



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 8 December 2018

The past week:

The Club's children's section trot with bad weather has continued with Tuesday evening taking another rain check.

The teens and adults Wednesday evening track and field had coaching and a small number of events on the programme. Results are below. Those involved with the beginners activities are progressing well with their fitness levels.

Thursday evening the 3rd Tout Fly event was held with around 90 taking part. The results are below.

22 athletes from Lake City's children's section headed over to Cambridge on Saturday for a Pentathlon event. The children competed in a mixture of running, jumping and throwing events, in which they gained points for, and at the end were tallied up to award the overall top 3 in each age group. 5 children from our club came home with medals!!

Gold - Gisele Howard - 14 Girls
Gold - Cooper Simes - 11 Boys
Bronze - Cruze Conroy – Boys 9
Bronze – Connor Beazley – Boys 8
Bronze – Amber Albrecht – Girls 7

Well done to the 22 that took part competing in rain and wind.

To date no results have been seen from the New Zealand Secondary School Track and Field champs in Dunedin over the weekend.

Upcoming distance events in Rotorua:

Sunday 3 March 2019: The clubs Off Road Half Marathon and Quarter marathon, 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 as well as discounts for early entry. Early bird entry closes 19 February - Finisher medal for all finishers. For entry and event details visit www.eventpromotions.co.nz

Saturday 4 May 2019: the 55th Rotorua Marathon around Lake Rotorua. Also associated with the main event are a half marathon, quarter marathon 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 entry. All Athletics NZ members should have been sent a PIN code which you can use for discounted entry. If you have not received a PIN code please contact marathon@athletics.org.nz and they will send this out to you. Visit Rotoruamarathon.co.nz for entry details.

Distance event out of Rotorua:

Sun to Surf – Saturday 6 April 2019 - Whakatane

Start your preparation to one of the 55th Rotorua marathon events by taking part in an event on 3 March here in Rotorua (see above) and then test your fitness again by contesting one of the events on offer at the Sun to Surf event between Whakatane and Ohope. Visit www.suntosurf.nz website for more details. Note the minimum ages for the "half" and 10km events. **Financial members** of the Lake City Athletic Club are offered a 20% discount into this event. To apply for your discount code you need to contact Annemarie on 027 6229688 or email her at lakecitymarathonclinic@gmail.com

Certificates: Winners of club certificates over the winter months and the club half marathon and marathon championships your certificates are at the Neil Hunt Park clubs. Check out the rack under the noticeboard to see if there's a certificate or two there in your name

Events: Local and out of Rotorua

SATURDAYS

Out of the City

Adults:

This Sunday 9 December - Open meeting at Porritt Stadium - 10.00am 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 pay the necessary fee.

Children:

Saturday 8 December – relay championships – Tauranga Domain, 9.30am start

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: 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, Rotorua

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

Contacts: Kelly Albrecht - 027 8826484

Email: lakecitychildrensathletics@gmail.com



WEDNESDAYS

The club's weekly track and field sessions for those aged 12 and above commence 6.00pm at the Stadiums Field 2, Devon Street West. Please support this section of the club. Lack of support could put this section of club activities in jeopardy

This Wednesday (5 December) will solely be events from 6.15pm

100 metres

Shot put

400 metres

1mile run/walk

The beginners group will still be catered for.

Wednesday 12 December – This is the Pentathlon evening. Five events are on the programme and points are allocated for times recorded and distances thrown or jumped. It is a great fun evening. Events are:

6.00pm – Warm up

6.15pm - 100 metres – run or walk

6.30pm – Long jump, shotput, discus *maximum of three attempts

7.30 1 mile – run or walk

Wednesday 19 December – Nitro Athletics is coming to Lake City Athletic Club Rotorua! Be amongst the first participants in New Zealand to try this fun, dynamic team format for athletics. Spread the word we need a great attendance to make this event a success. Non club members can still come along paying \$2 to participate. The teams will be put together inclusively with different ages, gender and experience levels.

Points will be allocated to each team – some on individual performances others on the team's performance. Each team will have a captain and strategy and tactics will come into play. Teams will be able to use a Nitro Power Play where each team gets double points for the Power Play event they have randomly drawn from the events on offer – team distance relay, 60m, long jump, shot put and a mystery event to be revealed on the night.

More on the events format and points will be shared on the evening. Everyone will be involved – it's a team's event! Afterwards we will be having a barbeque and refreshments.... **Jason Cameron**

THURSDAYS

Trout Fly

13 December is the next event of the fortnightly series. 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. Please be respectful of all activities in the Forest, whether logging operations or actual events.

