



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 15 December 2018

The past week:

Even though there has been a series of cancellations of the children's Tuesday evening athletic activities, this has not deterred from excellent performances being turned in by the youngsters at competition outside of Rotorua.

Saturday was the annual Athletics Waikato Bop relay championships at Tauranga. A total of 15 team medals came back to Rotorua – 6 gold, 2 silver and 7 bronze. See the placing teams below. A great effort.

Although numbers attending the Teens and Adults Track and Field on Wednesday evenings are small all are enjoying the coaching and pre event warm activities as well as event participation. Results from last Wednesday are below.

Those taking part in the beginner's sessions on a Wednesday evening are reaping the benefits of regular exercise.

At the New Zealand Secondary Schools track and field champs held recently in Dunedin, club member Hannah Gapes did her school proud when she took 3rd place in the Junior Girls road race and 8th (11.02.40) place in her 3000 metres track event. Congratulations Hannah.

Events: Local and out of Rotorua

SATURDAYS

Out of the City

Adults:

This Saturday 15 December – North Island championships at Porritt Stadium, Hamilton

Friday 21 December – Night of fives (5000 metres) at Auckland

Tuesday 1 January 2019 – Tauranga Twilight track and field meeting. For the programme, entry fees and entry closing details etc visit www.taurangaramblers.co.nz. On the programme is the Athletics Waikato BOP 3000 metres

championships for male and females grade 16 and above

Children:

Ribbon days have ceased until 2 February, Te Aroha being the next one.

There are children's events at the Tauranga Twilight meeting on 1 January at Tauranga Domain. Visit www.taurangaramblers.co.nz for the programme, entry fees and entry closing details etc. This is a good chance to put the finishing touches to preparation for the forthcoming North Island Colgate Games in Hamilton 4 to 6 January.

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 2 yrs 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

**The final evening for 2018 is 18 December
resuming 8 January 2019**

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 (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

You don't have to participate in all events. Some only take part the 1 mile or 100 metres.

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 (this Thursday) is the next event of the fortnightly series - the last one for 2018. The dress-up theme is Christmas. 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.

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

RESULTS

Local Track and Field – Teens and Adults –
Wednesday – 5 December 2018

	60 metres	
	<i>Race 1</i>	
Gisele Howard	G14	8.5
Abby Ayson	W20	8.9
Chloe Vedder	G13	9.3

Anja Crombie	G13	9.5
Bella Wright	G12	10.4
Elliot Castle	B9	10.8
	<i>Race 2</i>	
Gisele Howard	G14	8.5
Abby Ayson	W20	9.0
Anja Crombie	G13	9.4
Chloe Vedder	G13	9.7
Trelise Howard	G11	10.2
Bella Wyatt	G12	10.5
Elliot Castle	B9	10.9
	1 mile	
Julian Smith	M20	5.58.0
Sam Rossiter	M20	5.59.0
Gisele Howard	G14	6.09.0
Bella Wyatt	G12	6.22.0
Shaun Wyatt	M35	6.24.0
Graeme Adams	M65	6.47.0
Anja Crombie	G13	7.17.0
Elliot Castle	B9	7.22.0
Chloe Vedder	G13	7.36.0
Abby Ayson	W20	8.45.0
	Long jump	
Gisele Howard	G14	5.03
Abby Ayson	W20	3.98
Anja Crombie	G12	3.83
Chloe Vedder	G13	3.80

Athletics Waikato BOP children's relay championships - Tauranga - 8 December 2018 (As supplied)

****GOLD****

11 year Boys 4 x 100m – Manaia, Jack, Harrison, Cooper

11 year Boys field relay - Manaia, Jack, Cooper

9 year Boy/girl Medley - Raumati, Cruze, Milan, Mason-Marie, Dominic, Taylor

9 year Boys 4 x 100m - Cruze, Dominic, Milan, Taylor

9 year Boys Field Relay - Cruze, Milan, Hamish

9 year Girls 4 x 100m - Tyla, Mason-Marie, Maddison, Stevie

****SILVER****

10 year Boys 4 x 100m - Xavier, Tamarau, Jonah, Connor

9 year Boys Field Relay - Noah, Taiturakina, Xavier

****BRONZE****

12 year Boys 4 x 100m - Saven, Johnny, Hayden, Conor

12 year Boys Field Relay - Saven, Johnny, Hayden

11 year Girls 4 x 100m - Armani, Waimarie, Shekinah, Trelise

10 year Boys Field Relay - Connor, Harrison, Tamarau

10 year Girls Field Relay - Ava, Nikita, Hannah

8 year Boys 4 x 100m - Arama, Owen, Dante, Connor

7 year Girls Field Relay - Lauren, Amber, Hayley

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 – this Thursday – Christmas the dress up theme

2019

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

7th and 21st March