



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
3 February 2018

The past week:

A busy week for club members this past week; Wednesday evening Teens and Adults track and field: Thursday evening the 6th Trout Fly in this summer's series: plus morning/evenings running and walking clinic activities etc.

Some members ventured out of the City. Results are below

The Club's running clinic:

There are another couple of weeks for people to join the clinic, but don't delay as the programme increases the time on ones feet each week.

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.

This includes those that are running with the clinic. Some groups leave a bit latter and sometimes from different venues. Clinic members keep in touch with your "pack leader" for any changes

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to **8.00am**. Those that are training for the full and half marathons and need to walk for longer times 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

Children's athletics this section is underway again. Meet just prior to 5.00pm at the No 2 field of the Rotorua Stadium. The Council have erected signs on Devon Street West to direct you to the venue.

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

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.

WEDNESDAYS

Teens and adults track and field (athletics) –

This Wednesday 31 January at Ground 2 Devon Street West from 6.00pm is the second session of the club championships for those that are grade 12 and above.

- 6.15pm – 60 metres - non championship
- 6.35pm - Discus - championship
- 6.35pm - Long jump - championship
- 7.20pm -3000 metres - championship

To take a championship placing current financial membership of the Lake City Athletic Club is required

Wednesday 7 February, is the following programme
60 and 200 metres – non champs: Hammer throw (Grade 17 plus), 800 metres and hurdles championships

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 next event in the fortnightly Trout Fly series is **Thursday 8 February**. Further information in the "advert" in this publication

Whaka Forest:

Over the coming 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 10 February at Te Aroha.

Adults:

This Saturday 3 February – open track and field met at **Porritt Stadium** – 3.00pm start. The programme can be seen at www.athleticswaikatobayofplenty.org.nz

Please note that the Tauranga track is still under repair and that any future events scheduled there could be moved to Porritt Stadium. Refer to Athletics Waikato BOP website for changes.

Upcoming events in the Waikato BOP region are the Porritt Classic (10 February): Athletics Waikato track and field champs (24/25 February): Athletics New Zealand track and field champs (9/ 11 March) at Porritt Stadium. Refer to the respective websites for entry details etc.

Master graded athletes please note that your championships are now combined with the Athletics Waikato BOP champs at Porritt stadium 24/25 February.

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

- 10 February – Porritt Classic (Hamilton) – ANZ 3000 metres championships on the programme
- 24 February – Athletics NZ 10000 metres champs at Inglewood.

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



RESULTS

Teens and adults track and field – 24 January 2018 Club championships

Girls 12		
100 metres - run	Lillian Muir	14.0
	Anja Crombie	15.5
400 metres – run	Lillian Muir	71.2
	Anja Crombie	77.8

1500 metres – run	Anja Crombie	6.33.8
	Lillian Muir	7.48.9
Shot put	Lillian Muir	6.70
	Anja Crombie	5.30
Girls 13		
100 metres – run	Gisele Howard	13.9
400 metres – run	Gisele Howard	68.5
1500 metres - run	Gisele Howard	5.54.4
Shot put	Gisele Howard	8.29
Girls 14		
100 metres – run	Hannah Muir	14.1
400 metres – run	Hannah Muir	82.6
1500 metres – run	Hannah Muir	7.54.9
Shot put	Hannah Muir	7.19
Women 17		
100 metres - run	Rebekah Edhouse	13.3
400 metres – run	Rebekah Edhouse	68.1
Women 45		
100 metres - run	Karyn McCready	17.2
400 metres - run	Karyn McCready	78.1
1500 metres run	Karyn McCready	6.13.0
Shot Put	Karyn McCready	5.82
	Sharissa Hetherington	4.20
100 metres – walk	Sharissa Hetherington	90.2
Women 60		
100 metres - walk	Christine Hocking	39.6
400 metres – walk	Christine Hocking	2.48.2
1500 metres – walk	Christine Hocking	12.13.6
Boys 14		
100 metres – run	Jesse Pakinga-Lawson	13.9
Shot put	Jesse Pakinga- Lawson	9.21
Men 20		
100 metres – run	Sam Rossiter	13.6
	Russell Clarke	16.0
400 metres – run	Sam Rossiter	69.8
	Russell Clarke	72.7
1500 metres – run	Russell Clarke	5.31.6
	Sam Rossiter	5.56.7
Shot Put	Sam Rossiter	7.07
	Russell Clarke	6.40
Men 35		
100 metres – run	Jason Finnerty	12.6
400 metres – run	Jason Finnerty	65.4
1500 metres – run	Jason Finnerty	6.10.5
Shot put	Jason Finnerty	8.04

Men 40		
100 metres – run	Adrian Lysaght	15.0
400 metres – run	Adrian Lysaght	72.4
1500 meters – run	Brendon Kennan	4.56.2
	Adrian Lysaght	5.08.7
Shot put	Adrian Lysaght	6.09
Men 45		
100 metres – run	Chris Bycroft	17.9
400 metres – run	Chris Bycroft	95.1
1500 metres - run	Jason Cameron	4.43.1
	Chris Bycroft	6.59.1
Men 50		
1500 metres – run	Tony Broadhead	4.48.2
	Alan Crombie	5.34.7
Men 65		
100 metres – run	Daniel Hocking	19.5
	Peter Bloore	23.4
400 metres – run	Peter Bloore	1.43.2
	Daniel Hocking	2.06.2
1500 metres – run	Peter Bloore	8.01.3
400 metres – walk	Alan Ryan	2.44.5
1500 metres - walk	Alan Ryan	No time

