



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 24 March 2018

### The past week:

The Teens and adults track and field section of the club saw their last evening of competition last Wednesday evening.

The children's section had another fine Tuesday evening for their local activities. Saturday saw a large contingent of youngsters head to Porritt Stadium for their Athletics Waikato BOP championships. Their impressive list of performances is below. Thanks are also extended to the mums/dads/caregivers from the Club that stepped up on the day to help with the various events.

Thank you, President Rob for organizing the run/walk associated with Parks Week on Thursday evening. Also thanks to those who marshalled etc at the event.

### Whakarewarewa Forest:

Although the main base for Crankworx is at Skyline Sky Rides there are a number of events being held in the Forest over the next few days. Please do not encroach into the areas they are using.

### 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](mailto: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 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**. Come dressed up – prizes for the best dressed male and female and family. Further information in the "advert" in this publication

# RESULTS

## Teens and Adults track and field – 14 March 2018 Club championship

<b>10000 metres -run</b>		
	<u>Women 20</u>	
Amy Bray	1st	52.15.2
	<u>Women 45</u>	
Annemarie Gallagher	1st	56.4.07
	<u>Women 55</u>	
Louise Rickard	1st	1.04.04
	<u>Men 20</u>	
Raihi Huna	1st	37.11.0
Sam Rossiter	2nd	42.30.0
	<u>Men 40</u>	
Andy Twiddy	1st	41.14.0
	<u>Men 45</u>	
Colin Davis	1st	47.45.3
Chris Boyce	2nd	51.47.0
	<u>Men 50</u>	
Tony Broadhead	1st	36.07.1
Alan Crombie	2nd	41.49.0
	<u>Men 55</u>	
Mike Bray	1st	42.20.1
	<u>Men 60</u>	
Phil Gulbransen	1st	50.01.0
	<u>Men 65</u>	
Peter Bloore	1st	1.01.06
<b>10000 metres - walk</b>		
	<u>Women 50</u>	
Glenys Hennessy	1st	1.12.15
	<u>Women 60</u>	
Denise Caudwell	1st	1.12.02
	<u>Men 65</u>	
Alan Ryan	1st	1.20.03

## Athletics Waikato BOP children's championships - 17 March 2018, Porritt Stadium, Hamilton

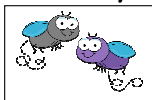
(Apologies for any performance that may have been overlooked)

<b>Vesty Simes</b>	<b>Grade 7</b>	
60 metres	Heat 3 – 4th	11.32
100 metres	Heat 2 – 4th	18.09
	Final – 5th	18.49
Shot put	2nd	4.95

Discus	6th	9.94
<b>Ave Frost</b>	<b>Grade 8</b>	
60 metres	Heat 2 – 3rd	10.63
	Final – 7th	10.60
Long jump	4th	3.29
Shot put	11th	3.68
Discus	3rd	13.45
<b>Tyla Albrecht</b>	<b>Grade 8</b>	
60 metres	Heat 4 – 4th	11.77
Long jump	11th	2.96
Shot put	10th	4.04
Discus	8th	9.33
<b>Nikita Harding</b>	<b>Grade 9</b>	
100 metres	Heat 1- 4th	17.67
200 metres	Heat 1 – 3rd	34.89
	Final – 7th	35.15
Long jump	8th	3.23
<b>Trelise Howard</b>	<b>Grade 10</b>	
200 metres	Heat 2 – 5th	33.52
	Final – 7th	34.01
400 metres	2nd	75.04
800 metres	2nd	2.46.01
Long jump	7th	3.62
<b>Lillian Muir</b>	<b>Grade 12</b>	
100 metres	Heat 2 – 1st=	14.00
	Final – 2nd	13.89
200 metres	Heat 1 – 1st	28.89
	Final – 1st	28.36
Long jump	1st	4.47
High jump	1st	1.47
<b>Katie Tapsell</b>	<b>Grade 13</b>	
1500 metres	4th	5.40.51
<b>Gisele Howard</b>	<b>Grade 13</b>	
1500 metres	5th	5.50.25
Discus	3rd	22.10
Shot put	3rd	7.91
Long jump	3rd	4.43
<b>Anton Harding</b>	<b>Grade 7</b>	
100 metres	Heat 1 – 6th	19.89
200 metres	Heat 2 – 5th	42.82
Long jump	12th	2.53
<b>Hamish Chapman</b>	<b>Grade 8</b>	
60 metres	Heat 3 – 1st	10.20
	Final – 8th	10.19
100 metres	Heat 2 – 4th	17.00

Long jump	12th	3.04
Discus	6th	12.84
<b>Cooper Simes</b>	<b>Grade 10</b>	
100 metres	Heat 2 – 1st	14.92
	Final – 2nd	14.79
200 metres	Heat 1 – 2nd	31.21
	Final – 2nd	30.35
400 metres	1st	70.66
Long jump	3rd	4.33
<b>Manaia Christiansen</b>	Grade 10	
Shot put	3rd	8.87
Discus	1st	27.30
<b>Hayden Chapman</b>	<b>Grade 11</b>	
100 metres	Heat 1 – 3rd	14.78
	Final – 7th	14.71
200 metres	Heat 2 – 3rd	30.53
	Final – 4th	29.88
400 metres	3rd	68.65
Discus	10th	13.65

## The Trout Fly series



**This 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

22nd March – the last event for this summer

**Come in fancy dress – prizes for the best dresses male and female and family.**

**Contacts:** Chris Corney – 021 770 366:  
 Email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz)



## 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