



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**  
**10 February 2018**

### The past week:

Another big week of activities for members: Tuesday evening children's athletics: Wednesday the Teens and Adults track and field which had an increase in the numbers attending: Sunday/Tuesday/Thursdays the various running and walking groups out in the Forest.

### Local regular events:

#### **SUNDAYS**

##### **Distance athletes**

**Those that run** - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

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 need to arrange their own start times.

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](mailto:lakecityca@gmail.com)

Only Online membership registration available at [www.lakecity.co.nz](http://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 7 February** 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 - Hammer throw championship for those Grade 17 plus
- 7.00pm - 200 metres - non championship
- 7.20pm - 800 metres - championship
- 7.20pm - hurdles - championship. For this event to go ahead assistance is required with the setup and dismantling of the hurdles. Sorry if no help – no event.

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

##### **Wednesday 14 February** - the programme is:

Non-champs 60 and 400 metres, plus shot put. Championship events are high jump (all grades) and 5000 metres (grade 17 and above). Please note those taking part in 5000 metres need to supply their own lap recorder.

#### **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 this **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. Some are on a Saturday others a Sunday.

**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 –*

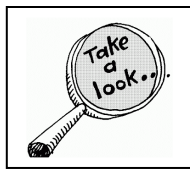
*Children:*

**This Saturday 10 February.** Ribbon day at Te Aroha. Te Aroha is seeking volunteers to help with the event.

Saturday 17 February - ribbon day at Tokoroa

*Adults:*

**This Saturday 10 February** – The Porritt Classic for those that have entered



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: **Athletics Waikato track and field champs (24/25 February. Entries must be in by Saturday 17 February. No late entries will be accepted. Refer to AWBOP website [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for entry form and entry fees etc.**

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

- Athletics New Zealand track and field champs (9/ 11 March) at Porritt Stadium. Refer to the Athletics NZ website for entry details etc.

At Inglewood (24 February) are the Athletics NZ 10000 metres track championships. Refer Athletics NZ website for details.

## Copthorne off Road Half Marathon:

Is here in our fabulous Whakarewarewa Forest on Sunday 4 March

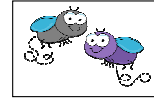
Events on the program are:

Half Marathon: Quarter marathon: 5km run/walk: and a Little Devils 1.5km and 2.5km. – Something for all the family.

This Club event is managed on behalf of the Club by Event Promotions. Visit their website for event and entry information – [www.eventpromtions.co.nz](http://www.eventpromtions.co.nz)

Volunteers to assist with the event (Saturday course set up – Sunday registration, parking and marshalling) will be called for in due course.

## The Trout Fly series



**This 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](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

## RESULTS

**Teens and adults – 31 January 2018**

**Club championships**

<b>Girls 12</b>		
200 metres - run	Lillian Muir	29.0
3000 metres – run	Anja Crombie	14.17.4
	Lillian Muir	16.49.6
Long jump	Lillian Muir	4.12
	Anja Crombie	3.34
Discus	Lillian Muir	16.19
	Anja Crombie	10.86
<b>Girls 13</b>		
200 metres – run	Gisele Howard	29.4
3000 metres – run	Gisele Howard	13.21.5
Long jump	Gisele Howard	4.00
Discus	Gisele Howard	18.71

<b>Girls 14 – run</b>		
200 metres - run	Hannah Muir	34.5
3000 metres – run	Hannah Gapes	10.36.5
	Hannah Muir	16.16.7
Long jump	Hannah Muir	3.30
Discus	Hannah Muir	14.05
<b>Women 20</b>		
3000 metres – run	Megan Grant	11.25.3
<b>Women 45</b>		
200 metres - run	Karyn McCready	35.3
3000 metres - run	Karyn McCready	13.08.2
200 metres - walk	Sharissa Hetherington	2.49.6
Discus	Karyn McCready	14.31
	Sharissa Hetherington	13.28
<b>Women 60</b>		
200 metres – walk	Christine Hocking	82.01
3000 metres - walk	Denise Caudwell	15.29.6?
	Christine Hocking	23.28.3
Long jump	Denise Caudwell	2.85
Discus	Denise Caudwell	11.98
<b>Boys 14</b>		
Long jump	Jesse Pakinga-Lawson	4.74
Discus	Jesse Pakinga-Lawson	28.34
<b>Men 17</b>		
200 metres – run	Apache Davidson	27.9
3000 metres – run	Apache Davidson	11.06.9
Long jump	Apache Davidson	3.65
Discus	Apache Davidson	14.20
<b>Men 20</b>		
200 metres – run	Sam Rossiter	27.5
	Russell Clarke	31.2
3000 metres – run	Russell Clarke	11.27.0
	Sam Rossiter	12.39.2
Long jump	Sam Rossiter	4.35
	Russell Clarke	3.63
Discus	Sam Rossiter	19.66
	Russell Clarke	13.42
<b>Men 35</b>		
200 metres - run	Jason Finnerty	26.8
3000 metres – run	Jason Finnerty	12.54.8
Long jump	Jason Finnerty	4.35
Discus	Jason Finnerty	21.41
<b>Men 40</b>		
200 - metres run	Adrian Lysaght	32.1
3000 metres - run	Sjors Corporaal	9.28.6

	Brendon Keenan	10.25.5
	Adrian Lysaght	10.41.4
	Andy Twiddy	11.16.9
Long jump	Adrian Lysaght	3.52
Discus	Adrian Lysaght	13.68
<b>Men 45</b>		
3000 metres - run	Jason Cameron	10.21.4
	Gaine Petterson	11.29.9
<b>Men 50</b>		
3000 metres – run	Tony Broadhead	10.12.1
	Alan Crombie	11.50.6
<b>Men 55</b>		
3000 metres - run	Dave Cronshaw	11.13.5
<b>Men 65</b>		
200 metres – run	Peter Bloore	48.9
	Dan Hocking	49.1
3000 metres – run	Peter Bloore	16.26.6
3000 metres - walk	Alan Ryan	23.28.6
	Dan Hocking	No time

#### Non championship

<i>60 metres - run</i>	<i>Race 1</i>	
Ryan Howe	M20	7.0
Apache Davidson	M17	8.4
Jesse Pakinga-Lawson	B14	8.5
Nelson Howe	B13	9.0
	<i>Race 2</i>	
Jason Finnerty	M35	8.1
Sam Rossiter	M20	8.7
Cooper Simes	B10	9.00
Russell Clarke	M20	9.2
	<i>Race 3</i>	
Rebekah Edhouse	W17	7.7
Lillian Muir	G12	8.6
Gisele Howard	G13	8.7
Hannah Muir	G14	8.6
	<i>Race 4</i>	
Anja Crombie	G12	9.0
Anna Phillips	G13	10.5
Corey Davidson	G13	11.0
<i>Long jump</i>		
Corey Davidson	G13	2.72
Anna Phillips	G13	269
Cooper Simes	B10	4.17
Nelson Howe	B13	3.99

Ryan Howe	M20	6.53
<i>200 metres</i>		
Cooper Simes	B10	30.0
Nelson Howe	B13	31.0
Anna Phillips	G13	38.7
Corey Davidson	G13	48.8
<i>Discus (different weights thrown)</i>		
Cooper Simes	B10	18.48
Anna Phillips	G13	8.97
Corey Davidson	G13	8.83

## 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