



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
25 November 2017

The past week:

The past week in the City was just the customary mid-week and weekend activities for club members.

Down south Tony Broadhead and Luanna George took part in the various events associated with the Queenstown Marathon. Tony was first in his 50-59 half marathon age group in 1.20.28 and Luanna completed the marathon in 4.48.07. Apologies to any club member that competed around the country this weekend that may have been overlooked.

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 the next 2/3 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.

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 membership 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 22 November, 6.00pm at the International Stadium, Ground 2, Devon Street West, is the second Skills and Training evening. These are well worth taking part in so come along and see what they are about.

The programme for Wednesday 29 November is

- Welcome / warm-up
- 60 meters
- Discus
- 200 metres
- 1 mile run/walk

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 this **Thursday 23 November** – see the “advert” in this publication



Looking ahead:

Out of Rotorua –

Children:

This Saturday 25 November – Ribbon Day at Te Awamutu, 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 2 December – Cambridge Pentathlon day. Note that pre-registration is required by **27 November** for those athletes grade 7 to 14, attending this day. Google Cambridge Athletic and Harrier club for registration form etc.

Adults:

This 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!

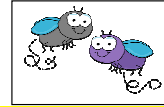
If we could have approximate numbers by **30th November**, please email breamy@hotmail.com or add your name to the list at the clubrooms

RESULTS

Teens and Adults – 15 November		
* Denotes upgraded to Grade 12		
100 metres - Run		
Race 1		
Ngakau Hunia	B12	14.6
Johdeci Te Kani	B12	15.3
Jayden Atkins	B12	15.6
Race 2		
Jason Finnerty	M35	13.2
Rusty Clarke	M20	15.2
Chris Boyce	M45	17.7
Race 3		
Kody Mayes	M17	12.0
Rebekah Edhouse	W17	13.5
Hannah Muir	G14	13.9
Lillian Muir	G12	14.8
Race 4		
Julian Smith	M20	11.9
Kurt Rice	M20	12.5
Race 5		
Katharina Groen	W19	17.0
Lisa Rentschler	W19	17.2
100 metres - Walk		
Denise Caudwell	W60	26.1
Alby Schuster	M65	27.1
400 metres - Run		
Race 1		
Julian Smith	M20	55.9
Kurt Rice	M20	60.0
Kody Mayes	M18	64.0
Sam Rossiter	M20	67.0

Jason Finnerty	M35	69.7
Rusty Clarke	M20	70.9
Chris Bycroft	M45	91.9
Race 2		
Ngakau Hunia	B12	73.4
Anja Crombie	G12	76.6
Lillian Muir	G12	78.6
Jayden Atkins	B12	86.3
Hannah Muir	G14	92.3
400 metres - Walk		
Christine Hocking	W60	2.56.7
Daniel Hocking	M65	2.57.4
1 mile run		
Sam Rossiter	M20	5.48.2
Rusty Clarke	M20	5.48.9
Ngakau Hunia	B12	6.03.4
Alan Crombie	M50	6.08.3
Graeme Adams	M65	6.09.3
Jason Finnerty	M35	7.08.4
Anja Crombie	G12	7.09.0
Phil Gulbransen	M60	7.23.0
Chris Bycroft	M45	7.28.0
Jayden Atkins	B12	8.02.8
Dan Hocking	M65	10.47.2
1 mile - walk		
Denise Caudwell	W60	11.20.0
Christine Hocking	W60	12.15.0
Alby Schuster	M65	13.58.0
Shot put – (different weights thrown)		
Jayden Atkins	B12	5.76
Johdeci Te Kani	B12	5.62
Ngakau Hunia	B12	7.12
Anja Crombie	G12	4.75
Alby Schuster	M65	7.45
Kelly Albrecht	W20	6.86
Lillian Muir	G12	6.55
Hannah Muir	G14	6.16
Denise Caudwell	W60	6.48
Lisce Rentschler	W19	4.80
Katharina Groen	W19	6.18
Jason Finnerty	M35	8.45

The Trout Fly series



This 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