



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 2 February 2019

### The past week:

The running and walking clinics are underway with their mid-week activities and their longer Sunday morning runs or walks being undertaken mostly out in Whaka Forest.

The 2nd Trout Fly event of the year was held last Thursday. The results are below.

Both the Tuesday and Wednesday athletic sessions went ahead this past week. The results of the first session of the Teens and Adults championships are below.

At the Potts Classic track and field met at Hastings on Saturday Micheal Voss placed third in the 5000 metres in 14.39.66. Well done Michael.

### 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

### Forthcoming track and field championships:

**Saturday 16 February** - New Zealand Distance running Carnival including Athletics New Zealand 10000 metres championships, Mt Smart, Auckland. Entry details etc at [www.athletics.org.nz](http://www.athletics.org.nz)

**Saturday/Sunday 23/24 February** – The Athletics Waikato BOP championships for under 16s and above at Porritt Stadium, Hamilton

Check out [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for entry closing date: the programme etc.

**Friday /Saturday/Sunday 8/9/10 March** - Athletics New Zealand championships at Christchurch. Visit [www.athletics.org.nz](http://www.athletics.org.nz) for programme, entry details etc

### SATURDAYS

#### Events: Track and field out of the City

##### Adults:

**This Saturday 2 February** – Open track and field meeting at the Tauranga Domain: 3.00pm start. 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, entry closing etc.

##### Children:

**This Saturday 9 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

Sorry newcomers, the numbers attending the Tuesday evening activities have reached the maximum number that the volunteers can cope with therefore no further registrations can be taken.

Lake City Children's Athletics

**Contacts:** Kelly Albrecht - 027 8826484

**Email:** [lakecitychildrensathletics@gmail.com](mailto: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 30 January** includes championship events for 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.

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

The following Wednesday 6 February – Waitangi Day there is no club night

## THURSDAYS

### Trout Fly

The next event of the fortnightly series is Thursday 7 February. 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](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.rotoruarun.co.nz](http://www.rotoruarun.co.nz) for entry details etc.

**Weekend 16/17 March** – The Rotorua Walking Festival. Visit [www.rotoruwalkingfestival.org.nz](http://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](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 – 23 January 2019

#### Championships

100 metres	Walkers	
Linda Montgomery	W70	35.8
Sarah Wiwarena	W75	47.8
Nenah Wano	W35	54.7
Andy Eastcott	M80	36.3
Alby Schuster	M65	44.4
Sam Rossiter	M20	46.7
	Runners	
Wiremu Brailey	B12	13.8
Hayden Chapman	B12	14.7
Kobe Stranks-Rose (v)	B11	16.4

Gisele Howard	G14	13.8
Lillian Muir	G13	13.8
Aroha Niupalau	G13	18.7
Trelise Howard (v)	G11	15.6
Bella Wyatt	G12	16.9
Jason Finnerty	M35	15.6
Mark Geddes	M55	19.4
Kelly Albrecht	W20	19.5
<b>400 metres</b>	<b>Runners</b>	
Gisele Howard	G14	67.8
Bella Wyatt	G12	72.6
Lillian Muir	G13	77.2
Trelise Howard (v)	G11	83.8
Hayden Chapman	B12	69.0
Wiremu Brailey	B12	75.1
Kobe Stranks-Rose (v)	B11	75.3
Jason Finnerty	M35	65.5
Peter Vyver	M75	3.25.3
	<b>Walkers</b>	
Sam Rossiter	M20	3.22.4
<b>1500 metres</b>	<b>Runners</b>	
Jason Finnerty	M35	5.34.9
Gisele Howard	G14	5.38.9
Bella Wyatt	G12	5.46.0
Kobe Stranks-Rose (v)	B11	5.56.7
Hayden Chapman	B12	6.07.3
Lillian Muir	G13	7.29.11
Wiremu Brailey	B12	9.17.5
	<b>Walkers</b>	
Sam Rossiter	M20	12.22.6
<b>Shot put (different weights thrown)</b>		
Sam Rossiter	M20	6.73
Hayden Chapman	B12	6.56
Kobe Stranks-Rose (v)	B11	5.76
Wiremu Brailey	B12	7.07
Aroho Niupalau	G13	7.07
Peter Vyver	M75	5.24
Kelly Albrecht	W20	8.59
Lillian Muir	G13	7.22

Gisele Howard	G14	8.29
Jason Finnerty	M35	7.74

#### Trout Fly – 24 January 2019

Name	Overall	Time	Distance
	placing		
Will O'Connor		16.55	5000
Sorjs Corporaal	2	17.03	5000
Matt Parsonage	3	17.20	5000
Ian McDonald	4	17.42	5000
Tony Broadhead	5	18.35	5000
Chris Corney	6	19.07	5000
Ben Voss	7	19.52	5000
Bryn Parry	8	19.53	5000
Andy Twiddy	9	19.54	5000
Max Voss	10	19.59	5000
Megan Grant	11	20.21	5000
Morgan Ball	12	20.33	5000
Fred Shilton	13	20.35	5000
Jason Steyn-Ross	14	20.40	5000
Rhys Downes	15	20.46	5000
Andy Hickson	16	20.58	5000
Karl Murton	17	21.38	5000
Russell Clarke	18	21.39	5000
Peter Roy	19	21.40	5000
Femke Hilbrink	20	21.55	5000
Stevie Fiske	21	22.31	5000
Emma O'Connor	22	23.05	5000
Noreen Crombie	23	24.41	5000
Campbell Horn	24	24.54	5000
Gavin Voss	25	24.55	5000
Sarah Lei	26	25.05	5000
Kelly Furmage	27	25.27	5000
Phil Gulbransen	28	25.36	5000
Dylan Wright	29	25.54	5000
Dee Horne	30	25.59	5000
Faith McGregor	31	27.22	5000
Peter Vyver	32	27.48	5000
Kirsty Peterson	33	27.51	5000
Megan Dwyer	34	29.31	5000
Lee Middleton	35	32.07	5000
Kelly Mitchell	36	32.12	5000
Chris Lord	37	32.13	5000
Philip Middleton	38	32.24	5000

Name	Overall	Time	Distance
	placing		
Anja Crombie	1	11.21	2550
Cody Shilton	2	11.35	2550
Jamie Hall	3	11.59	2550
James McGregor	4	12.50	2550
Hannah Shilton	5	13.09	2550
Nikita Harding	6	13.18	2550
Anton Harding	7	13.55	2550
Emma Hickson	8	14.04	2550
Willow Parry	9	14.05	2550
Brace McGregor	10	14.05	2550
Anita Roy	11	15.16	2550
Blake Parry	12	16.18	2550
Mylene Wright	13	16.20	2550
Rachel Wright	14	16.31	2550
Julz Parry	15	16.38	2550
Candice Steyn-Ross	16	16.41	2550
Alyssa Hall	17	16.43	2550
Robert Roy	18	16.52	2550
George McGregor	19	17.43	2550
Jodie Hickson	20	17.44	2550
Sheryl Pearson	21	19.05	2550
Lionel Sorensen	22	19.46	2550
Jason Morrison	23	20.20	2550
Logan-Jamie Morrison	24	20.27	2550
Harry Harris	25	21.56	2550
Claire Roy	26	22.01	2550
Shona Sorensen	27	22.54	2550
Adele Harris	28	31.00	2550
Jessica Pickering	29	31.05	2550
Helen Harris	30	31.14	2550

### 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)

## 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** 7th and 21st February

7th and 21st March



"Make running or walking part of your lifestyle"