



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 6 January 2018

Welcome to 2018. May you accomplish the goals and challenges you have set for the coming year.

The past week:

Other than receiving and giving gifts, eating and drinking (both in moderation) and doing some exercise it has been quite on the local scene. The results of the pre-Christmas Trout Fly are below.

The Club's running clinic:

Pack leaders:

Please contact Annemarie Gallagher promptly at 027 6229688 or email lakecitymaratahonclinic@gmail.com if you can assist as a pack leader for following:

The marathon for those looking at 3 1/2 hours to 4 hours or 5 to 5 1/2 hours:

The Half marathon - leaders are required for all time frames.

Some knowledge of Whakarewarewa Forest is required.

Thursday 18 January:

Come along bringing a friend(s) to our Running clinic information evening, Thursday 18 January, 7.00pm at the Neil Hunt Park clubrooms. Note this on your calendar now and spread the word!

Video:

Have you seen the video relating to the Running Clinic that Annemarie has made and placed on the club's website? If not visit www.lakecity.co.nz

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. Those who might need to walk for longer times when in training for an event can still leave at 7am if that suits them better.

Contacts are: Rob Colledge 07 348 7768: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115:

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 – Please note this section is taking a break until the 30th of January.

Contacts: Sarah Mb. 027 3478115; Maureen Rolfe Mb. 021 146 4578; Email: lakecityca@gmail.com

Only Online membership registration available at www.lakecity.co.nz

WEDNESDAYS

Teens and adults track and field (athletics) –

- This coming Wednesday 10 January is the last skills and training evening at Ground 2 Devon Street West from 6.00pm.
- The 17 January is 100, 200 metres, a 1 mile run or walk and a javelin throw.
- The 24 January sees the championship programme commence. To take a championship placing current financial membership of the Lake City Athletic Club is required

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 fifth event in the fortnightly Trout Fly series is Thursday 11 January. Further information in the "advert" in this publication

Whaka Forest:

There are logging operations 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. With the native falcons nesting in the region of the Hemo Gorge track it is advisable to run or bike along the gorge's road side to get into the Forest proper.

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 towards the Taupo end of 8 Mile Gate Road.



Looking ahead:

Out of Rotorua – Children:

The out of town ribbon days are taking arrest until 10 February. In between for those that have entered are the North and South Island Colgate Games and for those selected interprovincial competitions and the Trans-Tasman Challenge.

Good luck to those from the Club taking part in the Games and the Trans-Tasman Challenge.

Adults:

Saturday 13 January - Open meeting at Porritt Stadium (3.00pm) **which includes Athletics Waikato BOP 3000 metres track championships scheduled to start 4:50pm.** No details on champ's entry available. Note club uniform to be worn.

RESULTS

Trout Fly - 21 December 2017 - No 4

2550 metres

Leo Bamfield	1	10:34
Joshua Bamfield	2	11:44
Anja Crombie	3	12:02
Cody Shilton	4	12:06
Hannah Shilton	5	12:11
Logan Marten	6	12:33
Maria Brunton	7	12:54
Caleb Finnerty	8	13:29
Luke Crombie	9	13:31
Rob Bamfield	10	13:33
Maree Bamfield	11	13:47
Arwen Barker	12	13:49
Claire Randell	13	13:52
Justine Randell	14	13:53
Richard Werahiko	15	13:55
Kasper Grunwell	16	13:56
Oliver Atkinson	17	13:59

