



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
3 March 2018

The past week:

Another cancellation of the Children's Tuesday evening athletics last week. The results of the teens and adults Wednesday evening athletics and the Thursday evening Trout Fly series are below.

Also below are the results of club members that took part in the Athletics Waikato BOP track and field championships (Porritt Stadium, Hamilton) and the Athletics New Zealand 10000 metres championships (Inglewood).

Volunteers – required from the club:

Volunteers are still required for this Sunday's Copthorne off Road Half marathon and associated events. Please call Rob on 07 348 7768 urgently if you can assist. Even if you are participating in one of the events you can assist with registration, parking, course clean up etc.

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 - Meet just prior to 5.00pm at the No 2 field of the Rotorua Stadium.

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

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

- 6.15pm – High jump - championship
- 6.45 pm – 60metres – non championship
- 7.00 pm – shot put – non championship
- 7.10pm – 1 mile – non championship

To take a championship placing current financial membership of the Lake City Athletic Club is required. It would be great to see club uniforms being worn on this evening.

Wednesday 7 March is the pentathlon programme which incorporates a 1 mile. Pick and choose your events – only do the 1 mile if you wish.

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 March**. Further information in the "advert" in this publication

The Club's social scene:

When: **This Thursday 1st March** meet @5.30pm

Where: Blue Lake – meet at first grass carpark by BBQ

What: casual run with BBQ afterwards sausages & bread provided. All welcome!



2017 winners Children's trophies:

Would winners of trophies relating to the Children's section please bring them to track on a Tuesday evening and give to Sarah – thank you.

The All Whites won't be at a big football tournament in 2018 but Lake City will be!



DO YOU WANT TO PLAY?

The Lake City Athletic Club will be entering a team in a business house soccer tournament on Saturday 10th March in Tokoroa. The format is 7-a-side social mixed teams playing minute 30 minute games on half sized fields with unlimited rolling substitutions. The team is guaranteed at least four games during the tournament which starts at 10am and will probably be over by 3pm.

Any club members that would like to be a part of the fun can contact Adrian Lysaght (text 027 6153496 or email adrian.lysaght@xtra.co.nz). All welcome, regardless of ability/experience, male or female, any age (adult, high school or intermediate aged). If we get 12-20 player that would be great – plenty of substitutes so we won't get tired!

The Lake City Athletic Club is covering the tournament entry fees. The only condition is that all players are current financial members and wear their Lake City singlets/t-shirts when playing for the team

Parks Week:

As part of Sport BOP and the Rotorua Lakes Council parks week promotion the Club is organizing a family fun/run walk on the **Thursday evening 15 March, 5.45pm** in Whakarewarewa Forest. This is an untimed 1.8km or 3.6km run or walk on the Mokopuna Tracks.

Meeting place is the concrete pad at the Tarawera Road end of Long Mile Road. Parking is on the large grassed area on the right hand side of Long Mile Road.

Entry fee is a gold coin donation to the First response Unit based at the Waipa Mountain Bike carpark.

Wear suitable clothing and footwear and don't forget your drink bottle. The event will be cancelled should there be high wind or severe weather.

Mark this date on your calendar and bring the whole family - Mums, Dads, Grandma, Granddad, Aunts and Uncles plus the youngsters.

Clubrooms key pad holders:

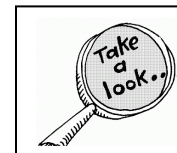
After the 31 March 2018 the Lake City Athletic Club Inc Executive will be making their annual review of those who currently have access to the Neil Hunt Park Clubrooms via the key pad.

It is noted there are a number of names on the current access list that have not actively supported the Club in recent times through participation and /or volunteering at the various events the Club promotes and organizes.

Unfortunately failure to continue with regular participation and / or volunteering within in the Club will result in the loss of privilege to have access to the clubrooms via the key pad.

The granting of an access number, which is viewed as a privilege and not a right, is at the discretion of the Club Executive. Just being a current financial Club member is not a right to have an access number.

