



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 10 November 2018

### The past week:

The first Trout Fly event of this summer's series was held on Thursday evening in unfavorable weather. Results are below.

Unfortunately the children's Tuesday evening athletics took a raincheck. Saturday saw a number from the club take part in Whakatane ribbon day with many ribbons coming back home.

Saturday saw the winter season's prize giving being held at the Neil Hunt Park clubrooms. There is a stack of unrepresented certificates to be uplifted by the recipients in the rack underneath the main notice board. Please check them out to see if there is one or maybe two in your name.

Missed from last week's guff sheet was extending thanks to Siobhan Griffiths and her family for organizing the Steph McHale Forest 10km event. Thanks Siobhan to you and your family.

### Events: Local and out of Rotorua

#### SATURDAYS

##### *Out of the City - adults and children*

**This Saturday 10 November** – Te Awamutu Ribbon Day, 10.00am start.

**This Saturday 10/11 November** – Meeting Porritt Stadium. Refer to [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for programme. Note that you are required to register at least half an hour before your first event, and paying the necessary fee.

#### SUNDAYS

##### Distance athletes

**Those that run** - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am

Some groups leave a bit latter and sometimes from different venues.

**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. 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

##### Walkers

**Am** - Meet 8.00am at the Neil Hunt Park clubrooms

**Pm** - Meet just prior to 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

##### Children's athletics

**When:** Weekly - from 4.45pm to 5.45pm

**Where:** International Stadium, Field 2, Devon Street West



**Activities:** Running, jumping, and throwing for ages 2yrs to 14 yrs. This is fun, entry level based training for beginners with lots of practical coordination skills

**Information from:** Their face book page to keep up to date with weather cancellations and other information

Lake City Children's Athletics

**Registration:** Online at [www.lakecity.co.nz](http://www.lakecity.co.nz)

**Contacts:** Kelly Albrecht - 027 8826484

**Email:** [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com)

#### WEDNESDAYS

**7 November** - The club's weekly track and field sessions for those 12 years and above is commencing 6.00pm at the Stadiums Field 2, Devon Street West. See the flyer below.

**Note the new parking instructions.**

#### THURSDAYS

##### Walkers

**Am** – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

**Pm** – Meet just prior to 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.

##### Trout Fly

**15 November** – The second event of the fortnightly Thursday evening series. See the "advert" below.

### Out of the City: distance running

**This Sunday 18 November** - This is the day of the popular Toi's Challenge in Whakatane. For more information and online entry visit [www.sporty.co.nz/whakataneahc](http://www.sporty.co.nz/whakataneahc)

### Whaka Forest:

Logging operations are continuing in Whaka Forest. There is a large number of areas out of bounds on the Eastern side of the Forest (off Tarawera Road) as well as off 8 Mile Gate Road in the region of String, Tikitapu Roads and the Green Lake.

All public should be vigilant if using any of the open roads in the area. Please obey all restricted/no access signage and respect the security officers as they are there for your safety. Harvesting operations are expected to be complete by late November 2018.

As well as the logging operations, especially on weekends, there are a large number of events being held as well as the growing number of general public using the Forest. Respect the other users as you would expect them to respect you.



## Track and Field (Athletics)

This is where Teens and Adults can exercise in a friendly non-intimidating atmosphere

### **WEDNESDAY EVENINGS**

**6.00pm – commencing 7 November**

The month of November will see skills and training sessions, plus some events  
From December onwards it is anticipated a more formal programme of events will be held

There will be running, throwing, walking and jumping activities for the serious or fun athlete, those getting on in years, the quick or the not so quick, those preparing for school events, those wishing to gain fitness for another sport, or those just wishing to gain fitness in general

#### **Other words all welcome**

These evenings are held at the Stadium's  
No 2 field  
Devon Street West, Rotorua

#### **Please Note:**

Parking is on the tar seal inside the Stadium complex via the Papawaka Gate off Devon Street West.  
Then walk up the hill to the No 2 Field

