



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 9 March 2019

The past week:

Another busy week was had for club members with all the weekly club activities happening.

Also thrown into the mix was the Club owned Cophorne off Road Half Marathon based in Whaka Forest. The event had the largest participation for many a year - perhaps the biggest since the event was held in the Forest.

Big thanks are extended to all that made the event happen: the team from the contracted event managers, Event Promotions Ltd: all the volunteers that stepped up pre and post event, as well as on the actual day. These being club members; family members or friends; some working for two days others from 6.30am to around 3.00pm on the day

Thanks are also extended to all the various parties that gave permission to use the Forest. Without this there would be no event. Likewise thanks are also extended to the participants – without these there would also be no event.

For the event results visit www.eventpromotions.co.nz and head to the half marathon site.

Congratulations to all that took part whether a podium placer or a finisher in one of the events on offer.

As the summer track and field activities are drawing to a close secondary school aged club members are moving into their school athletics championships which accumulate with the Waikato BOP Secondary school champs on 23 March at Porritt Stadium. No doubt there will be some excellent performances turned in, even old school records being broken.

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

With the upgrade of Long Mile Road and the Tarawera Road intersection etc starting, please take care when in these areas either as a pedestrian or a motorist.

Upcoming distance events in Rotorua:

The weekend 16/17 March – The Rotorua Walking Festival. Visit www.rotoruaawalkingfestival.org.nz for event details – entry etc

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

SATURDAYS

Events: Track and field out of the City

Children:

Saturday 16 March – Athletics Waikato BOP championships Porritt Stadium -. 9 30am start – see below in Tuesday 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 the 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

**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

Children's Club Championships started
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.

WEDNESDAYS

This Wednesday 6 March – The Senior and Teens
track and field from 6.00pm sees 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. Milers
it is suggested you be there by 7.00pm.

Wednesday 13 March – the club's track 10000
metres championships for Grade 19 and above at
the Stadium's Field 2. 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 this
Thursday 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.

Distance event out of Rotorua:

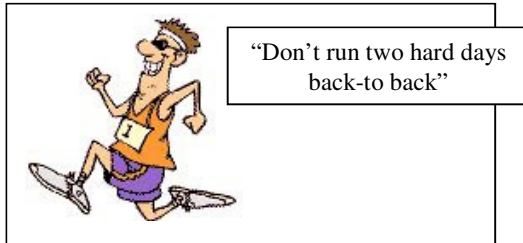
Sun to Surf – Saturday 6 April 2019 - Whakatane
Visit www.suntosurf.nz website for more details.
Note the minimum ages for the "half" and 10km
events. Financial members of the Lake City Athletic
Club are offered a 20% discount into this event. To
apply for your discount code you need to contact
Annemarie on 027 6229688 or email her at
lakecitymarathonclinic@gmail.com

RESULTS

**Local Track and Field – Teens and Adults –
Wednesday – 27 February 2019 – Non
Championships**

100 metres			
Robert Abbel	M40	14.7	
Saven Tillard	B12	15.8	
Koby Stranks-Rose	B11	16.0	
300 metres			
Robert Abbel	M40	51.3	
Saven Tillard	B12	53.5	
Koby Stranks-Rose	B11	55.5	
600 metres	Run		
Matt Parsonage	M35	1.39.3	
Saven Tillard	B12	2.01.2	
Koby Stranks-Rose	B11	2.10.3	
	Walk		
Tom Lamason	M70	5.04.6	
Shot put (different weights thrown)			

Saven Tillard	B12		
5.94:6.89: 6.93		19.76	
Koby Stranks-Rose	B11		
6.18:5.63: 5.88		17.69	
Robert Abbel	M40		
9.40:9.73:9.08		28.21	
Matt Parsonage	M35		
6.10:6.50:6.47		19.07	



This summer's Trout Fly series For the whole family

Walkers Joggers and Runners

This Thursday 7 March

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 March 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)