



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 22 December 2018

### The past week:

The Tuesday and Wednesday athletics at Field 2 of the Stadium went ahead last week.

Numbers at the Wednesday weekly beginners sessions were down slightly, but then all are busy with Christmas and family activities.

The last Trout Fly event for 2018 was on Thursday evening - results are below.

Hannah Gapes was the Club's sole representative at the North Island track and field championships held at Porritt Stadium, Hamilton on Saturday. Her placing was 3rd in the under 18 3000 metres - 11.28.92

There will be no guff sheet for a couple of weeks. Compliments of the season to all - keep up the exercise. Take care when out driving and eat in moderation.

### Events: Local and out of Rotorua

Out of the City

**Adults:**

**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](http://www.taurangaramblers.co.nz). On the programme are the Athletics Waikato BOP 3000 metres championships for male and females grade 16 and above

**Children:**

There are children's events at the Tauranga Twilight meeting on 1 January at Tauranga Domain. Visit [www.taurangaramblers.co.nz](http://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.

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

Best wishes to the 49 children from the Club taking part in the North Island Colgate Games at Porritt Stadium, 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

This section of the club is taking a break from their Tuesday evening activities until 8 January 2019. Over the holiday period there will be training sessions. Keep in touch via the children's face book page.

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



### WEDNESDAYS

**This Wednesday (19 December):** The Nitro Athletics evening at Field 2 of the International Stadium. Parking is behind the main stadium off Devon Street West. Park, then walk up the hill to the ground. Some will need to drive through the narrow gateway and park on the grass by the ticket boxes.

Start time is 6.00pm. Don't be late as teams need to be made up. Events are: team distance relay, 60m, long jump, shot put and a mystery event to be revealed on the night.

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.

Afterwards there is a barbeque and refreshments.

***Come and see what it's all about. Will be a great fun evening***

The Wednesday evening activities are taking until 9 January. The programme this evening is:

Meet at 6.00pm for a warmup and then into the events 1t 6.15pm.

- 60 metres
- 200 metres
- Discus
- 3000 metres

## THURSDAYS

### Trout Fly

The next event of the fortnightly series is Thursday 10 January. 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.

## 2019 running clinic:

This is getting underway with an info evening at the Neil Hunt Park club rooms, Thursday evening 17 January, 7.00pm. Visit the Lake City Athletic Club's face book page for more details.

## 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](http://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](mailto:marathon@athletics.org.nz) and they will send this out to you. Visit [Rotorua.marathon.co.nz](http://Rotorua.marathon.co.nz) for entry details.

## Distance event out of Rotorua:

Wednesday 26 December - Mount Maunganui King and Queen Mount race. This event doubles as the Athletics Waikato Bop mountain race championships. Visit Tauranga Ramblers website for event information. Online entry available at [www.enteronline.co.nz](http://www.enteronline.co.nz) <http://www.enteronline.co.nz/index.cfm?page=CategorySetup&eid=5272&id=12525>

### **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](http://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](mailto:lakecitymarathonclinic@gmail.com)

## RESULTS

**Local Track and Field – Teens and Adults –  
Wednesday – 12 December 2018 - The  
Pentathlon evening – Click on below**



Pentathlon 12-12-18.pdf

**North Island track and field championships-  
Porritt Stadium, 15 December 2018**

Hannah Gapes – under 18		
3000 metres	3rd	11.28.92

### **Trout Fly - 13 December 2018**

Name	Place	Time	Event
Sam Osborne	1	16.02	5000
Matt Parsonage	2	17.31	5000
Lewis Ryan	3	17.37	5000
Will O'Connor	4	18.15	5000
Ben McHale	5	18.37	5000
Henry Carr	6	18.57	5000
Adrian Lysaght	7	19.05	5000
Alan Ferguson	8	19.09	5000
Kerry Robinson	9	19.13	5000
Fred Shilton	10	19.16	5000
Megan Grant	11	19.25	5000
Chris Kabban	12	20.45	5000
Alan Crombie	13	20.47	5000
Rick Barter	14	20.48	5000
Sian Twiddy	15	21.16	5000
Mark Challoner	16	21.29	5000

