



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 24 November 2018

The past week:

The past week at the Field 2 of the Stadium there has been good attendances at both the children's Tuesday athletics and the teens and adults skills and training sessions. Thanks to all who are volunteering on these evenings.

Thursday evening saw the second Trout Fly event with nearly 100 in attendance. The results are below.

Saturday a large contingent of children from the Club and their supporters headed to Porritt Stadium, Hamilton, for Fairfield's ribbon day. Many, many ribbons came back home over the hill. Well done all.

Sunday saw a number from the Club taking part in the popular Toi's Challenge at Whakatane. Results are currently unknown.

Upcoming distance events in Rotorua:

Sunday 3 March 2018: the clubs own Off Road Half Marathon and Quarter marathons, 5km fun run plus events for the Little Devils – 1.5km and 2.5km fun runs. This year there is a "Family Pass" entry fee and discounts for early entry. For entry and event details visit www.eventpromotions.co.nz

Saturday 4 May 2018: the 55th Rotorua Marathon around Lake Rotorua. Also associated with the main event is a half marathon, quarter and 5km events. There is an Athletics NZ Member discount for financial members of Athletics NZ. You will receive a \$15 discount for the Marathon or Half Marathon. All Athletics NZ members should have been sent your PIN code which you can use for discounted entry. If you have not received a PIN code please contact marathon@athletics.org.nz and we will send this out to you. Visit Rotorua.marathon.co.nz for entry details.

Certificates: Winners of club certificates over the winter months and the club half marathon and marathon championships your certificates are in the rack at the Neil Hunt Park clubs. Please uplift it. The list of winners was in last week's guff sheet.

Events: Local and out of Rotorua

SATURDAYS

In ROTORUA - children:

This Saturday 24 November is the Lake City Ribbon day being hosted by the club's children's section at Stadium's Field 2 Devon Street West. Volunteers from the Club are still being sought to assist the children's committee on the day. Please contact Kelly urgently on 027 8826484 if you can assist. You don't have to be there all day.

Out of the City - adults

This Saturday 24 November - open meeting Tauranga Domain. 3.00pm start. For the programme refer to www.athleticswaikatobayofplenty.org.nz 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. Some groups leave earlier. 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

Contacts: Kelly Albrecht - 027 8826484

Email: lakecitychildrensathletics@gmail.com

WEDNESDAYS

The club's weekly track and field sessions for those 12 years commence 6.00pm at the Stadiums Field 2, Devon Street West. The first few weeks are skills and training sessions as well as beginner's sessions.

The programme for the following week (Wednesday 27 November) will include some events starting around 6.45pm. The events will be:

60 metres

Long Jump

800 metres

Please note the parking instructions. There is no parking in the area used previously. The pedestrian gates used previously will not be open

THURSDAYS

Trout Fly

Thursday evening – The next event of the fortnightly series is 29 November. See the "advert" below.

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.

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. Please be respectful of all activities in the Forest, whether logging operations or actual events.

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)

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 29th and 13th December

2019

10th and 24th January 7th and 21st February

7th and 21st March

Track and Field (Athletics)

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

WEDNESDAY EVENINGS

6.00pm

The month of November will see skills and training
sessions

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

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"***

RESULTS

Trout Fly 15 November 2018 - As supplied

Name	Overall Placing	Time	Event Distance
Matt Parsonage	1	16.58	5000
Will O'Connor	2	17.16	5000
Tony Broadhead	3	17.55	5000
Nic Crocker	4	18.47	5000
Ben McHale	5	18.49	5000
Adrian Lysaught	6	19.02	5000
Kerry Robinson	7	19.19	5000
Dave Cronshaw	8	20.06	5000
Alan Crombie	9	20.19	5000
Sue Crowley	10	20.49	5000
Clare Barret-Wood	11	21.14	5000
Fred Shilton	12	21.33	5000
Russell Clarke	13	21.49	5000
Lance Shilton	14	22.07	5000
Rhys Downes	15	22.07	5000

Anna Longdill	16	22.36	5000
Sian Twiddy	17	22.42	5000
Chris Browne	18	22.56	5000
Kerryn Barker	19	23.32	5000
Sam Rossiter	20	23.35	5000
Emma O'Conner	21	23.39	5000
Steve Fiske	22	23.51	5000
Kathryn Donovan	23	24.15	5000
Dee Horne	24	25.06	5000
Steve Bradley	25	25.26	5000
Phoenix Hunia	26	26.45	5000
Rylan Wright	27	26.55	5000
Naitarah Hunia	28	26.59	5000
Kaye King	29	27.00	5000
Faith McGreggor	30	27.09	5000
Rena Joy	31	28.52	5000
Ray Howlett	32	28.53	5000
Graeme Pearson	33	29.10	5000
Sam Shiels	34	30.17	5000
Greg Shiels	35	30.17	5000
Megan Dwyer	36	30.53	5000
Lauren Guest	37	31.09	5000
Mathew Fiske	38	31.43	5000
Rachel Katley	39	31.54	5000
Peter Vyver	40	32.56	5000
Cor Dykman	41	32.41	5000
Stacy Whitehouse	42	40.07	5000
Name	Overall Placing	Time	Event Distance
Ronan Griffiths	1	10.13	2250
Jonah Funner	2	10.46	2550
Jamie Hall	3	10.54	2550
Cody Shilton	4	10.55	2550
Javier Browne	5	11.00	2550
Dominic Dube	6	11.29	2550
Anya Crombie	7	11.30	2550
Ben Shiels	8	11.31	2550
Novak Marshment	9	11.49	2550
James McGreggor	10	12.39	2550
Arwen Barker	11	12.57	2550
Cambell Horne	12	13.52	2550
Zephania Hunia	13	13.58	2550
Caleb Finnerty	14	14.04	2550
Tamzin Joy	15	14.07	2550
Anita Roy	16	14.16	2550
Jayden Moke	17	14.19	2550
Bruce McGreggor	18	14.29	2550

Edward Grunwell	19	15.01	2550
Claire Randell	20	15.03	2550
Justine Randell	21	15.04	2550
Chase Grunwell	22	15.09	2550
Daniel Shiels	23	15.14	2550
Alan Twiddy	24	15.19	2550
Avia Fiske	25	15.21	2550
Andrew Twiddy	26	15.26	2550
Alyssa Hall	31	15.59	2550
Rachel Wright	32	16.07	2550
Tori Finnerty	33	16.28	2550
Jason Finnerty	34	16.30	2550
Travis Grunwell	35	16.42	2550
Angela Grunwell	36	17.05	2550
Judy Howlett	37	17.14	2550
Daniel Gallagher	38	17.42	2550
Sheryl Pearson	39	17.56	2550
Peter Roy	40	18.04	2550
Robert Roy	41	18.05	2550
Joshua Gallagher	42	18.20	2550
Katie Roy	43	18.30	2550
Helen Marshment	44	19.13	2550
Adam Marshment	45	19.14	2550
Lionel Sorensen	46	19.57	2550
Shona Sorensen	47	20.09	2550
Margi Funner	48	22.38	2550
Erin Jeffrey	49	26.14	2550
Tracey Bjarnesen	50	26.15	2550
Clare Roy	51	26.34	2550
Georgia Gallagher	52	27.46	2550
Annemarie Gallagher	53	27.49	2550