



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**  
**9 December 2017**

### The past week:

Last Wednesday the children's Tuesday evening athletics were held, but the Teens and Adults Wednesday evening programme was cut short because of a downpour. Results of events held are below.

The results of those club members that took part in their NZ Secondary school track and field champs at Hastings over the weekend are below. Apologies to any club member whose result(s) have been overlooked.

### Whaka Forest: (new area being harvested)

Logging operations have moved across to the western side of the Forest in an area off Fern Drive by Five Mile Gate. Work will be between 4.00am and 4.00pm Monday to Friday with logging trucks entering the area via Fern Drive opposite Planet Bike on the Mill Bypass Road. Please do not venture into the closed areas and respect any tapes and signage in place.

Over the summer months there are a large number of events scheduled in the Forest so please respect the participants in these events.

**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**

##### 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 around 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 (6 December)** is another Skills and Training evening from 6.00pm at the International Stadium, Ground 2 Devon Street West. These sessions are being enjoyed by those attending so come along and see what they are about.

Wednesday 13 December is the Pentathlon evening which includes a 1(one) mile, 100 metres, long jump, shot put and discus. Points are scored for each performance.

#### **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 **this Thursday 7th November** – see the "advert" in this publication

**Looking ahead:**  
**Out of Rotorua –**



### Children:

**This Saturday 9 December** – Athletics Waikato BOP relays championships at Porritt Stadium, Hamilton. Please note the start time is **9.30am** Caregivers of children going to Ribbon Days etc please note that the host club requires assistance to run the programme, so on arriving please offer your help. Thank you.

### Adults:

**This Sunday 10 December** – Open meeting 10.00am at Porritt Stadium followed by a Masters met commencing at midday.

**Saturday 16 December** - North Island (northern) region championships at Papakura.

**Tuesday 19 December** – Night of Fives (5000metres) - Auckland

## RESULTS

<b>Teens and Adults – 29 November</b>		
* Denotes upgraded to Grade 12		
<b>60 metres - Run</b>		
Race 1		
Hannah Muir	G14	8.8
Lillian Muir	G12	9.2
Anja Crombie	G12	10.0
Marissa Keenan	G13	10.0
Race 2		
Jayden Atkins	B12	10.3
Ngakau Hunia	B12	10.5
Corey Davidson	G13	12.4
Anna Phillips	G13	12.7
Race 3		
Kody Mayes	M17	7.7
Rebekah Edhouse	W17	8.1
Apache Davidson	M17	8.3
Moana Esposito	G14	8.4
Race 4		
Alec Johnson	M19	7.6
Julian Smith	M20	7.7
Jason Finnerty	M35	8.8
Rusty Clarke	M20	9.8
Race 5		
Ngakau Hunia	B12	9.9
Anna Phillips	G13	9.9
Jayden Atkins	B12	10.9
Corey Davidson	G13	11.00
Race 6		

Hannah Muir	G14	9.0
Lillian Muir	G12	9.2
Anja Crombie	G12	10.2
Marissa Keenan	G13	11.2
<b>60 metres - Walk</b>		
Mark Geddes	M55	14.8
Denise Caudwell	W60	15.0
Alby Schuster	M65	16.3
<b>200 metres - Run</b>		
Race 1		
Julian Smith	M20	24.9
Alec Johnson	M19	26.6
Kody Mayes	M17	27.7
Apache Davidson	M17	28.7
Race 2		
Hannah Muir	G14	31.8
Lillian Muir	G12	33.7
Anja Crombie	G12	35.2
Marissa Kennan	G13	48.3
Race 3		
Ngakau Hunia	B12	33.0
Jayden Atkins	B12	38.0
Anna Phillips	G13	38.7
Corey Davidson	G13	38.8
Race 4		
Dan Hocking	M65	49.8
<b>200 metres - Walk</b>		
Denise Caudwell	W60	61.7
Mark Geddes	M55	63.4
Alby Schuster	M65	69.9
Christine Hocking	W60	76.8
<b>1 mile - Run</b>		
Brendon Keenan	M40	5.31.6
Apache Davidson	M17	5.40.0
Rusty Clarke	M20	5.50.7
Ngakau Hunia	B12	6.16.0
Karyn McCready	W45	6.41.0

### New Zealand Secondary Schools track and field championships – Hastings - 1/2/3 December 2017

Hannah Gapes	Junior girls	
3000 metres road race	4th	10.58
3000 track	11th	10.49.69

2000 metres steeplechase	6th	7.51.23
<b>Rebekah Edhouse</b>	<b>Junior girls</b>	
200 metres – heat 4	6th	27.53
<b>Alec Johnson</b>	<b>Senior Boy</b>	
Discus	12 <sup>th</sup>	40.35

### 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

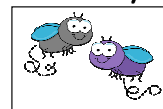
There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

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



**This 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