



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 23 March 2019

### The past week:

The weather has been kind to us the past week, this allowing the club's various activities to go ahead.

The club was well represented at the AWBOP children's athletics championships at Porritt Stadium, Hamilton on Saturday. 52 medals came back to Rotorua – 21 gold, 11 silver and 20 bronze. Well done all – the athletes and the parent helpers.

Up at the Maraetai (Auckland) Half marathon on the weekend Michel Voss had another win, with dad Gavin and Peter Bloore also taking part. 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. The upgrades in the area will be on going for some months.

### Upcoming distance events in Rotorua:

**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.rotoruumarathon.co.nz](http://www.rotoruumarathon.co.nz) 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

The last session of the formal Tuesday evening activities has been held.

The season's prize giving for 2-11

years is being held Tuesday 9 April, 5.00pm at the Westbrook School Hall - (Malfroy Road West).



**Information from:** Their face book page to keep up to date with weather cancellations and other information.

**Contacts:** Kelly Albrecht - 027 8826484

**Email:** [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com)

### WEDNESDAYS

**This Wednesday 20 March** – the seasons prize giving – 6.00pm at the Neil Hunt Park Clubrooms for the senior and teens section.

### 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](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)

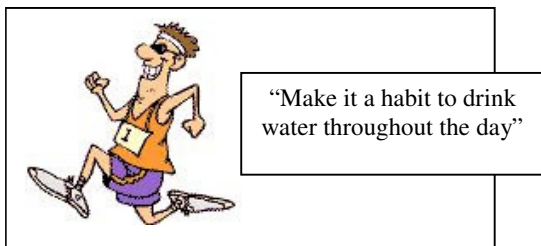
## RESULTS

Local Track and Field – Teens and Adults –  
**Wednesday – 13 March 2019**  
 Championships – 10000 metres

Matt Parsonage	M35	35.24	
Adrian Lysaght	M40	38.12	
Colin Davis	M50	47.41	
Brett Marvelly	M60	48.21	
Phil Gulbransen	M65	48.43	
Mark Teakel	M40	50.29	
Chris Bycroft	M45	51.44	
Sam Rossiter	M20	52.18	
Max Bragg	M75	57.58	

Maraetai (Auckland) Half Marathon – 17 March 2019

Michael Voss	1st	1.09.26
Gavin Voss	40-49 - 102nd	2.09.27
Peter Bloore	70 plus – 2nd	2.52.50



## 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

**This Thursday – 21 March - the last event in this summer's series**

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