



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 23 February 2019

The past week:

Once again apologies for the non receipt of last week's guff sheet. Please head to the Club's website to view the edition - www.lakecity.co.nz

56 children from the Club headed to Tokoroa for their Ribbon Day on Saturday. Even some of the parents participated when they were called upon to take part in a "Mums and Dads" Relay during the lunch break. Relay results - 1st and 2nd for the club teams. Monday's edition of the Daily Post had a great full page spread of photos of the youngsters at Tokoroa.

At the New Zealand 10000 metres track championships in Auckland on Saturday evening Michael Voss placed 2nd in 30.24.44 - a PB. Well done Michael.

Two teams from the Club's walking fraternity took part in the annual Around Taupo Relay on Saturday. The B team out gunning the A team when they placed 3rd overall.

Results of last Wednesday senior track and field are herewith.

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 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)

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 / Sunday 23/24 February - The Athletics Waikato BOP championships for under 16s and above at Porritt Stadium, Hamilton. Club uniform must be worn.

Saturday 2 March – open meeting, Tauranga Domain – 3.00pm start

Children:

Saturday 2 March – Ribbon Day at Paeroa – 10.00 am start

SUNDAYS

Distance athletes

Those that run –

The 2019 Running Clinic various packs leave from the Neil Hunt Park clubrooms at varying times. Check out with your pack leader as sometimes the venue and meeting time can change.

Other distance running groups also leave from the clubrooms. Some groups leave earlier (7.00 am) 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 6.00pm. This includes those associated with the Running Clinic. Some clinic groups leave the clubrooms (unless advised otherwise) at 5.45pm others at 6.00pm. Check with your pack leader re times etc.

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.

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

This Wednesday 20 February meet at 6.00pm to warm up 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

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.

Wednesday 27 February meet 6.00pm

From 6.00pm the following events are on:

100, 300 and 600 metres plus shot put. See who

can get the closest to Valerie Adams - 21.24

(females) and Tom Walsh - 22.67 (males) NZ records with your throws added together.

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 this Thursday 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

Those that run –

Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 6.00pm. This includes those associated with the Running Clinic. Some clinic groups leave the clubrooms (unless advised

otherwise) at 5.45pm others at 6.00pm. Check with your pack leader re times etc.

Book launch:

This Friday 22 February, 5.30pm at Podium Podiatry, 1266 Tutanekai 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 legendary 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

Local Track and Field – Teens and Adults – Wednesday – 13 February 2019

Championships		
5000 metres	Runners	
Michael Voss	M20	15.45.3
Lewis Ryan (v)	M20	16.24.1
Matt Parsonage	M35	17.06.1
Colin Davis	M50	24.05.1
Phil Gulbransen	M65	24.40.09
Sharon Caulfield	W45	25.11.5
Max Bragg	M75	28.02.4
Sam Rossiter	M20	31.02.4
Rachael Wright	W20	31.14.1
High jump		
Sam Rossiter	M20	1.00
Gisele Howard	G14	1.34
Bella Wyatt	G12	1.23
Robert Abel	M40	1.49
Lillian Muir	G13	1.45
Colin Davis	M50	1.00
Saven Tillard	B12	1.28
Non championship		
60 metres	Walkers	
Linda Montgomery	W70	24.1
Sarah Wiwarena	W75	29.3
Evelyn Lawrence	W60	29.3
	Runners	
Robert Abbel	M40	9.0
Jason Chapman	M45	10.1
Sam Rossiter	M20	10.4
Gisele Howard	G14	8.8
Saven Tillard	B12	9.5
Bella Wyatt	G12	10.6

400 metres		
Caroline Johnson (v)	W20	63.6
Saven Tillard	B12	72.7
Gisele Howard	G14	73.6
Lillian Muir	G13	74.1
Bella Wyatt	G12	77.0
Jason Chapman (v)	M45	84.0

**Athletics NZ 10000 metres track championship
– Mt Smart, Auckland - 16 March 2019**

Caden Shields (Otago)	1st	30.13.84
Michael Voss	2nd	30.24.44
Oska Baynes (Canterbury)	3 rd	30.27.72

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

You are now on the late entry fee

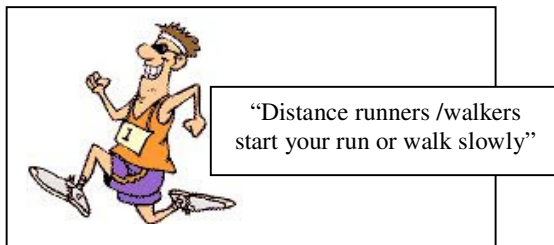
Saturday 4 May 2019: the 55th Rotorua Marathon around Lake Rotorua. Also associated with the main event are a half marathon, quarter marathon and 5km events. Visit www.rotoruaramarathon.co.nz for entry details etc.

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

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 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)