



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
17 March 2018

The past week:

Another busy week on the local scene - children's athletics had their first night of activities in 4 weeks: the teens and adults track and field athletics went ahead on Wednesday evening; and the second to last Trout Fly event was held on Thursday evening with a heavy downpour around start time. Results of Wednesday and Thursday activities are below.

The results from the 5 from the club that attended the NZ Masters track and field championships at Whangarei are below. When you look at them you will see they did extremely well, with a large number of medals coming home with them. Well done guys!

A small number from the club participated at the Athletics New Zealand track and field championships at Porritt Stadium Hamilton over the weekend. Their results are also below.

On the mainland the club's top male walker took part in the Kaiteriteri Half marathon to be the first walker across the line. Well done Neil – his time is listed below.

What happened at the soccer tournament at Tokoroa that club members took part in on Saturday?

Neil Hunt Park - clubrooms and car park:

This weekend the annual International Walk has the Netherlands Society (The Dutch Club) clubrooms as its headquarters. Participants will be in attendance Friday Saturday and Sunday. They have been given permission to use the Lake City clubrooms (mainly the toilet area) over this period, so please limit your use of our clubrooms (the lounge area should be available) and keep the car park area clear for their use. Thank you.

Children's trophies - 2017 winners:

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.

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 please 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 Field 2 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 14 March: the championship 10000 metres for those Grade 19 and over. This will be the only event on this evening. Those younger members that wish to train can do so. It is important that below is noted.

5.30pm: 10000 metres championship for walkers and runners likely to take over 60 minutes to complete the event

6.00pm: 10000 metres championship for runners likely to complete the event in less than 60 minutes

Please Note: all participants are required to supply their own lap recorder.

Wednesday 21 March – The Season’s prize giving at the Neil Hunt Park Clubrooms (off Tarawera Road) commencing 6.00pm. Finger food will be available.

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 final event in the fortnightly Trout Fly series is this **Thursday 22 March**. Further information in the “advert” in this publication

Parks Week:

As part of Sport BOP and the Rotorua Lakes Council parks week promotion the Club is organizing a family fun/run walk this **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, Grandmas, and Granddads, Aunts and Uncles plus the youngsters.

Footnote: volunteers are required for this event. Contact Rob on 07 348 7768 if you can assist.

Looking ahead:

Out of Rotorua –

Children:

This Saturday 17 March - for those who have entered their Athletics Waikato BOP championships. Note this event is now at Porritt stadium, Hamilton. We wish those from the club taking part all the best.



2019 North Island Colgate Games: As part of the planning process for Colgate Games 2019 in Hamilton, we need a design for our Programme, Tee-

shirt and communications. We would like Clubs to place a request in their newsletter or communications link to club members for ideas please. We are happy to get sketches, ideas jotted down on paper, to start a concept - the design ideally would reflect the Waikato-Bay of Plenty region- colours of the region to be in the design - red, yellow, black and blue (colours to be limited to keep the cost of printing down) - reflect athletics - be gender neutral - Have 2019, Colgate (Games), Hamilton, and possibly the dates - 4, 5, 6 January -- what colour

Tee shirt do people want the design to be printed on (we have some contractual obligations to meet - the Colgate logo and the New Zealand Children's logo - often placed on the sleeves)

Ideas to be delivered to Sandra Murray at the Children's Championship on March 17. if you miss this deadline please speak to Sandra at the champs. She will be in the secretary’s office at Porritt.

RESULTS

New Zealand Masters championships 2-4 March 2018 – Whangarei

Men 40		
Sjors Corporaal		
1500 metres	1st	4.18.95
3000 metres	1st	9.14.07
5000 metres	1st	15.52.39
Brendon Keenan		
1500 metres	3rd	4.51.15
3000 metres	2nd	10.25.90
5000 metres	2nd	18.01.06
Men 45		
Jason Cameron		
3000 metres	1st	9.39.96
5000 metres	3rd	17.41.56
Men 50		
Tony Broadhead		
1500 metres	4th	4.43.56
3000 metres	1st	9.51.32
5000 metres	1st	17.12.60
Men 65		
Graeme Adams		
1500 metres	3rd	6.24.68
3000 metres	2nd	13.20.11
5000 metres	3rd	23.02.81
2000 metres steeplechase	2nd	9.41.93

