
200 metres – heat	3rd	35.92
200 metres – final	1st	34.91
60 metres – heat	2nd	10.45
Tyla Albrecht –Grade 7 girl		
Discus – final	9th	5.52
Shot put - final	9th	3.61
60 metres – heat - no time/place		
Rydak Lukis – Grade 7 boy		
60 metres – heat – no time/place		supplied
100 metres – heat – no time/place		supplied
200 metres – heat – no time/place		supplied
Sam Massey – Grade 7 boy		
60 metres – heat – no time/place		supplied
100 metres – heat – no time/place		supplied
200 metres – heat – no time/place		supplied

**Athletics New Zealand - Track and Field
championships, Porritt Stadium, Hamilton –
7/18/19 March 2017**

Alec Johnson - Men 20 (18,19 years)		
Discus	5th	37.86
100 metre relay – AWBOP “B” team	6th	

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