



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 16 March 2019

The past week:

What with Children's Tuesday evening athletics, Wednesday evening senior and teen's athletics, the fortnightly Thursday trout fly event as well as the mid-week and weekend running and walking activities it has been another busy week for members.

The Trout Fly and pentathlon results are below.

Tarawera and Long Mile Roads:

With the upgrade of Long Mile Road and the Tarawera Road intersection starting, please take care when in these areas either as a pedestrian or a motorist. Please do not venture into any of the taped off areas. There are going to be various upgrades in the area for some months.

Upcoming distance events in Rotorua:

This weekend 16/17 March – The Rotorua Walking Festival has their headquarters the Netherland Society's clubrooms in Neil Hunt Park. As the festival organizers have been given permission by the Club to use the clubrooms toilet and shower facilities it is suggested that you do not run from the clubrooms on Sunday morning. Also allow the participants the use of the car park. If you happen to be using the clubrooms Saturday or Sunday please do not leave valuables there.

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

SATURDAYS

Events: Track and field out of the City

Children:

This Saturday 16 March – Athletics Waikato BOP championships at Porritt Stadium - 9 30am start. Some 50 plus children for the club have entered,

resulting in the largest number of club entrants for many a year. Good luck to all.

SUNDAYS

Distance athletes

Those that run – For this Sunday morning see the note under "up-coming events in Rotorua"

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 – For this Sunday morning see the note under "up-coming events in Rotorua"

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

Please note the following for Tuesday 19 March

There is a Crankworx event in the green area up on the right of Tarawera Road (up past Selwyn Road in the Wattles) on Tuesday evening 19/3. As there is likely to be a very large amount of traffic in this area (or shall it be said more than usual) this evening (19th) it is suggested that members meet elsewhere.

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

WEDNESDAYS

This Wednesday 13 March – the club's track 10000 metres 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. Please note the following:

1. Those that consider they will take 60 plus minutes to cover the distance the start time is 5.30pm
2. Those that consider they will do under 60 minutes for the distance your start time is 6.00pm sharp.
3. If necessary please bring your own water

The grass track has a very even running surface so don't say this event is not for you - it's very character building and will stand you in good stead for the 4 May.

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.

Wednesday 20 March – the seasons prize giving – 6.00pm at the Neil Hunt Park Clubrooms for the senior and teens section. Please advise Pam at thekennys.nz@gmail.com or 07 348 8448 if you are attending no later than Monday evening (18/3) - thank you. If a family please advise the number attending. This for catering purposes.

THURSDAYS

Trout Fly

The next event of the fortnightly series is this **Thursday 21 March** – the last one for this summer. 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 – Pentathlon 6 March 2019 (points still to be calculated)

		100	Long	Shot	Discus	1 Mile
Jason Finnerty	M35	13.4	4.48	8.40	22.71	5.55.9
Robert Abbel	M40	14.0	4.42	8.55	21.47	-
Sam Rossiter	M20	14.0	3.98	6.82	20.58	7.49.5
Mark Geddes (w)	M55	-	-	5.35	10.03	12.07.8
Phil Gulbransen	M65	-	-	-	-	7.28.8
Elliott Castle	B9	18.1	2.75	3.55	11.30	7.44.0

Trout Fly – 7 March 2019

	Place	Time	Distance
Will O'Connor	1	16.48	5000
Kaya Corporaal	2	17.15	5000
Ian McDonald	3	17.26	5000
Matt Parsonage	4	17.35	5000
Ian Loveless	5	17.44	5000
Bryn Parry	6	17.56	5000
Adrian Lysaght	7	18.19	5000
Nick Crocker	8	18.37	5000
Carl Fischer	9	18.40	5000
Chris Corney	10	18.47	5000
Alan Ferguson	11	18.56	5000
Andrew Twiddy	12	19.10	5000
Andy Hickson	13	19.57	5000
Fred Shilton	14	19.59	5000
Mike Jolie	15	20.05	5000
Greg Malcolm	16	20.29	5000
Steven O'Callaghan	17	20.37	5000
Brad Griffiths	18	20.48	5000
Alan Crombie	19	20.56	5000
Morgan Ball	20	21.08	5000
David Hunter	21	21.22	5000
Lance Shilton	22	21.55	5000
Graeme Pearson	23	21.57	5000
Femke Hillbink	24	22.08	5000