Should your access be removed you have the right to apply for reinstatement. The current application form can be viewed by visiting the Club's website – lakecity.co.nz under documentation. The decision made by the Executive on a future application will be final.



Looking ahead:

Out of Rotorua –

Children:

This Saturday 3 March – Paeroa Ribbon Day. The Athletics Waikato BOP Triple jump champs have been transferred to this day.

Saturday 17 March – Athletics Waikato BOP championships for those that have entered **at Porritt Stadium, Hamilton**

Adults:

This weekend - At Whangarei the New Zealand Masters championships. Good luck to those from the club that have entered. Nearer home is an open meeting at Porritt Stadium, Hamilton. 3.00pm

The weekend 9 to 11 March – Athletics new Zealand track and field championships at Porritt Stadium, Hamilton

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

RESULTS

Teens and adults track and field – 21 February 2018

Club championships

Girls 12		
Triple jump	Lillian Muir	7.03
Steeplechase	Lillian Muir	10.28.0
Girls 13		
Triple jump	Gisele Howard	7.03
Javelin	Gisele Howard	15.60
Girls 14		
Triple jump	Hannah Muir	6.24
Javelin	Hannah Muir	14.03
Women 20		
Triple jump	Kelly Albrecht	5.80
Javelin	Kelly Albrecht	16.12
Women 45		
Javelin	Karyn McCready	12.90
Steeplechase	Karyn McCready	9.15.7
Men 17		
Steeplechase	Apache Davidson	8.40.4
Men 20		
Triple jump	Sam Rossiter	8.38
	Russell Clarke	6.69
Javelin	Sam Rossiter	26.26
Steeplechase	Sam Rossiter	12.49.3
	Russell Clarke	13.43.3
Men 35		
Triple jump	Jason Finnerty	8.00
Javelin	Jason Finnerty	25.00
Men 40		
Triple jump	Adrian Lysaght	7.37
Javelin	Adrian Lysaght	18.90
Steeplechase	Adrian Lysaght	11.19.0

Non championship

100 metres - run	<i>Race 1</i>	
Apache Davidson	M17	13.9
Lillian Muir	G12	14.4
Hannah Muir	G14	15.1
	<i>Race 2</i>	
Cooper Simes	B10	14.7
Anna Phillips	G13	17.7
Corey Davidson	G13	18.9
Joshua Finnerty	B8	19.4
1 mile - run		
Tony Broadhead	M50	5.10.0
Apache Davidson	M17	5.42.8
Russell Clarke	M20	5.51.4
Jason Finnerty	M35	6.00.0

Adrian Lysaght	M40	6.00.5
Brendon Keenan	M40	6.07.0
Gisele Howard	G13	6.17.7
Tracey Hay	W20	6.23.2
Sam Rossiter	M20	6.50.2
Lillian Muir	G12	7.28.0
Phil Gulbransen	M60	7.30.5
Corey Davidson	G13	7.49.5
Anna Phillips	G13	7.54.2
Hannah Muir	G14	8.23.5
Joshua Finnerty	B8	9.03.4
Daniel Hocking	M65	11.10.5
1 mile - walk		
Christine Hocking	W60	11.48.3
Steeplechase		
Cooper Simes	B10	10.53.7
Triple jump		
Cooper Simes	B10	6.75
Corey Davidson	G13	5.90
Anna Phillips	G13	6.14
Javelin		
Anna Phillips	G13	7.80
Corey Davidson	G13	6.67
Cooper Simes	B10	16.60

Athletics New Zealand 10000 metres championship – Inglewood - 24 February 2018

Craig Lautenslager	Nelson	1st	29.51.97
Michael Voss		6th	33.26.79

Athletics Waikato BOP track and field championships – 24/25 February 2018 – Porritt Stadium – Hamilton

