



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
10 March 2018

The past week:

Once again a cancellation of the last weeks Children's Tuesday evening athletics but the Wednesday teens and adults activities went ahead. Results are below.

Thanks to the club's social committee for the organization of a well-attended BBQ out at the Blue Lake on Thursday evening. Even the weather co-operated.

The results of Sunday's Copthorne off Road Half marathon held on Sunday in Whaka Forest can be seen by visiting www.eventpromtions.co.nz and clicking on the event. Well done to all who took part.

There were 5 from the club at the NZ Masters track and field championships at Whangarei on the weekend. Their results are still awaited.

Thanks:

For events to go ahead a number of things are required:

Participants: organizers: venue permission: course set up/breakdown: volunteers etc.

A huge thanks is extended to those who volunteered their assistance with the Off Road Copthorne Half marathon and associated events on Saturday and Sunday. Some on Sunday from 6.30am to around 3.00pm: others for a shorter time: Some volunteered and participated. This is what club spirit is all about.

This club event is managed by Event Promotions and thanks are extended to their team for bringing the event together on behalf of the Club.

Well done all!

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 7 March at Field 2 Devon Street West is the pentathlon evening for those that are grade 12 and above. The evening kicks off at 6.15 sharp with the undermentioned events progressing through the evening.

- 100 metres
- Long jump
- Shot put
- discus
- 1 mile

Pick and choose your events – only do the 1 mile or throw the shot if you wish.

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

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.

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 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 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, 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.

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 this 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

Looking ahead:

Out of Rotorua –

Children:

This Saturday 10 March - Te Aroha ribbon day

Saturday 17 March - Athletics Waikato BOP championships for those that have entered. Note this event is now at Porritt stadium, Hamilton.

Adults:

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



RESULTS

Athletics Waikato BOP Masters track and field championships – Porritt Stadium, Hamilton

Below are amended results from the above event. Apologies, Graeme for getting your time wrong last week.

Graeme Adams	Masters men 65	
800 metres	1st	2.59.96
1500 metres	1st	6.03.23
5000 metres	2nd	22.34.66
2000 metres	1st	10.01.55
Steeplechase		

Local Teens and adults – 28 February 2018

Non championship

60 metres - run	<i>Race 1</i>	
Rebekah Edhouse	W17	8.1
Lillian Muir	G12	8.8
Hannah Muir	G14	9.3
	<i>Race 2</i>	
Anja Crombie	G12	9.7
Anna Phillips	G13	10.2
Corey Davidson	G13	12.0
	<i>Race 3</i>	
Cody Mayes	M17	7.8
Sam Rossiter	M20	8.2
Apache Davidson	M17	8.7
Kyle Anderson	B14	9.0
Cooper Simes	B10	9.4
60 metres - walk		
Denise Caudwell	W60	18.9
1 mile - run		
Apache Davidson	M17	5.36.2
Alan Crombie	M50	6.03.1
Cooper Simes	B10	7.02.9
Sam Rossiter	M20	7.02.9
Rebekah Edhouse	W17	7.03.6
Anja Crombie	G12	7.13.9
Hannah Muir	G14	7.41.1
Corey Davidson	G13	7.50.7
Anna Phillips	G13	7.54.5
1 mile - walk		
Denise Caudwell	W60	10.53.6
Shot put (different weights thrown)		
Anna Phillips	G13	5.32
Corey Davidson	G13	4.67
Gisele Howard	G13	7.98
Anja Crombie	G12	5.28
Lillian Muir	G12	6.53
Hannah Muir	G14	7.13
Denise Caudwell	W60	5.71
Cooper Simes	B10	7.62

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:

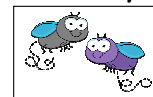
Denise Caudwell - Ph 346 8431 (evenings)

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

The Trout Fly series



This 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