



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 March 2019

### The past week:

It was a busy week for club members and those that volunteer this past week: Children's training/coaching evenings and their weekly Tuesday evening activities: Wednesday evening Senior track and field: The Thursday evening fortnightly Trout Fly: plus Sunday morning, Tuesday and Thursday evenings pack runs/walks for the running and walking clinic members.

At the Athletics Waikato BOP track and field championships this past weekend the club had four taking part with all taking podium places as well as some PBs. Well done. Their results are below.

Results of last Wednesday Senior track and field and the fortnightly Trout Fly event are also below.

An update on the two teams from the Club's walking fraternity that took part in the annual Around Taupo Relay recently is that the B team was placed 3rd overall and the A team 4th.

### Field 2 at the stadium:

Please note another sporting code is using the Stadium proper, Field 2 and other surrounding areas this coming weekend. They will be packing in on Thursday and will be there from Friday thru to Sunday with the final pack out on Monday.

### 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

### Volunteers (this Sunday 3 March)

Those that have volunteered at the Cophorne off Road Half Marathon and associated events this coming Sunday you will be contacted re the "duty" allocated to you – who to report to, report time etc

## 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](http://www.athletics.org.nz) for programme, entry details etc

### SATURDAYS

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

##### Adults:

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

##### Children:

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

Saturday 16 March – Athletics Waikato BOP championships Porritt Stadium -. 9 30am start – see below for entry details etc.

### SUNDAYS

#### Distance athletes

##### Those that run –

The Running Clinic various packs leave from the Neil Hunt Park clubrooms at varying times. Check out with your pack leader start time and venue.

Other distance running groups also leave from the clubrooms. Some groups leave 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

**When:** Weekly on Tuesdays – 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](mailto:lakecitychildrensathletics@gmail.com)

**Athletics Waikato BOP children's championships**

**Mums, Dads, caregivers - please note**

All entries for the Children's Waikato Championships in Hamilton on 16th March need to be in to Kelly before Thursday night. Either touch base on Tuesday or contact her at [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com)

Children's Club Champions start Tuesday 26th. They will run for 3 x consecutive weeks to find out who our age group champions are. Full club uniform must be worn to be eligible for prizes.

The final ribbon day is this weekend in

**WEDNESDAYS**

**This Wednesday 27 February** - 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. All events are non championship

**Wednesday 6 March** - the second pentathlon evening of the season (100, long jump, shot put, discus and 1 mile). You don't have to take part in all events, just the 1 mile if you wish.

**Wednesday 13 March** - the club's track 10000 metres championships for Grade 19 and above. Note you need to arrange your own lap recorder for this event. There are no other events on this evening, but those that wish can do a training session.

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 7 March. 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.

**Upcoming distance events in Rotorua:**

**This 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.

**Event Day Timetable:**

**7.30am - 10.30am:** Registration in main marquee at Waipa Recreation Area.

**9.00am:** Start of the Lance Lawson Little Devils 1.5km Fun Run/Walk (3 - 6 yrs)

**9.10am:** Start of the Lance Lawson Little Devils 2.5km Fun Run/Walk (7 - 10yrs)

**10.00am:** Start of the Copthorne Half Marathon

**10.15am:** Little Devils Prize-giving

**11.00am:** Start of the Mitre 10 Mega Quarter Marathon Fun Run/Walk

**11.15am:** Start of the Red Stag Timber 5km Fun Run/Walk

**12.05pm:** Cut off for the first lap of the Copthorne Half Marathon

**1.30pm:** Prize-giving

**Registration/Race Bag Collection:**

Registration/Race Bag Collection is on Sunday morning only between 7.30am and 10.30am within the main marquee at the Waipa Sawmill Recreation area. Please bring your registration confirmation with you to assist the registration process.