Kaiteriteri Gold Half Marathon – 10 March 2018

Neil Butler	1st walker	2.22.42
-------------	------------	---------

Athletics New Zealand Track and Field championships – 9 -12 March 2018, Porritt Stadium, Hamilton

Hannah Gapes	Women U18	
1500 metres	Heat 1 – 7th	5.01.91
3000 metres	10th	11.01.35
Michael Voss	Men 20	
5000 metres	7th	15.09.38
Lisa Adams	Para F37	
Shot put	1st	9.88
Discus	1st	17.89

Trout Fly – 8 March 2018 – No 9

Name	Place	Time	Notes
2250 metres			
Conor Lysaght	1	10:54	
Logan Marten	2	11:49	
James McGregor	3	12:01	
Jamie Hall	4	12:13	
Rachel Wright	5	12:49	
Ayden Maxwell	6	12:56	
Amber Lysaght	7	13:00	
Arwen Barker	8	14:19	
Luukas Weir	9	14:22	
Alan Twiddy	10	14:57	
Joshua Finnerty	11	14:58	
	12	15:06	
Alison King	13	16:21	
Judy Hewlett	14	16:30	
Claire Randell	15	16:31	
Tamzin Joy	16	17:01	
Sheryl Pearson	17	17:10	
Edward Twiddy	18	17:16	
Helen Marshment	19	17:34	
Catherine Donovan	20	17:35	
Sian Twiddy	21	17:35	
Margi Furnell	22	18:44	
Niko Weir	23	18:48	
Shona Sorensen	24	23:06	
Hannah Hickson	25	23:09	
George McGregor	26	23:25	
Faith McGregor	27	23:26	
Andrew Hickson	28	24:34:00	
Sam Atkinson	29	24:49:00	
Chris Lord	30	24:50:00	
Gabrielle Collins	31	25:55:00	
Anu Weir	32	25:56:00	
Red McHale	33	29:00:00	
Roema McHale	34	29:00:00	
Emma Hickson	35		DNS
Freya Lord	36		DNS

5000 metres

Oliver Shaw	1	17:26
Matthew Parsonage	2	17:36
Brendon Keenan	3	18:03
Ben McHale	4	18:12
Raihi Hunia	5	18:52
Megan Grant	6	19:16
Russell Clarke	7	19:36
Alan Crombie	8	19:40
Steven Holloway	9	19:52
Gaine Petterson	10	19:59
Andrew Twiddy	11	20:08
Clare Barratt-Wood	12	21:24
Mark Challoner	13	21:25
Lance Shilton	14	21:48
Tracey Hay	15	22:23
Clare McKinlay	16	22:33
Kelly Mitchell	17	22:42
Rhys Downes	18	22:50
Shayne Hossack	19	23:01
Greg Rose-Innes	20	23:06
Chris Browne	21	23:09
Jason Finnerty	22	23:10
Inge Pestoor	23	23:12
Scott Curran	24	23:17
Cody Shilton	25	23:18
Fred Shilton	26	23:20
Naitarah Hunia	27	23:27
Kerryn Barker	28	23:33
David Cronshaw	29	23:57
Campbell Horn	30	24:20:00
Chris Timmos	31	24:40:00
Phoenix Hunia	32	25:18:00
Noreen Crombie	33	25:33:00
Philip Gulbransen	34	25:37:00
Dee Horne	35	25:47:00
Ben Shiels	36	28:59:00
Jonah Furnell	37	29:03:00
Corey Auld	38	29:03:00
Rina Joy	39	29:33:00
Ray Hewlett	40	29:33:00
Tracey Dender	41	30:37:00
Jemmel Ruland	42	30:38:00
Zephania Hunia	43	31:00:00
Mark Armstrong	44	31:03:00
Peter Vyver	45	31:55:00

+ pram

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:

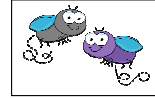
Denise Caudwell - Ph 346 8431 (evenings)

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Annemarie Gallagher – Ph 027 6229688 (adults)

Please call one of the above to arrange a suitable
day/time to meet at the clubrooms to check what you
want to purchase

The Trout Fly series



Thursday 22 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]

22nd March – the last event for this summer

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