Non championship

100 metres - run		
Cooper Simes	Grade 10	13.9
Conor Lysaght	Grade 11	15.4
Amber Lysaght	Grade 9	18.8
400 metres – run		
Cooper Simes	Grade 10	72.8
Conor Lysaght	Grade 11	79.4
1500 metres - run		
Conor Lysaght	Grade 11	5.41.3
Amber Lysaght	Grade 9	7.06.9
Shot put	(different weights thrown)	
Conor Lysaght	Grade 11	5.94
Amber Lysaght	Grade 9	4.58
Cooper Simes	Grade 10	7.39

Trout Fly - 25 January 2018 -

No 6

2550 metres

Name	Place	Time	Notes
Leo Bamfield	1	10:37	
Conor Lysaght	2	11:26	
Logan Marten	3	12:10	
Oliver Atkinson	4	12:20	
Kathy Jackson	5	12:30	
Philip Gulbransen	6	12:48	
Anja Crombie	7	12:52	
Emily Downs	8	13:13	
Amber Lysaght	9	13:14	
Jessica Downs	10	13:29	

Arwen Barker	11	13:45	
Rachel Wright	12	13:53	
John Marten	13	13:53	
Hannah Shilton	14	14:05	
Alexander Bamfield	15	14:06	
Caleb Finnerty	16	14:12	
Olivia Downs	17	14:43	
Hannah Hickson	18	15:26	
Peter Bloore	19	15:35	
Claire Randell	20	15:37	
Joshua Finnerty	21	15:41	
Novak Marshment	22	16:05	
Catherine Donovan	23	16:07	
Josh Coleman	24	16:43	
Leah Barker	25	16:44	
Kerryn Barker	26	16:50	
Judy Hewlett	27	16:59	
Sheryl Pearson	28	17:15	
Kasper Grunwell	29	17:32	
Denise Caudwell	30	18:07	walker
Eva Lane	31	18:09	
Nicky Curran	32	18:09	
Sonya Hunt	33	18:11	
Anita Roy	34	18:35	
Katie Roy	35	19:30	
Peter Roy	36	19:31	
Robynne Robbins	37	19:34	walker
Chase Grunwell	38	19:43	
Erica Shilton	39	20:01	
Travis Grunwell	40	22:24	
Angela Grunwell	41	22:26	
Mylene Wright	42	23:56	
Emilie Wright	43	23:57	
Emma Hickson	44	27:59:00	
Jodie Hickson	45	28:00:00	
Axel King	46	30:14:00	
Alison King	47	30:15:00	

Claire Roy			DNS
Robert Roy			DNS
Ashleigh Randell			?

5000 metres

Full Name	Pace	Time	Notes
Matt Parsonage	1	17:50	
Brendon Keenan	2	18:12	
Adrian Lysaght	3	18:26	
Bruce Edwards	4	18:36	
Ben McHale	5	18:59	with pram
David Cronshaw	6	19:29	
Chris Corney	7	19:35	
Gaine Petterson	8	19:35	
Alan Crombie	9	19:58	
Russell Clarke	10	20:13	
Max Voss	11	20:30	
Fred Shilton	12	20:40	

Steven Holloway	13	21:39
Clare Barratt-Wood	14	21:50
Shayne Hossack	15	22:01
Clare McKinlay	16	22:34
Scott Curran	17	22:43
Chris Timmins	18	24:06:00
Nik Andre	19	24:07:00
Jason Finnerty	20	24:08:00
Kelly Mitchell	21	24:29:00
Chris Lord	22	24:34:00
Eashwar	23	25:32:00
Noreen Crombie	24	25:38:00
Inge Pestour	25	26:34:00
Greg Rose-Innes	26	26:35:00
Chris Browne	27	26:43:00
Justine Randell	28	27:08:00
Dylan Wright	29	27:08:00
Rachael Lee	30	27:13:00
Maree Bamfield	31	27:55:00
Graeme Pearson	32	27:58:00
Gavin Voss	33	29:31:00
Rachael Catley	34	30:24:00
Matt Fiske	35	31:55:00
Peter Vyver	36	32:42:00
Mark Armstrong	37	32:44:00
Amanda King	38	35:58:00
Jemmel Ruland	39	35:58:00

Potts Track and Field Classic – Hastings – 27 January 2018

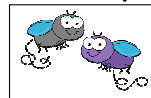
5000 metres – men

Mathew Taylor	1st	Hastings	14.50.83
Michael Voss	5th		15.05.92

South Island Colgate Games – 13 to 14 January 2018

Lillian Muir	Grade 12		
100metres	Heat	5th	14.81
	Semi	4th	14.49
200 metres	Heat	2nd	29.72
	Semi	4th	29.55
	Final	7th	29.56
Hurdles	Heat	2nd	15.83
	Semi	4th	16.18
High jump		8th	1.35
Long jump	Flight 3	3rd	4.35
Hannah Muir	Grade 14		
100 metres	Heat	6th	14.93

The Trout Fly series



Thursday 8 February

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

2018

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