



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

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Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## GUFF SHEET 12 January 2019

Welcome to 2019

May the goals already set or those to be set be achieved.

### The past weeks:

Lot's has happened in our sport over the last couple of weeks.

Locally the children's final 2018 Tuesday evening was graced with a pleasant evening allowing a successful end to their year's activities.

The next evening a very successful Nitro competition was held. This was capped off by a downpour over the last 10 minutes necessitating all to find a space in the gear shed. Thanks to Jason Cameron for introducing the event to the Club and his bringing the event together, plus all the others that helped in some way on the evening.

To all those beginner runners who thought that they couldn't run 7 weeks ago and discovered that they could, congratulations. Thanks to Annemarie and those that assisted her for bringing these evenings together. We look forward to seeing all that took part at the Club's running clinic information evening on 17 January – details below.

Out of Rotorua there was Tauranga's Twilight track and Field meeting: the King and Queen of Mt Maunganui: and the children's North Island Colgate Games at Porritt Stadium, Hamilton. Some results are to hand, others awaited.

Congratulations to all involved with the recent North Island Colgate Games, whether a participant, in the management team or a support parent or caregiver. The results still need to be researched, but word has it there were some exceptional performances from all taking part. Well done!

### SATURDAYS

#### Events: Out of the City

##### Adults:

**This Saturday 12 January** – open track and field meet at Porritt Stadium; 3.00pm. For the programme refer to [www.athleticswaikatobayofplenty.org.nz](http://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.

**Saturday 19 January** – Open track and field meeting at Porritt Stadium: 3.00pm. For the programme refer to [www.athleticswaikatobayofplenty.org.nz](http://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.

Also throughout the country during January /February are various "classic track and field meets". The local one is the Porritt Classic on 9 February. Visit Athletics Waikato Bop website for entry details etc.

##### Children:

**Saturday 2 February** - Ribbon Day, Te Aroha: 10.00am

**Saturday 16 February** - Ribbon Day, Tokoroa: 10.00am

### 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

**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 sections Tuesday evening activities are back in action.

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

### WEDNESDAYS

After having a "holiday" break the Wednesday evening activities are back in action. – 6.00pm at Field 2 of the Devon Streets Stadium. Remember that parking is in the complex behind the main grandstand, off Devon Street West. From there it's a walk up the hill to Field 2.

The programme for **this Wednesday 9 January** is:  
Meet at 6.00pm for a warmup and then into the events at 6.15.pm

60 metres                      200 metres  
Discus                              3000 metres

The programme for 16 January is:  
Meet at 6.00pm for a warmup and then into the events at 6.15.pm.

100 metres                      200 metres  
Javelin                              1 mile run/walk

The following Wednesday we are moving into championship mode.

### THURSDAYS

#### **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.

#### **Trout Fly**

The next event of the fortnightly series is this **Thursday 10 January**. See the "advert" below for details.

#### **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 In Whaka Forest. 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. Visit [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) for entry details etc.

**Weekend 16/17 March** – The Rotorua Walking Festival. Visit [www.rotoruawalkingfestival.org.nz](http://www.rotoruawalkingfestival.org.nz) for event details – entry etc.

## Distance event out of Rotorua:

### Sun to Surf – Saturday 6 April 2019 - Whakatane

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)

### 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 complimentary refreshment, BBQ sausages and chips
- 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

**2019** 10th and 24th January  
7th and 21st February  
7th and 21st March

## RESULTS

### King and Queen Mt Maunganui – including AWBOP championships – 26 December 2018

Athletics Waikato BOP champs		
<b>Men 40-44</b>		
Sjors Corporaal	1st	22.08
<b>Women 45-49</b>		
Annemarie Gallagher	2nd	50.32

**Tauranga Twilight Track and Field – 1 January  
2019 – including AWBOP 3000 metres  
championships**

(Apologies to anyone overlooked)

<b>Boys 11</b>		
<b>Cooper Simes</b>		
100 metres	1st	14.25
200 metres	1st	29.44
800 metres	1st	2.44.33
High jump	3rd	1.15
Long jump	1st	4.10
Shot put	2nd	7.49
<b>Boys 12</b>		
<b>Hayden Chapman</b>		
100 metres	2nd	13.85
200 metres	3rd	28.32
Long jump	5th	4.32
<b>Girls 13</b>		
<b>Lillian Muir</b>		
100 metres	1st	13.75
200 metres	3rd	29.61
High jump	2nd	1.35
Long jump	1st	4.73
Shot put	1st	7.00
<b>80 metre hurdles</b>		
<i>Boys 11 and 12</i>		
Hayden Chapman	2nd	15.97
Cooper Simes	3rd	16.90
<i>Girls 11 to 13</i>		
Lillian Muir	2nd	17.26
<b>Athletics Waikato BOP champs – 3000 metres</b>		
<b>Men 20-34</b>		
Michael Voss	2nd	8.35.94