**Late entries:** will be accepted on the day up until 10.30am. NO Eftpos facilities available. Cash or cheque only please

**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.rotorumarathon.co.nz](http://www.rotorumarathon.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 – 20 February 2019

#### Championships

800 metres	Runners	
Matt Parsonage	M35	2.16.1
Gisele Howard	G14	2.44.9
Sam Rossiter	M20	2.49.4
Bella Wyatt	G12	2.50.2
Hayden Chapman	B12	2.51.2
Lillian Muir	G13	3.07.6
Phil Gulbransen	M65	3.32.8
Max Bragg	M75	3.50.0
Rachael Wright	W20	4.04.5
	Walkers	
Mark Geddes (v)	M55	6.10.3
Triple jump		
Robert Abbel	M40	9.46
Hayden Chapman	B12	8.98
Saven Tillard	B12	8.06
Gisele Howard	G14	9.73
Lillian Muir	G13	8.93
Matt Parsonage	M35	8.85
Sam Rossiter	M20	6.40
Javelin ( different weights thrown)		
Saven Tillard	B12	16.10
Hayden Chapman	B12	16.73
Lillian Muir	G13	13.45
Gisele Howard	G14	17.35
Sam Rossiter	M20	28.21
Matt Parsonage	M35	26.37
Kelly Albrecht	W20	13.77
Robert Abbel	M40	29.35
Non championship		
60 metres	Runners	
Robert Abbel	M40	8.7
Hayden Chapman	B12	9.2
Saven Tillard	B12	9.9

Mark Geddes	M55	11.7
Gisele Howard	G14	8.3
Bella Wyatt	G12	10.1
Rachael Wright	W20	10.4

#### Trout Fly - 21 February 2019 (as supplied)

Name	Place	Time	Distance
Michael Voss	1	15.33	5000
Will O'Connor	2	17.05	5000
Matt Parsonage	3	17.32	5000
Nick Crocker	4	18.5	5000
Chris Corney	5	18.54	5000
Andy Twiddy	6	19.19	5000
Megan Grant	7	20.06	5000
Fred Shilton	8	20.07	5000
Greg Malcom	9	20.22	5000
Steve O'Callaghan	10	20.27	5000
Alan Crombie	11	20.31	5000
Russell Clarke	12	20.46	5000
Steve Holloway	13	20.59	5000
Mark Challoner	14	22.09	5000
Jason Finnerty	15	22.15	5000
Steve Fiske	16	22.31	5000
Sian Twiddy	17	22.36	5000
Lance Shilton	18	22.59	5000
Gillian Shapely	19	23.08	5000
Cassie Marwick	20	23.12	5000
Michaela Harris	21	23.22	5000
Tracey Bjarnesen	22	23.28	5000
Tony Broadhead	23	23.41	5000
Colin Davis	24	23.42	5000
Chris Lord	25	23.46	5000
Brett Marvelly	26	23.53	5000
Kelly Mitchell	27	23.56	5000
Kathy Jackson	28	23.57	5000
Sarah Lei	29	24.04	5000
Noreen Crombie	30	24.13	5000
Kerryn Barker	31	24.32	5000
Phil Gulbransen	32	24.34	5000
Sharon Caulfield	33	24.53	5000
Peter Roy	34	24.58	5000
Marc Teakel	35	25.12	5000
Campbell Horn	36	25.18	5000
Steve Bradley	37	25.21	5000
Dee Horne	38	25.23	5000
Colin Earwaker	39	25.5	5000
Fan Scaillet	40	28.01	5000

