



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

9 February 2019

The past week:

All the Club activities have gone ahead this past week: the children's athletics; the teens and adults track and field; plus the running and walking clinics. Why - because the weather has co-operated.

Field 2 at the Stadium:

Access to the above field is out this coming Thursday, Friday, Saturday and Sunday. It's being used by another sporting organization.

Forthcoming track and field championships (Athletics NZ and Athletics WBOP):

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

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 for entry closing date: the programme etc.

Friday/Saturday/Sunday 8/9/10 March - The Athletics New Zealand championships at Christchurch - visit www.athletics.org.nz for programme, entry details etc

SATURDAYS

Events: Track and field out of the City

Adults:

This Saturday 9 February - The Porritt Classic at Porritt Stadium Hamilton. If you have a spare 3 or 4 hours then head to Hamilton and witness some of New Zealand's top athletes in action.

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 -

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The 2019 Running Clinic is now well underway. The various packs 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 - Refer to the contacts listed in "Sunday".

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 around 5.30pm at the clubrooms unless advised otherwise. Some clinic groups leave 5.45pm others at 6.00pm.

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.

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.

Contacts: Kelly Albrecht - 027 8826484

Email: lakecitychildrensathletics@gmail.com

WEDNESDAYS

There is no track and field night this Wednesday 6 February - Waitangi Day, but it will be back on the 13 February.

Please support this section of the club. What is very, very noticeable is the lack of adults talking part.

The programme for Wednesday 13 February 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.

The programme for the 13th is:

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

60 metres (non champ) 6.15pm

High jump (champ) 6.30pm

400 metres (non champ) 6.35pm

5000 metres (champ) 7.15pm - This event is for grades 18 and over and you need to supply your own lap recorder.

The following Wednesday 20 February meet at 6.00pm for the warm up session and then into the events at 6.15pm

60 metres (non champ) 6.15pm

Triple jump (champ) 6.35pm

Javelin (champ) 6.35pm

800 metres (champ) 7.00pm

The venue is Field 2 of the Stadium, Devon Street West. 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.

THURSDAYS

Trout Fly

The next event of the fortnightly series is **this Thursday 7 February**. See the "advert" below for details.

Walkers

Am – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm – Refer to the contacts listed in "Sunday".

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 around 5.30pm at the clubrooms unless advised otherwise. Some clinic groups leave 5.45pm others at 6.00pm.

RESULTS

Local Track and Field – Teens and Adults –

Wednesday – 30 January 2019

Championships

200 metres	Runners	
Hayden Chapman	B12	29.1
Cooper Simes (v)	B11	29.9
Manaia Christensen (v)	B11	32.9
Sam Rossiter	M20	52.6

Gisele Howard	G14	28.4
Lillian Muir	G13	30.5
Trelise Howard (v)	G11	32.7
Bella Wyatt	G12	33.8
3000 metres	Runners	
Matt Parsonage	M35	9.56.2
Saven Tillard	B12	12.19.0
Bella Wyatt	G12	13.04.1
Hayden Chapman	B12	14.06.5
Gisele Howard	G14	14.31.2
Manaia Christensen (v)	B11	14.40.7
Lillian Muir	G13	14.53.4
Cooper Simes (v)	B11	16.47.7
Rachael Wright	W20	17.56.1
	Walkers	
Sam Rossiter	M20	16.47.4
Discus (different weights thrown)		
Mark Geddes (v)	M55	9.66
Kelly Albrecht	W20	23.45
Sam Rossiter	M20	20.04
Lillian Muir	G13	14.90
Saven Tillard	B12	16.80
Hayden Chapman	B12	20.94
Cooper Simes (v)	B11	25.56
Manaia Christensen (v)	B11	35.92
Gisele Howard	G14	19.09
Long jump		
Lillian Muir	G13	4.92
Gisele Howard	G14	5.05
Bella Wyatt	G12	3.24
Sam Rossiter	M20	1.65
Saven Tillard	B12	3.90
Hayden Chapman	B12	4.14
Cooper Simes (v)	B11	4.44
Non championships		
60 metres	Walkers	
Linda Montgomery	W70	22.3
Alby Schuster	M65	22.7
Sarah Wiwarena	W75	25.0
	Runners	
Cooper Simes	B11	8.8
Hayden Chapman	B12	8.8
Saven Tillard	B12	9.0
Gisele Howard	G14	8.1
Lillian Muir	G13	8.4

Trelise Howard	G11	9.3
Bella Wyatt	G12	10.1

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.rotoruumarathon.co.nz for entry details etc.

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

This summer's Trout Fly series

For the whole family

Walkers Joggers and Runners

This Thursday 7 February

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



“The best running shoe is the one that works for you

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)