Sam Atkinson	18	14:25	
Sam Massey	19	14:32	
David Massey	20	14:34	
Amber Lysaght	21	14:36	
Joshua Finnerty	22	14:57	
Katrina Finnerty	23	15:06	
Harrison Beazley	24	15:16	
Connor Healey	25	15:35	
Adelaide Healey	26	15:35	
Byron Dixon	27	16:15	
Andrea Dixon	28	16:17	
Alan Twiddy	29	16:25	
Edward Twiddy	30	16:34	
Rebecca Baldwin	31	16:50	
Daniel Gallagher	32	16:52	
Judy Hewlett	33	17:12	
Josh Coleman	34	17:14	
Peter Bloore	35	17:18	
Anita Roy	36	17:27	
Tamzin Joy	37	17:32	
Rina Joy	38	17:38	
Sheryl Pearson	39	17:51	
Cate Alpe	40	18:13	
Sonya Hunt	41	18:33	
Katharine Twiddy	42	18:47	
Iain Twiddy	43	18:50	
Emma Hickson	44	19:36	
Katie Roy	45	19:47	
Cherie Waterhouse	46	20:23	
Zoe Waterhouse	47	20:30	
Freya Lord	48	20:40	
Stacey Werahiko	49	21:28	
Duane Bishop	50	22:12	
Kaedyn Bishop	51	22:13	
Jo Massey	52	22:16	
Michelle Bishop	53	22:49	
Donna Izzillo	54	23:40	
Taylor Lord	55	28:22:00	with pram
Claire Roy	56	30:43:00	
Georgia Gallagher	57	30:46:00	
Annemarie Gallagher	58	30:47:00	
Joshua Gallagher	59	30:47:00	
Hannah Hickson	60	31:52:00	
Jodie Hickson	61	32:05:00	
Fred Shilton			DNF
Alexander Bamfield			DNF
5000 metres			
Tony Broadhead	1	18:24	
Adrian Lysaght	2	18:32	
Brendon Keenan	3	18:43	
Chris Corney	4	18:54	
Matthew Parsonage	5	19:14	
Jason Cameron	6	19:26	
Andrew Twiddy	7	19:29	

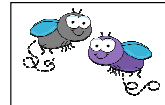
David Cronshaw	8	19:32	
Ben McHale	9	19:34	with pram
Megan Grant	10	19:44	
Andrew Hickson	11	20:32	
Russell Clarke	12	20:57	
Gaine Petterson	13	21:06	
Alan Crombie	14	21:14	
Peter Roy	15	22:03	
Clare Barratt-Wood	16	22:07	
Sian Twiddy	17	22:08	
Graeme Pearson	18	23:07	
Campbell Horn	19	23:46	
Kerryn Barker	20	23:55	
Scott Curran	21	24:24:00	
Chris Bycroft	22	24:37:00	
Lance Shilton	23	24:58:00	
Reece Downes	24	24:58:00	
Jason Finnerty	25	25:10:00	
Dee Horne	26	25:44:00	
Tracey Hay	27	26:21:00	
Rachel Wright	28	27:36:00	
Ray Hewlett	29	30:22:00	
Sally Williams	30	30:39:00	
Debbie Pont	31	30:41:00	
Mark Armstrong	32	32:09:00	
Peter Vyver	33	35:23:00	
Chelsea Grinter	34	35:20:00	
Kiri Kepa	35	35:47:00	
Noreen Crombie	36	36:00:00	
Denise Caudwell	37	36:02:00	
Glennis Hennessy	38	36:06:00	
Natalie Allen	39	37:21:00	
Bernice Breen	40	38:20:00	
Sharon Grinter	41	38:36:00	
Louise Rickard	42	38:42:00	
Tracey Pa?uni	43	38:52:00	
Gabriel Carstens	44	39:04:00	Went wrong way -7km
Robynne Robbins	45	41:43:00	
Rome Beazley	46	45:35:00	
Kim Dalton	47	45:36:00	
Helen Kessels	48	45:43:00	
Lou Sherman	49	45:44:00	
Shannen Lumanu	50	48:42:00	
Sam Rossiter			DNF
Stephen Bjarnesen			Walked dog

Mount Maunganui Mountain Race – 26 December 2017

Senior event			
Sjors Corporaal	1st	M35	20.28
Alan Crombie	3rd	M50	27.52
Noreen Crombie	2nd	MW50	35.12

Junior event			
Anja Crombie	5th	JG15	13.29
Luke Crombie	7th	JB15	14.22

The Trout Fly series



Thursday 11 January

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

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