RESULTS

Trout Fly - 29 November 2018

Name	Overall	Time	Distance
Matt Parsonage	1	16.39	5000
Ian McDonald	2	17.06	5000
Alice Mason	3	17.25	5000
Matt Morreau	4	18.08	5000
Ben McHale	5	19.10	5000
Kerry Robinson	6	19.15	5000

Ben Voss	7	20.02	5000
Alan Crombie	8	20.12	5000
Max Voss	9	20.31	5000
Morgan Ball	10	20.37	5000
Will O'Connor	11	20.38	5000
Russell Clarke	12	20.48	5000
Clare Barret-Wood	13	20.52	5000
Raihi Hunia	14	20.53	5000
Graeme Pearson	15	20.58	5000
Shane Hossack	16	21.30	5000
Anthony Buckley	17	21.34	5000
Femke Hilbink	18	21.44	5000
Jason Finnerty	19	22.09	5000
Lance Shilton	20	22.18	5000
Reece Downes	21	22.18	5000
Chris Browne	22	22.21	5000
Colin Earwaker	23	22.42	5000
Sam Rossiter	24	23.19	5000
Steve Fiske	25	23.25	5000
Cassie Marwick	26	23.39	5000
Peter Roy	27	24.20	5000
Chris Lord	28	24.26	5000
Julie Chiquet	29	24.41	5000
Matthew Gare	30	24.41	5000
Naitarah Hunia	31	24.52	5000
Emma O'Connor	32	24.55	5000
Noreen Crombie	33	25.03	5000
Jonah Funnell	34	25.13	5000
Dylan Wright	35	26.29	5000
Pheonix Hunia	36	27.35	5000
Gavin Voss	37	27.57	5000
Nicky Kenny	38	27.57	5000
Zephania Hunia	39	30.12	5000
Megan Dwyer	40	30.22	5000
Kelly Mitchell	41	30.54	5000
Matthew Fiske	42	30.57	5000
Amy Bray	43	30.57	5000
Emma Vantwaniver	44	30.58	5000
Peter Vyver	45	34.39	5000
Alison King	46	34.50	5000
Name	Overall	Time	Distance
Fred Shilton	1	10.48	2550
Cody Shilton	2	11.02	2550
Jaxson Matthews	3	11.20	2550
Dominic Dube	4	11.44	2550
Anita Crombie	5	11.51	2550
Jamie Hall	6	12.16	2550

Ben Shiels	7	12.19	2550
Novak Marshment	8	12.22	2550
Hannah Shilton	9	12.35	2550
Logan Marten	10	12.39	2550
Campbell Horne	11	13.50	2550
Anita Roy	12	13.53	2550
Daniel Shiels	13	14.23	2550
Greg Shiels	14	14.25	2550
Sam Atkinson	15	14.33	2550
Chase Grunwell	16	15.46	2550
Alyssa Hall	17	16.13	2550
Claire Randall	18	16.23	2550
Rachel Wright	19	16.28	2550
Alan Twiddy	20	16.31	2550
Bruce McGregor	21	16.31	2550
Katy Roy	22	17.24	2550
Robert Roy	23	17.30	2550
Mylene Wright	24	17.30	2550
Sheryl Pearson	25	18.03	2550
Rhonda Bray	26	18.12	2550
Edward Twiddy	27	18.51	2550
Catherine Donovan	28	18.52	2550
Sian Twiddy	29	18.53	2550
Travis Grunwell	30	19.25	2550
Angela Grunwell	31	19.25	2550
Clare Roy	32	20.33	2550
Amelia Matthews	33	21.06	2550
Jeanette Dekker	34	21.09	2550
Holly Caulfield	35	21.10	2550
Mason Caulfield	36	21.11	2550
Sharon Caulfield	37	21.13	2550
Shona Sorensen	38	21.48	2550
Helen Marshment	39	22.58	2550
Justine Randall	40	27.12	2550
Erin Jeffries	41	28.59	2550
Phil Gulbransen	42	29.01	2550
Malcolm McHale	43	29.34	2550

**Local Track and Field – Teens and Adults –
Wednesday - 28 November 2018**

60 metres	<i>Race 1</i>	
Gisele Howard	G14	8.4
Lillian Muir	G13	8.7
Chloe Vedder	G13	9.1
Anja Crombie	G13	9.4
Satomi Higashi	WU18	10.5
Elliott Castle	B9	11.1
	<i>Race 2</i>	

Apache Davidson	MU18	8.3
	<i>Race 3</i>	
Gisele Howard	G14	8.3
Lillian Muir	G13	8.9
Chloe Vedder	G13	9.1
Anja Crombie	G13	9.6
Satomi Higashi	WU18	10.7
	<i>Race 4</i>	
Cody Mayes	MU18	8.0
Apache Davidson	MU18	8.3
	800 metres	
Apache Davidson	MU18	2.31.0
Sam Rossiter	M20	2.38.0
Gisele Howard	G14	2.47.0
Lillian Muir	G13	3.12.0
Chloe Vedder	G13	3.18.0
Elliott Castle	B9	3.30.0

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** - 027 347 8115

Annemarie Gallagher - Ph 027 6229688

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 - 13th December

2019

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

7th and 21st March