



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
20 January 2018

The past week:

The weather permitted the Wednesday evening Teens and Adults skills and training session at the Stadiums No 2 ground and the first fortnightly Thursday Trout Fly event for 2018 to go ahead. The Trout Fly results are below.

The placings of the Club's junior members that attended the North Island Colgate Games in Auckland on the first weekend of January are below. The storm that swept the country during that weekend caused the programme to be reformatted, with "timed finals" rather than heats, semi-finals and finals being held. To obtain place getters the whole field was ranked from first to last place on the athlete's performance in their various "flights (heats)" for both track and field events.

The results of the two club members attending the South Island Colgate's are awaited.

The Club's running clinic:

This 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. No running this evening.

Fist run:

The clinic's first run will be Sunday 21 January meeting prior to 7.00am at the Neil Hunt Park Clubrooms.

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

Annemarie Gallagher is the clinic convener this year.
027 6229688 or email
lakecitymaratahonclinic@gmail.com

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. This includes those associated with the Running Clinic.

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 Wednesday 17 January** at Ground 2 Devon Street West from 6.00pm is a competition night. On the programme are 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. This includes those associated with the Running Clinic.

- The sixth event in the fortnightly Trout Fly series is this Thursday 25 January. Further information in the "advert" in this publication

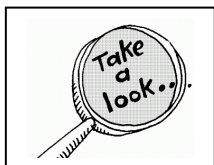
Whaka Forest:

Logging 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 to get to the operations area off Fern Drive by Five Mile Gate. 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:

Your next ribbon day is some weeks away – 10 February at Te Aroha.

Adults:

This Saturday 20 January – open meeting at Porritt Stadium 3.00pm start.

Out of the region are a number of meets over the coming weeks:

- 19 January – Capital Classic (Wellington)
- 23 January – Cooks Classic (Whanganui)
- 27 January – Potts Classic (Hastings)
- 10 February – Porritt Classic (Hamilton)

Club uniform:

Please note that should you be involved in any publicity photos relating to the Club the wearing of your club uniform will be appreciated. Your Club name is the Lake City Athletic Club



North Island Colgate Games – Mt Smart Auckland 5-6-7 January 2018.

Only placings have been supplied

Gisele Howard	Grade 13	
100 metres	19th =	PB
800 metres	15th	PB
Long jump	7th	
Discus	17th	
Trelise Howard	Grade 10	
Unable to complete - injured		
Anja Crombie	Grade 12	
100 metres	31st	
400 metres	25th	
Long jump	33rd	
Cooper Simes	Grade 10	
100 metres	5th	
200 metres	8th	
400 metres	4th	
Long jump	7th	
Discus	9th	
Vesty Simes	Grade 7	
60 metres	5th	
100 metres	1st	
200 metres	5th	
Long jump	2nd	
Discus	1st	
Hayden Chapman	Grade 11	
100 metres	15th	
200 metres	7th	
400 metres	11th	
Discus	20th	
Hamish Chapman	Grade 8	
60 metres	4th	
100 metres	3rd	
200 metres	4th	

Trout Fly

11 January 2018 - No 5

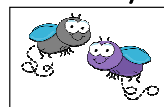
Name	Place	Time	Notes
2250 metres			
Sian Twiddy	1	11:00	
Cody Shilton	2	11:27	
Fred Shilton	3	11:28	
Oliver Atkinson	4	12:25	
Luke Crombie	5	13:10	
Hannah Shilton	6	13:36	
Amber Lysaght	7	13:42	
Rachel Wright	8	14:21	
Anita Roy	9	14:28	
Ashleigh Randell	10	14:37	

Claire Roy	11	15:34	
Richard Werahiko	12	15:35	+ pram
Hannah Hickson	13	16:51	
Emma Hickson	14	16:52	
Brooke Mills	15	16:56	
Jodie Hickson	16	16:58	
Judy Hewlett	17	17:13	
Sheryl Pearson	18	17:38	
Paige Mills	19	18:10	
Aaron Randell	20	18:11	
Katie Roy	21	18:33	
Peter Roy	22	18:34	
Max Peterson	23	18:34	
Mylene Wright	24	20:11	
Emilie Wright	25	20:11	
Erica Shilton	26	20:24	
Claire Roy	27	23:11	
Simon Bouffier	28	23:29	
Laurent Bouffier	29	23:33	
Marion Shilton	30	24:06:00	

Name	Place	Time	Notes
Michael Voss	1	16:14	
Tony Broadhead	2	18:02	
Brendon Keenan	3	18:26	
Matthew Parsonage	4	18:31	
Jack Atherton	5	18:33	
Adrian Lysaght	6	18:39	
Ben McHale	7	18:46	+ pram
Sue Crowley	8	19:24	
Ben Voss	9	19:41	
Andrew Twiddy	10	19:42	
David Cronshaw	11	19:53	
Gaine Petterson	12	20:07	
Chris Corney	13	20:07	
Alan Crombie	14	20:22	
Russell Clarke	15	20:34	
Brei Gudsell	16	21:13	
Tom Voss	17	21:32	
Jason Steyn-Ross	18	21:42	
Lance Shilton	19	22:11	
Matt Voss	20	22:13	
Shayne Hossack	21	22:15	
Greg Rose-Innes	22	23:34	
Graeme Pearson	23	23:35	
Justine Randell	24	23:45	
Scott Curran	25	23:50	
Chris Browne	26	24:08:00	
Tracey Hay	27	24:23:00	
Noreen Crombie	28	24:34:00	
Kelly Mitchell	29	24:41:00	
Chris Lord	30	24:41:00	
Dylan Wright	31	25:03:00	
Natalie Miedema	32	25:10:00	

Ray Hewlett	33	26:05:00
Inge Pestour	34	26:36:00
Sam Atkinson	35	27:43:00
Kathy Jackson	36	27:44:00
Allan Ure	37	27:58:00
Sarah Croucher	38	28:19:00
Nicky Kenny	39	30:41:00
Peter Vyver	40	32:34:00
Mark Armstrong	41	33:53:00
James McGregor	42	33:57:00
Faith McGregor	43	33:57:00
Louise Rickard	44	34:38:00
Janet Shorland	45	35:40:00
Kirsty Peterson	46	35:41:00
Robynne Robbins	47	38:46:00 walker

The Trout Fly series



Thursday 25 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

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