



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 19 January 2019

The past week:

All factions of the club are underway after the holiday period.

Results of the Thursday Trout Fly series are below as well as the Wednesday Teens and Adults track and field, which had its customary small attendance of the years start.

SATURDAYS

Events: Out of the City

Adults:

This Saturday 19 January – Open track and field meeting at Porritt Stadium: 3.00pm. 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.

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 – *The Running clinic:*

This Sunday 20 January is the first muster for those availing themselves of the club’s running clinic programme. Meet prior to 7.30am at the Neil Hunt Park clubrooms for instructions.

Other distance running groups leave from the same venue. Some groups leave a bit earlier or later 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

Some running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. This includes those associated with the Running Clinic who will meet just prior to 5.30pm at the clubrooms.

Children’s athletics

This section’s 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



WEDNESDAYS

The Wednesday track and field evenings 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 **this Wednesday 16 January** is:

Meet at 6.00pm for the warmup session and then into the events at 6.15pm.

100 metres 200 metres
Javelin 1 mile run/walk

The following Wednesday 23 January is the commencement of the championship programme for those aged **15 plus**. Placings can only be taken by current financial members, but non -members are welcome to take part paying the \$2.00 “Pay and Play” fee payable each evening

The programme is: All events are championships

6.00 warm up:
6.15pm 100 metres
6.35pm Shot put
7.00pm 400 metres

7.20pm 1500 metres

THURSDAYS

2019 running clinic

This is getting underway with an info evening at the Neil Hunt Park club rooms, [this Thursday evening 17 January, 7.00pm.](#)

Trout Fly

The next event of the fortnightly series is this Thursday 24 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

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 for entry details etc.

Weekend 16/17 March – The Rotorua Walking Festival. Visit www.rotoruwalkingfestival.org.nz for event details – entry etc.

Distance event out of Rotorua:

Sun to Surf – Saturday 6 April 2019 - Whakatane

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

RESULTS

Track and Field – Teens and Adults – Wednesday – 9 January 2019

100 metres	Race 1	
Sam Rossiter	M20	13.9
Robert Abbel	M20	14.2
Mark Geddes	M55	19.3

	Race 2	
Gisele Howard	G14	14.3
Trelise Howard	G11	15.7
Rebecca Howard	W45	17.6
Kerris Browne	W45	18.9
200 metres	Race 1	
Sam Rossiter	M20	28.4
Gisele Howard	G14	29.3
Robert Abbel	M20	30.6
Mark Geddes (w)	M55	77.5
	Race 2	
Trelise Howard	G11	35.9
Rebecca Howard	W45	40.2
Kerris Browne	W45	47.8
3000 metres		
Graeme Adams	M65	12.45.3
Gisele Howard	G14	12.52.3
Trelise Howard	G11	18.04.6
Kerris Browne (w)	W45	22.08.0
Mark Geddes (w)	M55	24.57.6

Trout Fly - 10 January 2019

Name	Place	Time	Distance
Michael Voss	1	15.32	5000
Will O'Connor	2	17.26	5000
Alice Mason	3	18.44	5000
Adrian Lysaght	4	18.49	5000
Fred Shilton	5	19.51	5000
Megan Grant	6	19.58	5000
Andy Twiddy	7	20.08	5000
Bryn Parry	8	20.24	5000
Andy Hickson	9	20.40	5000
Jason Finnerty	10	21.22	5000
Max Voss	11	21.35	5000
Graeme Pearson	12	21.4	5000
Ronan Griffiths	13	22.15	5000
Russell Clarke	14	22.15	5000
Sam Rossiter	15	22.21	5000
Stevie Fiske	16	22.27	5000
Lance Shilton	17	22.34	5000
Callie Hook	18	24.00	5000
Scott Curran	19	24.21	5000
Chris Bycroft	20	24.35	5000
Faith McGregor	21	25.35	5000
Tripp Hock	22	25.54	5000
Dee Horne	23	25.58	5000
Gavin Ross	24	26.05	5000
Dylan Wright	25	26.21	5000
Peter Roy	26	28.51	5000
Peter Vyver	27	33.57	5000
Angela Grunwell	28	34.18	5000

Name Place Time Distance

Ben Voss	1	9.47	2550
Jamie Hall	2	11.15	2550
Cody Shilton	3	11.54	2550
Logan Marten	4	12.21	2550
James McGregor	5	13.15	2550
William Fleet	6	13.21	2550
Hannah Hickson	7	13.48	2550
Kerryn Barker	8	14.05	2550
Arwen Barker	9	14.06	2550
Sian Twiddy	10	14.11	2550
Anita Roy	11	14.43	2550
Casper Grunwell	12	14.51	2550
Hayden Martin	13	14.58	2550
Leif Parry	14	15.00	2550
Claire Randall	15	15.03	2550
Justine Randall	16	15.06	2550
Willow Parry	17	15.16	2550
Emma Hickson	18	15.17	2550
Ashley Randall	19	15.27	2550
Hannah Buchanan	20	15.27	2550
Chase Grunwell	21	15.32	2550
Travis Grunwell	22	16.16	2550
Blake Parry	23	16.18	2550
Julz Parry	24	16.19	2550
Rachael Wright	25	16.30	2550
Tamzin Joy	26	16.31	2550
Rena Joy	27	16.39	2550
July Hewlett	28	16.54	2550
Jessica Martin	29	17.58	2550
Jodie Hickson	30	17.59	2550
Zeph Olive	31	19.11	2550
Alyssa Hall	32	20.44	2550
Lionel Sorenson	33	20.46	2550
Logan-James Morrison	34	21.13	2550
Jason Morrison	35	21.15	2550
Reuben Olive	36	21.45	2550
Jethro Olive	37	21.46	2550
Astrid Nuttall	38	22.27	2550
Joe Olive	39	22.44	2550
Ami Olive	40	22.45	2550
Shona Sorenson + Pram	41	23.35	2550
Katy Roy	42	25.01	2550
Robert Roy	43	25.46	2550
Naomi Olive	44	28.46	2550
Conner Hall	45	28.47	2550
Claire Roy	46	33.25	2550
Reymilda Milligan	47	33.34	2550

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

