



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 17 February 2018

The past week:

The weather at last Wednesday's teens and adult's track and field saw the last couple of events being caught in a downpour. Pleasing to see the Thursday evening Trout Fly numbers increase. Results of both evenings are below.

Out of Rotorua was the Te Aroha Ribbon day for the children and the Porritt Classic at Hamilton for adults

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

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 14 February at Ground 2 Devon Street West from 6.00pm the club championships for those that are grade 12 and above continue.

- 6.15pm - 60 metres - non championship
- 6.30pm - High jump – championship
- 6.45pm – Shot put - non championship
- 7.00pm - 400 metres – non championship
- 7.15pm - 5000 metres championship (grade 17 and above). Please note those taking part in 5000 metres need to supply their own lap recorder.

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

21 February - the programme is:

Non-champ events are 1 mile and 100 metres. Championship events are Triple jump and Javelin championships (all grades) and Steeplechase grade 17 and above. Assistance is required to set up the steeplechase jumps and to restore them.

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

On the Club's social scene:

- When: Thursday 1st March meet @5.30pm
- Where: Blue Lake – meet at 1st grass carpark by BBQ
- What: casual run with BBQ afterwards sausages & bread provided

All welcome!



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 17 February - a ribbon day at Tokoroa. The host club is seeking volunteers to help with the event

Please note that the Bellevue ribbon Day at Tauranga Domain has been cancelled, because the resurfacing of the track will not be completed until early March. The Triple jump champs have been transferred to the Paeroa ribbon day on 3 March

Adults:

The Athletics Waikato track and field champs (24/25 February) entries for both days must be in by this **Sunday 18 February**. Enter online via AWBOP website www.athleticswaikatobayofplenty.org.nz

Master graded athletes please note that your championships are now combined with the Athletics Waikato BOP champs at Porritt stadium 24/25 February and entry to be made as per above.

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

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

The list is now at the Neil Hunt park clubrooms for club volunteers to place their name on - Saturday course set up – Sunday registration, parking and marshalling etc.

Long Mile and Tarawera Road users:

We have been advised that a number of trees have been identified for removal in the region of the Long Mile and Tarawera Roads. They will be removed by a contractor today (Wednesday) and possibly Thursday - weather dependant. Both roads will be closed periodically as trees are felled, but will be open while the contractor sets up for the next tree. Both roads will have traffic management in place and spotters for pedestrian traffic. If using the area please be patient and obey the marshalls etc.

RESULTS

New Zealand 3000 metres track championships – Porritt Stadium, Hamilton 11 February 2018

Men 20			
Peter Wheeler	Auckland	1st	8.21.66
Michael Voss		14th	8.39.85

Teens and adults – 7 February 2018 Club championships

Girls 12		
800 metres - run	Anja Crombie	3.22.1
	Lillian Muir	3.31.0
Girls 13		
800 metres - run	Gisele Howard	2.55.1
Girls 14		
800 metres - run	Hannah Muir	3.51.3
Women 17		
800 metres - run	Rebekah Edhouse	3.02.4
Women 45		
800 metres - run	Karyn McCready	3.03.4
Hammer throw	Sharissa Hetherington	14.45
Women 60		
800 metres – walk	Denise Caudwell	5.31.9
	Christine Hocking	5.35.3
Hammer throw	Denise Caudwell	9.52

Men 17		
800 metres – run	Apache Davidson	2.27.8
Men 20		
800 metres – run	Michael Voss	2.13.1
	Sam Rossiter	2.29.8
	Russell Clarke	2.34.4
Hammer throw	Sam Rossiter	15.54
	Russell Clarke	9.63
Men 35		
Hammer throw	Jason Finnerty	17.95
Men 40		
800 metres – run	Brendon Keenan	2.21.8
	Adrian Lysaght	2.24.3
Hammer throw	Adrian Lysaght	11.00
Men 45		
800 metres – run	Jason Cameron	2.18.6
Men 50		
800 metres – run	Tony Broadhead	2.22.4
	Alan Crombie	2.40.8
Men 60		
800 metres – run	Phil Gulbransen	3.32.5
Men 65		
800 metres	Peter Bloore	3.58.5
	Dan Hocking	4.44.1
Men 65		
800 metres – walk	Alan Ryan	5.38.9

Non championship

60 metres - run	<i>Race 1</i>	
Anja Crombie	G12	9.5
Anna Phillips	G13	10.4
Corey Davidson	G13	11.0
	<i>Race 2</i>	
Rebekah Edhouse	W17	8.5
Gisele Howard	G13	8.7
Lillian Muir	G12	9.1
Hannah Muir	G14	9.2
	<i>Race 3</i>	
Cooper Simes	B10	8.7
Russell Clarke	M20	8.9
Nelson Howe	B13	9.1
	<i>Race 4</i>	
Ryan Howe	M20	7.2
Cody Mayes	M17	7.7
Jason Finnerty	M35	8.3
Apache Davidson	M17	8.6

