



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 26 January 2019

The past week:

The various groups of the Club's 2019 running clinic are underway. Thursday evening saw a good muster attending the info evening and the first Sunday morning run to sort packs etc.

The children's section seemed to be jinxed with wet weather on a Tuesday evening when last week's activities were again cancelled because of a non-favourable weather forecast.

The Wednesday Teens and Adults activities have in the main escaped the wet weather. Results from last week are below.

Field 2 at the Stadium:

Please note that another sporting code is using the Stadium proper and Field 2 this coming weekend – Anniversary weekend. They will be there from Friday thru to Sunday with breakdown on Monday.

Congratulations to:

Sjors Corporaal: 1st Men 40 Athletics Waikato BOP Mt Race championships, Mt Maunganui, 26 December 2018

Greg Malcolm: 1st Men 50 Athletics Waikato BOP Mt Race championships, Mt Maunganui, 26 December 2018

Annemarie Gallagher: 1st Women 45 Waikato BOP Mt Race championship, Mt Maunganui, 26 December 2018

Michael Voss: 2nd Men 20 Athletics Waikato BOP 3000 metres championships, 1 January 2019, Tauranga.

Medals are on the table at the Neil Hunt park clubrooms

SATURDAYS

Events: Out of the City

Adults:

Saturday 2 February – Open track and field meeting at the Tauranga Domain: 3.00pm 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.

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, entry closing 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 2019 Running Clinic is underway. The various groups leave from the Neil Hunt Park clubrooms at 7.30am.

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

Running groups leave from the Neil Hunt Park clubrooms between 5.00pm with the last groups leaving around 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 Teens and Adults track and field evenings are back in action - 6.00pm at Field 2 of the Stadium, Devon Street West. Remember that parking is in the complex behind the main grandstand, off Devon Street West. You may need to go thru the narrow gateway in the complex and park on the grass by the ticket boxes. From there it's a walk up the hill to Field 2.

The programme **this Wednesday 23 January** is: All are championship events for those Grade 12 and above. Note that 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.

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

100 metres (6.15pm) Shot put (6.35pm)
400 metres (7.00pm) 1500 metres (7.20pm)

The following Wednesday 30 January the programme is:

Warm up 6.00pm
60 metres (non champ) 6.15pm
Discus (champ) 6.35pm
Long jump (champ) 6.15pm
200 metres (champ) 7.00pm
3000 metres (champ) 7.20pm

THURSDAYS

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 clubrooms between 5.00pm with the last groups leaving around 5.30pm. This includes those associated with the Running Clinic who will meet just prior to 5.30pm at the clubrooms.

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.rotorouamarathon.co.nz for entry details etc.

Weekend 16/17 March – The Rotorua Walking Festival. Visit www.rotoruaawalkingfestival.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

Local Track and Field – Teens and Adults – Wednesday – 16 January 2019

100 metres	Walkers	
Evelyn Powell		45.2
Linda Montgomery		45.8
Alby Schuster		55.8
Sarah Wiwarena		102.7
Nehah Wano		103.2
Andy Escott		104.4
100 metres	Runners	
	Race 1	
Caroline Johnson	W20	13.5
Gisele Howard	G14	13.9
Lillian Muir	G13	14.6
Koby Stranks-Rose	B11	16.1
	Race 2	
Gisele Howard	G14	13.7
Caroline Johnson	W20	13.7
Lillian Muir	G13	15.0
Koby Stranks-Rose	B11	18.8
200 metres	Walkers	
Linda Montgomery		1.29.9
Evelyn Powell		1.32.6
Alby Schuster		1.33.8
Sarah Wiwarena		2.02.5
Nenah Wano		2.03.8
Andy Eastcott		2.04.0
200 metres	Runners	
Gisele Howard	G14	30.6
Lillian Muir	G13	33.4

Koby Stranks-Rose	B11	33.5
1 mile	Runners	
Matt Parsonage	M35	5.19.5
Gisele Howard	G14	6.20.4
Koby Stranks-Rose	B11	6.31.9
Caroline Johnson	W20	6.33.3
Graeme Adams	M65	6.36.0
Trelise Howard	G11	8.07.1
Lillian Muir	G13	9.02.4
Shot put (different weights thrown)		
Gisele Howard	G14	7.58
Lillian Muir	G13	6.97
Koby Stranks-Rose	B11	5.84

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 **This Thursday 24th January**
7th and 21st February
7th and 21st March

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

(adults)