Gisele Howard	<i>Under 16 girls</i>	
100 metres	7th	14.63
800 metres	3rd	2.42.02
1500 metres	2nd	5.30.11
Long jump	3rd	4.59
Shot put	5th	8.04
Discus	6th	18.58
Javelin	3rd	17.50
Mixed age relay U18	1st	
Brendon Keenan	Masters men 40	
1500 metres	1st	4.52.51
Graeme Adams	Masters men 65	
800 metres	1st	2.59.96
1500 metres	1st	6.03.23
5000 metres	2nd	10.01.55

Trout Fly – 18 February 2018 – No 8

Name	Place	Time
2250 metres		
Conor Lysaght	1	11:03
Cody Shilton	2	11:39
Niagara Hunia	3	11:43
James McGregor	4	12:01
Anja Crombie	5	12:12
Leo Bamfield	6	12:33
Jonah Farnell	7	12:35
Jasmin Donaldson	8	13:09
Amber Lysaght	9	13:11
Novak Parchment	10	13:24
Hannah Shilton	11	13:29
Kasper Grunwell	12	13:38
Rachel Wright	13	13:50
Zephania Hunia	14	14:06
Ashleigh Randell	15	14:14
Arwen Barker	16	14:17
Joshua Finnerty	17	14:33
Caleb Finnerty	18	13:43
Rob Bamfield	19	14:46
Maree Bamfield	20	15:20
Katrina Finnerty	21	15:32
Claire Randell	22	15:49
Justine Randell	23	15:50
Alan Twiddy	24	16:07
Mylene Wright	25	16:42
Judy Hewlett	26	16:43
Alison King	27	17:06
Helen Marshment	28	17:48
Catherine Donovan	29	17:49
Kiara Furnell	30	18:25
Alexander Bamfield	31	18:36
Chase Grunwell	32	18:38
Daniel Cheesman	33	18:39
Travis Grunwell	34	19:23
Angela Grunwell	35	19:26
Erica Shilton	36	19:58
Margi Furnell	37	21:18
Anu Weir	38	22:00
Niko Weir	39	22:01
Sian Twiddy	40	27:05:00
Alan Twiddy	41	27:10:00

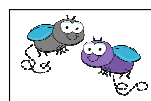
5000 metres

Name	Place	Time
Tony Broadhead	1	17:42
Bruce Edwards	2	18:00
Matthew Parsonage	3	18:07
Adrian Lysaght	4	18:20
Raihi Hunia	5	18:47
Andrew Twiddy	6	19:04
Chris Corney	7	19:13
Gaine Petterson	8	19:18
Russell Clarke	9	19:55
Megan Grant	10	19:57
Alan Crombie	11	20:06
Fred Shilton	12	20:32

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Ronan Griffiths	13	20:32
Brad Griffiths	14	20:33
Clare Barratt-Wood	15	20:48
Sue Crowley	16	20:54
Brei Gudsell	17	21:08
Siobhan Griffiths	18	21:28
Greg Rose-Innes	19	22:03
Lance Shilton	20	22:37
Kelly Mitchell	21	22:39
Rhys Downes	22	22:43
Mark Challoner	23	22:55
Stevie Fiske	24	22:58
Inge Pestoor	25	23:02
Jason Finnerty	26	23:04
Chris Browne	27	23:19
Kerryn Barker	28	23:32
Scott Curran	29	24:10:00
Noreen Crombie	30	24:24:00
Campbell Horn	31	24:33:00
Chris Bycroft	32	24:39:00
Eashwar	33	25:05:00
Balasubramaniyan		
Faith McGregor	34	25:05:00
Sam Atkinson	35	25:58:00
Max Ward	36	26:28:00
Dylan Wright	37	26:54:00
Jemmel Ruland	38	27:11:00
Tracey Dender	39	28:17:00
Helen Mossman	40	30:29:00
Mel Marshall	41	30:43:00
Mark Armstrong	42	31:32:00
Peter Vyver	43	33:03:00
Amanda King	44	33:11:00
Tamzin Joy	45	37:15:00
Rina Joy	46	37:16:00

The Trout Fly series



Thursday 8 March

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 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