60 metres - walk		
Denise Caudwell	W60	18.0
200 metres - run	<i>Race 1</i>	
Lillian Muir	G12	29.6
Gisele Howard	G13	30.1
Hannah Muir	G14	33.4
Anja Crombie	G12	33.5
Anna Phillips	G13	38.3
Corey Davidson	G13	43.3
	<i>Race 2</i>	
Cody Mayes	M17	26.8
Jason Finnerty	M35	27.5
Apache Davidson	M17	28.4
Rebekah Edhouse	W17	28.4
	<i>Race 3</i>	
Cooper Simes	B10	30.5
Nelson Howe	B13	30.5
Ryan Howe	M20	32.5
Joshua Finnerty	B9	42.3
Dan Hocking	M65	49.3
Peter Bloore	M65	49.6
200 metres - walk		
Denise Caudwell	W60	64.8
Christine Hocking	W60	73.3
Alan Ryan	M65	76.9
800 metres - run		
Cooper Simes	B10	3.40.1
Elliott Castle	B9	4.03.4

Trout Fly – 8 February 2018 - No 7

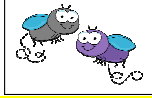
Name	Place	Time	Notes
Clare Barratt-Wood	1	10:48	
Conor Lysaght	2	10:57	
Justine Randell	3	11:27	
Anja Crombie	4	11:52	
Richard Werahiko	5	12:00	
Cody Shilton	6	12:01	
James McGregor	7	12:39	
Freya Lord	8	13:00	
Luke Crombie	9	13:19	
Amber Lysaght	10	13:24	
Ashleigh Randell	11	13:36	
Arwen Barker	12	13:36	
Rachael Lee	13	13:37	
Chris Browne	14	13:38	
Kasper Grunwell	15	13:47	
Caleb Finnerty	16	13:50	

Edward Twiddy	17	14:00		Steven Holloway	17	20:36	
Sian Twiddy	18	14:00		Fred Shilton	18	20:40	
Anita Roy	19	14:52		Brei Gudsell	19	21:34	
Alan Twiddy	20	15:09		Tracey Hay	20	22:44	
Katrina Finnerty	21	15:18		Kelly Mitchell	21	22:47	
Claire Randell	22	15:34		Nik Andre	22	22:57	
Kathryn Murphy	23	15:43		Lance Shilton	23	23:04	
Joshua Finnerty	24	15:50		Scott Curran	24	23:20	+pram
Lee Towers	25	15:58		Jason Finnerty	25	23:24	
Keira Murphy	26	16:16		Greg Rose-Innes	26	23:27	
Mylene Wright	27	16:18		Rhys Downes	27	23:43	
Dylan Wright	28	16:19		Inge Pestoor	28	23:45	
Judy Hewlett	29	16:40		Graeme Pearson	29	23:48	
Alexander Bamfield	30	16:45		Eashwar	30	23:56	
Daniel Cheesman	31	16:48		Balasubramaniyan			
Sheryl Pearson	32	16:51		Naitarah Hunia	31	23:59	
Denise Caudwell	33	18:01	walker	Faith McGregor	32	24:07:00	
Leah Barker	34	18:22		Peter Roy	33	24:15:00	
Kerryn Barker	35	18:23		Noreen Crombie	34	24:16:00	
Helen Towers	36	18:37		Leo Bamfield	35	24:43:00	
Louise Lord	37	20:32		Isaac Field	36	24:43:00	
Travis Grunwell	38	20:38		Chris Lord	37	24:54:00	
Angela Grunwell	39	20:45		Philip Gulbransen	38	25:20:00	
Katharine Twiddy	40	22:42		Sam Atkinson	39	26:35:00	
Katie Roy	41	24:07:00		Maree Bamfield	40	27:42:00	
Robert Roy	42	24:17:00		Sam Cheesman	41	28:45:00	
Matthew Parsonage	43	25:13:00		Rina Joy	42	29:00:00	
Claire Roy	44	27:46:00		Phoenix Hunia	43	30:10:00	
Chris Roy	45	27:47:00		Harry Cheesman	44	30:47:00	
Sarah Knight	46	30:08:00		Rachael Catley	45	30:48:00	
Tayler Lord	47	30:12:00		Mark Armstrong	46	30:52:00	
Charlotte Towers	48	30:13:00		Helen Mossman	47	31:14:00	

5000 metres

Name	Place	Time	Notes
Sjors Corporaal	1	15:59	
Tony Broadhead	2	17:28	
Jason Cameron	3	17:40	
Adrian Lysaght	4	17:46	
Steve Parker	5	17:51	
Brendon Keenan	6	17:53	
Bruce Edwards	7	18:00	
Ben McHale	8	18:30	+pram
Raihi Hunia	9	19:02	
Megan Grant	10	19:02	
Chris Corney	11	19:11	
Gaine Petterson	12	19:11	
Alan Crombie	13	19:36	
Andrew Twiddy	14	19:47	
Russell Clarke	15	20:10	
David Cronshaw	16	20:14	

The Trout Fly series



Thursday 22 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

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