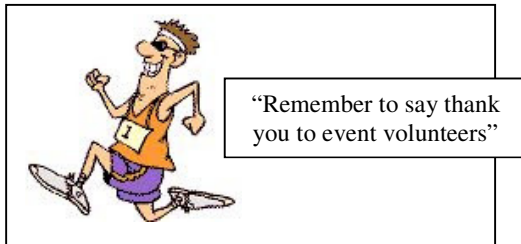
Max Bragg	41	28.11	5000
Kathryn Murphy	42	28.25	5000
Nicky Kenny	43	28.39	5000
Philip Gaffaney	44	28.41	5000
Megan Dwyer	45	29.00	5000
Greg Shiels	46	31.06	5000
Sam Shiels	47	31.06	5000
Rachel Catley	48	31.07	5000
Annemarie Gallagher	49	32.02	5000
Peter Vyver	50	37.54	5000
Amy Bray	51	38.17	5000
Emma Van Twyver	52	38.18	5000
Name	Place	Time	Distance
Lee Maginnis	1	9.27	2550
Shoibhan Griffiths	2	10.54	2550
Anita Crombie	3	11.3	2550
Cody Shilton	4	11.39	2550
Rhys Downs	5	11.46	2550
Emma Hickson	6	12.39	2550
Ashley Randell	7	12.41	2550
Ben Shiels	8	13.02	2550
James McGregor	9	13.02	2550
Bruce McGregor	10	13.11	2550
Ryan Lei	11	13.4	2550
Jimmy McFarlane	12	13.41	2550
Jamie Bennett	13	13.44	2550
Caleb Twiddy	14	14.04	2550
Alfie Cochrane	15	14.09	2550
Lewis Lei	16	14.09	2550
Hannah Hickson	17	14.18	2550
Jodie Hickson	18	14.2	2550
Claire Randell	19	14.25	2550
Madeline Pethybridge	20	14.28	2550
Anna Shapely	21	14.37	2550
Scarlett Dowland	22	14.39	2550
Jim Dowland	23	14.42	2550
Anita Roy	24	14.51	2550
Allan Twiddy	25	14.52	2550
Casper Grunwell	26	14.55	2550
Elizebeth Meyer	27	14.56	2550
Keira Murphy	28	14.58	2550
Alicia Bergman	29	15	2550
Alana Pethybridge	30	15.02	2550
Aaron Randall	31	15.03	2550
Arwen Barker	32	15.19	2550
Leanne Nicholas	33	15.23	2550
Daniel Shiels	34	15.28	2550
Chase Grunwell	35	15.39	2550

Rachel Wright	36	15.43	2550
Leah Barker	37	15.47	2550
Joshua Finnerty	38	15.48	2550
Tamzin Joy	39	15.5	2550
Maisie O'Callaghan	40	15.51	2550
Hannah Shilton	41	15.59	2550
Tori Finnerty	42	16.04	2550
Eloise Neucombe	43	16.08	2550
Nikky Neucombe	44	16.09	2550
Ava Fiske	45	16.17	2550
Angela Grunwell	46	17.01	2550
Edward Twiddy	47	17.06	2550
Sheryl Pearson	48	17.21	2550
Jayde Howard	49	17.43	2550
Jason Morrison	50	18.25	2550
Anne-Marrie Hunt	51	18.36	2550
Travis Grunwell	52	18.41	2550
Katherine Twiddy	53	18.43	2550
Isabella Killmester	54	18.44	2550
Lydia O'Callaghan	55	18.44	2550
Alicia Hall	56	19.21	2550
Katy Roy	57	19.22	2550
Logan Morrison	58	20.14	2550
Shona Sorrensen	59	21.24	2550
Robert Roy	60	22.2	2550
Sebastian Morrison	61	22.21	2550
Clare Roy	62	22.27	2550
Hannah Shilton	63	23.05	2550
Emma Beck	64	23.06	2550
Sue Byers	65	24.21	2550
Cherie Waterhouse	66	24.22	2550
Liam McGregor	67	28.48	2550

**Athletics Waikato Bop – track and field  
championships – 23/24 February 2019 – Porritt  
Stadium, Hamilton**

Girls 13 – 15 years	Under 16		
<b>Gisele Howard</b>			Wind
100 metres	6th	13.73	-
200 metres	5th	28.16	1.4
400 metres	2nd	64.86	
2000 m steeplechase	2nd	8.17.98	
Long jump	2nd	4.87	2.2
Triple jump	2nd	10.31	2.0
Javelin	4th	17.21	
4 x 100 relay (combined clubs)	1st		

<b>Hannah Gapes</b>			
1500 metres	1st	5.02.17	
<b>Para F37</b>			
<b>Lisa Adams</b>			
Discus	1st	24.20	
<b>Men 65-69</b>			
<b>Graeme Adams</b>			
400 metres	2nd	1.21.09	
1500 metres	2nd	6.34.16	



**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 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)