Karl Murton	25	22.16	5000
Tracey Bjarnesen	26	22.21	5000
Rhys Downes	27	22.44	5000
Stevie Fiske	28	23.22	5000
Chris Lord	29	23.50	5000
Sarah Lei	30	23.56	5000
Phil Gulbransen	31	23.59	5000
Phillip Gallagher	32	24.40	5000
Noreen Crombie	33	24.49	5000
Chris Bycroft	34	25.22	5000
Dee Horne	35	25.56	5000
Kumar Magnusson	36	26.43	5000
Matt Fisken	37	26.55	5000
Ashleigh Randell	38	27.01	5000
Justine Randell	39	27.03	5000
Kathryn Murphy	40	27.18	5000
Mark Stratford	41	27.49	5000
George Allan	42	25.59	5000
Nicky Kenny	43	28.18	5000
Sam Shiels	44	30.10	5000
Greg Shiels	45	30.11	5000
Olivia Harris	46	30.28	5000
Rachael Catley	47	30.51	5000
Anton Harding	48	32.22	5000
Mike Gallagher	49	36.22	5000
	Place	Time	Distance
Jamie Hall	1	10.46	2550
Sian Twiddy	2	11.01	2550
Jonah Funnell	3	11.08	2550
Cody Shilton	4	11.18	2550
Anja Crombie	5	11.42	2550
Willow Parry	6	12.11	2550
Sharon Caulfield	7	12.20	2550
Ben Shiels	8	12.40	2550
James McFarlane	9	12.45	2550
Nikita Harding	10	12.45	2550
Ryan Lei	11	12.46	2550
Kasper Grunwell	12	12.56	2550
Jacob Meyer	13	13.23	2550
Bruce McGregor	14	13.35	2550
Keira Murphy	15	14.18	2550
Chase Grunwell	16	14.24	2550
Daniel Shiels	17	14.30	2550
Alfie Cochrane	18	14.33	2550
Elizabeth Meyer	19	14.40	2550
Claire Randell	20	15.00	2550
Blake Parry	21	15.06	2550

Travis Grunwell	22	15.42	2550
Ryder Moke	23	15.44	2550
Jayda Moke	24	15.44	2550
Maisie O'Callaghan	25	15.44	2550
Rachael Wright	26	15.57	2550
Julz Parry	27	16.35	2550
Sophie Loveless	28	16.50	2550
Angela Grunwell	29	16.53	2550
Eloise Newcombe	30	17.04	2550
Nikki Newcombe	31	17.05	2550
Judy Hewlett	32	17.42	2550
Natalia Loveless	33	17.43	2550
Lydia O'Callaghan	34	17.50	2550
Isabella Kilmester	35	17.51	2550
Jason Morrison	36	18.53	2550
Alyssa Hall	37	19.56	2550
Lionel Sorensen	38	20.02	2550
Margi Funnell	39	20.10	2550
Nina Cochrane	40	20.33	2550
Sonja Cochrane	41	20.34	2550
Shona Sorensen	42	20.40	2550
Julie Fiske	43	22.14	2550
George McGregor	44	22.19	2550
Peter Vyver	45	22.21	2550
Max Stratford	46	23.07	2550
Sarah Painter	47	23.08	2550
Sebastien Morrison	48	23.42	2550
Ava Fiske	49	23.46	2550
Josh Gallagher	50	24.30	2550
Logan-James Morrison	51	25.29	2550
Kelly Mitchell (w)	52	29.56	2550
Gail Mitchell (w)	53	29.57	2550
Ivan Mitchell (w)	54	29.57	2550
Tony Broadhead (w)	55	30.01	2550
Jayne Ferguson (w)	56	36.22	2550



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)

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 March