



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

**GUFF SHEET**  
**2 December 2017**

## The past week:

How the weeks and months have flown this year. It will soon be time to say goodbye to 2017.

The weather has cooperated this past week for the club's various activities with a brilliant evening for Thursday's Trout Fly – results are below.

## Whaka Forest:

Logging operations are still happening 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 no venture into the closed areas and respect any tapes and closures in place.

**8 Mile Gate Road** - 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**

**This Sunday –Xmas Family Fun Day & BBQ**

has been

**CANCELLED**

### 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](http://www.lakecity.co.nz)*

Contacts: Sarah Mb. 027 3478115; Maureen Rolfe Mb. 021 146 4578; Email: [lakecityca@gmail.com](mailto:lakecityca@gmail.com)

### **WEDNESDAYS**

**Teens and adults track and field** (athletics) –

**This Wednesday (today) 29 November**, 6.00pm at the International Stadium, Ground 2, Devon Street West, is a competition evening. The programme is:

Welcome / warm-up

60 meters

Discus

200 metres

1 (one) mile run/walk

The following week is another Skills and Training evening from 6.00pm. These are well worth taking part in so come along and see what they are about.

Wednesday 13 December is the Pentathlon evening which includes another 1(one) mile.

### **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 third event in the fortnightly Trout Fly series is **Thursday 7th November** – see the “advert” in this publication

## Looking ahead:

### *Out of Rotorua – Children:*

**This Saturday 2 December** – Cambridge Pentathlon day. Pre-registration for those athletes grade 7 to 14, note entry into the Pentathlon events have closed. 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.

### *Adults:*

**This Friday/Saturday/Sunday** is the New Zealand Secondary schools track and field champs at Hastings. Good luck to those club members who are representing their school at these championships.

There is no AWBOP competition this weekend.



## RESULTS

### Trout Fly - 23 November 2017 - No 2

Name	Place	Times	Notes
<b>2250 metres</b>			
Anja Crombie	1	11:50	
Luke Crombie	2	11:55	
Harrison Lei	3	12:06	
Jaxson Matthews	4	12:06	
Cody Shilton	5	12:07	
Ciara Griffiths	6	12:43	
Ethan Hogard	7	12:47	
Hannah Shilton	8	12:47	
Emma Hickson	9	12:47	
Callum Downes	10	13:34	
Caleb Finnerty	11	13:59	
Luukas Weir	12	14:01	
Arwen Barker	13	14:09	
Elliot	14	14:22	
Braden Atkinson	15	14:49	
Joshua Finnerty	16	15:20	
Christian Proudly	17	15:23	
Trevor Weir	18	15:27	
Hannah Hickson	19	15:36	
Tamzin Joy	20	15:36	
Freya Lord	21	15:46	
Lewis Lei	22	15:52	
Anita Roy	23	15:57	
Alex Sole	24	15:59	
Katrina Finnerty	25	16:21	
Byron Dixon	26	16:21	
Lucy Roy	27	16:31	
Chloe Dixon	28	16:37	
Andrea Dixon	29	16:42	
Sheryl Pearson	30	17:44	

Izzy Managh	31	18:03
Jodie Hickson	32	18:14
Jayda Moke	33	18:16
Ava Fiske	34	18:17
Leah Barker	35	18:20
Kerryn Barker	36	18:22
Ryan Lei	37	18:36
Sarah Lei	38	18:39
Elliot Atkinson	39	18:44
Richard Werahiko	40	18:45
Katie Roy	41	18:58
Raelene Cockrell	42	19:03
Janae Gaskell	43	19:50
Rachael Catley	44	19:51
James McGregor	45	19:54
Faith McGregor	46	19:57
Erica Shilton	47	20:57
Niko Weir	48	21:06
Ryder Moke	49	21:07
Anu Weir	50	21:07
Tim Senington	51	21:14
Julie Fiske	52	22:05
Amelia Matthews	53	26:05:00
Claire Roy	53	27:37:00
Melanie Sweeney	55	32:39:00
Erin Jeffrey	56	32:44:00
Rina Joy		
John Barker		
Alan Crombie		
<b>5000 metres</b>		
Michael Voss	1	18:51
Chris Corney	2	19:09
Leigh Reynolds	3	19:44
Fred Shilton	4	19:57
Andrew Twiddy	5	20:00
Ben McHale	6	20:47
Brad Griffiths	7	21:21
Clare Barratt-Wood	8	21:39
Peter Roy	9	21:42
Russell Clarke	10	22:07
Ronan Griffiths	11	22:24
Rhys Downes	12	22:27
Graeme Pearson	13	22:36
Sam Rossiter	14	22:39
Siobhan Griffiths	15	22:48
Lance Shilton	16	22:53
Austin Lash	17	23:42
Heath Lash	18	23:44
Chris Browne	19	24:57:00
Shayne Hossack	20	24:57:00
Grey Rosemney	21	24:59:00
Noreen Crombie	22	25:15:00
Aaron Perry	23	25:25:00
Chris Lord	24	25:38:00

Eashwas	25	25:41:00
Balasubramaniyen		
Kelly Mitchell	26	25:48:00
Amy Bray	27	28:49:00
Jason Finnerty	28	25:55:00
Cy Atkinson	29	26:19:00
Dee Horne	30	26:38:00
Robyn William	31	27:04:00
Kaye King	32	27:44:00
Matt Fiskien	33	28:47:00
Stevie Fiske	34	32:16:00
Peter Vyver	35	32:38:00
Angela Lash	36	32:49:00
Mark Armstrong	37	33:56:00
Jeanette Dekker	38	40:34:00 walker
Chuck Cunningham	39	40:59:00
Liza Vanwinkle	40	41:01:00
Sam Atkinson		

**Athletics Waikato BOP open track and field meet - Porritt Stadium, Hamilton - 25 November 2017**

<b>Alec Johnson</b>	Under 20	
Shot put	1st	10.94
Discus	1st	38.73
<b>Kelly Albrecht</b>	Women 20	
Shot put	1st	7.95
Discus	1st	25.54

**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

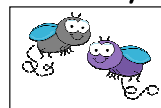
There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

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

**The Trout Fly series**



**Thursday 7 December**

**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**

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](mailto: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