***"Come along and give track and field  
(Athletics) go this summer"***

## This summer's Trout Fly series

### For the whole family

Walkers Joggers and Runners

Casual "drop-in" event every 2nd Thursday  
Registration at the Neil Hunt Park clubrooms Club  
5:45pm

- Costs: \$5 for adults, \$3 for children – you don't need to be a club member  
Event starts 6:15 on the dot

- Your choice of 3km or 5km run, jog or walk (or both)
- Course winds through the picturesque Sulphur Flats area
- Includes a free drink at the bar, juice/soft drink for kids and BBQ sausages
- Great family event [young children must be accompanied though]
- Good starting point towards January's 10km, ½ or Marathon Clinics
- Find new motivation with us – dust the "shoes" off and come and join us
- FREE CLUB MEMBERSHIP\* if you complete 9 out of 10 events. Eligibility – only if you have **never** been a Lake City Athletic Club member

#### **2018**

15th and 29th November

13th December

#### **2019**

10th and 24th January

7th and 21st February

7th and 21st March

## Club uniforms

If you wish to purchase an item from the Club's wardrobe (Singlet, tee shirt, hoodie, track suit 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 12 \$30.00

Size 14 \$35.00

#### **Supporting clothing**

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

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

**Denise Caudwell** - Ph 346 8431 (evenings)

**Annemarie Gallagher** – Ph 027 6229688 (adults)

# RESULTS

## Trout Fly – 1 November 2018

Name	Overall Placing	Time	Event Distance
Matt Parsonage	1	17.17	5000
Tony Broadhead	2	18.08	5000
Kaya Corporaal	3	18.09	5000
Sjors Corporaal	4	18.11	5000
Fred Shilton	5	19.26	5000
Dave Cronshaw	6	19.28	5000
Megan Grant	7	19.29	5000
Sue Crowley	8	19.39	5000
Greg Malcolm	9	19.55	5000
Alan Crombie	10	20.00	5000
Gaine Peterson	11	20.25	5000
Daniel Gapes	12	20.37	5000
Julie Chiquet	13	20.59	5000
Lance Shilton	14	22.47	5000
Sian Twiddy	15	22.54	5000
Russell Clarke	16	23.08	5000
Rhys Downes	17	23.37	5000
Chris Bycroft	18	23.54	5000
Jonah Funnel	19	23.54	5000
Faith McGregor	20	24.03	5000
Naitarah Hunia	21	25.22	5000
Pheonix Hunia	22	25.26	5000
Ben Shiels	23	25.31	5000
Greg Shiels	24	25.32	5000
Phil Gulbransen	25	25.37	5000
Zephania Hunia	26	27.50	5000
Sharon Caulfield	27	28.22	5000
Rina Joy	28	28.36	5000
Graeme Pearson	29	29.11	5000
Louise Rickard	30	30.02	5000
Lauren Guest	31	31.07	5000
Megan Dwyer	32	31.48	5000
Peter Vyver	33	33.06	5000

Name	Overall Placing	Time	Event Distance
Cody Shilton	1	11.43	2550
Hannah Shilton	2	13.15	2550
Jasmine Donaldson	3	14.01	2550
James Shilton	4	14.21	2550
Tamsin Joy	5	14.26	2550
Hannah Hickson	6	14.33	2550
Jodi Jickson	7	16.33	2550
Daniel Shiels	8	17.35	2550
Sam Shiels	9	17.40	2550
Sheryl Pearson	10	17.49	2550
Erica Shilton	11	19.23	2550
Rach Wright	12	24.10	2550
Rhianna Ward	13	27.06	2550
Emma Hickson	14	27.06	2550

## Athletics Waikato BOP – Track and Field – Tauranga Domain – 3 November 2018

Lillian Muir - women 16		
100 metres	2nd	13.90
High jump	1st	1.40
Long jump	2nd	4.64