



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET **16 February 2019**

The past week:

Apologies for the number of copies received and the lateness of last week's guff sheet. There was a glitch in the circulation of the publication - not from the Club's end, but rather from a "system issue" with the company that dispatches the publication on behalf of the Club.

The fortnightly Thursday evening Trout Fly results are below.

Tarawera Road:

All those that head into Whaka Forest from the Neil Hunt Park clubrooms on a regular basis, for your own safety it is suggested you cross at the "island" in the middle of the road up past the Long Mile Road entrance.

Volunteer request: (Weekend 2/3 March)

This is the weekend of the club's Copthorne off Road Half Marathon and associated events out in Whaka Forest. Volunteers from the club are being called for to make the event happen. You can help even if you are participating - i.e at registration, parking etc. There are sheets at the clubrooms for you to express your availability. If you cannot get to the clubrooms please call Rob on 07 348 7768. Many hands make light work.

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

This Saturday 16 February - New Zealand Distance running Carnival including Athletics New Zealand 10000 metres championships, Mt Smart, Auckland.

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:

Saturday / Sunday 23/24 February - See above re the Athletics Waikato Bop track and field championships

CHILDREN:

This Saturday 16 February - Ribbon Day, Tokoroa - 10.00am start

Saturday 2 March - Ribbon Day at Paeroa - 10.00 start.

SUNDAYS

Distance athletes

Those that run -

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 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 from 5.00pm with the last groups leaving around 5.45pm. This includes those associated with the Running Clinic. Some clinic groups leave the clubrooms (unless advised otherwise) at 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

The programme for **this Wednesday 13 February** is:

Meet at 6.00pm to 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) 7.00pm

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

Note that championship 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 following Wednesday 20 February meet at 6.00pm to 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.

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

THURSDAYS

Trout Fly

The next event of the fortnightly series is 21 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 5.45pm. This includes those associated with the Running Clinic. Some clinic groups leave the clubrooms (unless advised otherwise) at 5.45pm others at 6.00pm.

Book launch:

On Friday 22 February, 5.30pm at Podium Podiatry, 1266 Tutaneikai Street, Roger Robinson is launching his book "When Running Made History". Roger is a New Zealand representative, TV commentator and award-winning writer. His partner Kathrine Switzer is a legendry women's running pioneer being the female that the Boston Marathon race director in 1967 endeavored to remove from his race. Women were not welcome to participate in marathons in those days.

RESULTS

Trout Fly	7 February 2019		
Results as supplied			
Name	Place	Time	Distance
Michael Voss	1	15.02	5000
Will O'Conner	2	16.48	5000
Matt Parsonage	3	16.53	5000
Ian McDonald	4	17.03	5000
Bryn Parry	5	18.05	5000
Adrian Lysaught	6	18.22	5000
Chris Corney	7	18.52	5000
Alan Fergusson	8	18.55	5000
Andy Twiddy	9	19.27	5000
Andrew Hickson	10	19.50	5000
Fred Shilton	11	19.52	5000
Alan Crombie	12	20.19	5000
Morgan Ball	13	20.33	5000
Dave Cronshaw	14	20.50	5000
Russell Clarke	15	21.15	5000
Brendon Davis	16	21.33	5000
Cormac Davis	17	22.26	5000
Steve Fiske	18	22.36	5000
Peter Roy	19	22.50	5000
Rhys Downes	20	23.27	5000
Lance Shilton	21	23.30	5000
Chris Lord	22	23.36	5000
Keryn Barker	23	23.48	5000
Greg Shiels	24	24.04	5000
Sarah Lei	25	24.14	5000
Kathy Jackson	26	24.22	5000
Kelly Mitchell	27	24.23	5000
Noreen Crombie	28	24.25	5000
Justin Randall	29	24.47	5000
Phil Gulbrensen	30	25.05	5000
Sharon Caufield	31	26.45	5000
Matthew Frisken	32	27.40	5000
Rachael Catley	33	28.54	5000

Kristy Peterson	34	29.10	5000
Megan Dwyer	35	30.37	5000
Robert Corbett	36	32.01	5000
Peter Vyver	37	36.34	5000
Hannah Shilton	38	50.41	5000
Marian Shilton	39	50.41	5000
Name	Place	Time	Distance
Micheal Ryan	1	10.33	2550
Jamie Hall	2	10.48	2550
Kingston Ryan	3	10.56	2550
Jonah Funnel	4	11.04	2550
Anita Crombie	5	11.35	2550
Luke Crombie	6	11.49	2550
Logan Marten	7	11.53	2550
Dylan Wright	8	12.06	2550
Cory Shilton	9	12.21	2550
Ben Shiels	10	13.13	2550
Ashleigh Randall	11	13.17	2550
Caleb Finnerty	12	13.27	2550
Leif Parry	13	13.29	2550
Bruce McGreggor	14	13.33	2550
Lewis Lei	15	13.30	2550
Claire Randall	16	13.39	2550
Ryan Lei	17	13.42	2550
Madeline Pethybridge	18	13.45	2550
Aaron Randall	19	13.46	2550
Alfie Cochrane	20	13.54	2550
Anita Roy	21	14.11	2550
Alana Pethybridge	22	14.28	2550
Amber Lysaught	23	14.30	2550
Emma Hickson	24	14.31	2550
Faith McGreggor	25	14.42	2550
Jodie Hickson	26	14.42	2550
Joshua Finnerty	27	15.09	2550
Daniel Shiels	28	15.12	2550
Tori Finnerty	29	15.18	2550
Jason Finnerty	30	15.19	2550
Chase Grunwell	31	15.32	2550
Alyssa Hall	32	15.41	2550
Mylene Wright	33	16.00	2550
Rach Wright	34	16.09	2550
Blake Parry	35	16.12	2550
Hannah Hickson	36	16.16	2550
Tamzin Joy	37	16.17	2550
Travis Grunwell	38	16.20	2550
Lydia O'Callaghan	39	16.33	2550
Steve O'Callaghan	40	16.34	2550

Ava Fiske	41	16.45	2550
Jayde Howard	42	17.13	2550
Sheryl Pearson	43	17.32	2550
George McGreggor	44	17.38	2550
James McGreggor	45	17.38	2550
Julz Parry	46	17.48	2550
Willow Parry	47	17.49	2550
Angela Grunwell	48	17.56	2550
Sian Twiddy	49	18.00	2550
Edward Twiddy	50	18.20	2550
Heather Dwyer	51	18.49	2550
Sebastian Morrison	52	19.28	2550
Jason Morison	53	19.29	2550
Shona Sorensen	54	20.59	2550
Logan Morrison	55	22.48	2550
Katie Roy	56	22.54	2550
Alan Twiddy	57	23.14	2550
Jayne Fergenson	58	26.25	2550
Katherine Twiddy	59	26.48	2550
Wendy Hill	60	27.05	2550
Rena Joy	61	27.07	2550
Dee Horne	62	27.08	2550
Claire Roy	63	30.15	2550
Robert Roy	64	31.16	2550

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

Early entry cut off is 19 February

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.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

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)



“Breathe: your legs will get you there”

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 21st February
7th and 21st March