



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 28 September 2019

The past week:

What a glorious afternoon out at Hannahs Bay on Saturday. There was no sign of the customary cold wind off the Lake or rain.

This was the afternoon of the club's road championships when around 30 attended to race around the streets in the region. Thanks are extended to those who volunteered at the event. A big thanks to Matt for his course set up etc.

Results are below.

Track and Field:

This summer's Adults (15 plus) club track and field pre Christmas is being held weekly on a Monday evening following on from the children's activities. These sessions will include from the children's section those 10 years plus. After Christmas it will be back to Wednesday evenings. The venue is the same as previous. See the two "adverts" at the end of this publication for more details. You may have to zoom them up to make them more readable.

Daylight saving:

Is with us this weekend. Remember its clocks forward by an hour sometime during Saturday night.



This weekend:

Saturday 28 September - No club organized event. Feel free to organize a pack run/walk from the Neil Hunt Park clubrooms, or take part in the 8.00am Park run behind Migs Gym 200 Te Ngae Road.

The following weekend:

Saturday 5 October - The Athletics New Zealand Road relay champs at Feilding. Teams will be selected and entered in due course.

Looking further ahead:

Saturday 12 – No club organized event. Feel free to organize a pack run/walk from the Neil Hunt Park clubrooms, or take part in the 8.00am Park Run behind Migs Gym, 200 Te Ngae Road.

Saturday 19 – the Forest 10km Open Handicap run or walk, including the Steph McHale Cup. Meet at the Pram Track off Long Mile Road with the first runner/walker leaving at 10.00am. Shorter distance event for younger grades and those not wishing to tackle the longer distance will be held. Duty officers: Winter season sub-committee

Sunday 20 - Auckland Marathon and Half Marathon, Auckland.

SUNDAYS

Distance athletes

Those that run – Distance running groups leave from the clubrooms. Some groups leave 7.00am 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 5.30pm.

THURSDAYS

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 5.30pm.

Athletics Waikato BOP – officials training days:

The following dates have been set aside for officials training days. These days are very beneficial to all.

Track events at Porritt Stadium, Sunday 20 October 9.30am start

Throws Sunday 3 November 9.30am start, venue to be confirmed

Jumps Sunday 24 November 9.30am start, venue to be confirmed

For more information contact Heather
O'Hagan: ohagan@visique.co.nz or text to 0274-713220

RESULTS

Club road championships –

Hannahs Bay, Rotorua – 21 September 2019. Results are provisional until membership status is checked

Under 12 boys		2000 m	
Jonah Funnell	1st		8.45
Edward Twiddy	2nd		11.07
Under 12 Girls		2000 m	
Ashleigh Randell	1st		8.44
Claire Randell	2nd		10.35
Leah Barker	3rd		12.57
Boys under 14		2000 m	
Cooper Simes	1st		8.38
Under 16 girls		3000 m	
Gisele Howard	1st		12.33
Anja Crombie	2nd		13.22
Lillian Muir	3rd		16.14
Men Under 18		5000 m	
Ronan Griffiths	1st		19.48
Women under 18		5000 m	
Hannah Gapes	1st		20.07
Masters women		5000 m	
40-44			
Sian Twiddy	1st		22.14
45-49			
Siobhan Griffiths	1st		21.34
Kerryn Barker	2nd		23.49
50-54			
Noreen Crombie	1st		24.16
65-69			
Kathy Howard	1st		28.50
Senior men		10000 m	
Will O'Connor	1st		37.35
Masters men		10000 m	
35-39			
Matt Parsonage	1st		35.07
40-44			
Bryn Parry	1st		38.34
Andrew Twiddy	2nd		38.52
45-49			
Brad Griffith	1st		40.39
Daniel Gapes	2nd		43.44
50-54			
Kerry Robinson	1st		38.05
Alan Crombie	2nd		40.40
55-59			
Dave Cronshaw	1st		39.15
Bruce Edwards	2nd		39.37
60-64			
Mike Bray	1st		40.41
75-79		7.35 m	
Peter Vyver	1st		50.40
Senior women		10000 m	
Megan Grant	1st		40.42

Congratulations:

The following won medals at the recent Athletics Waikato BOP Half Marathon championships held in conjunction with the Cambridge Half Marathon.

Gold

Andy Eastcott M80

Silver

Colin Davis M50

Phil Gulbransen M65

Bronze

Chris Bycroft M45

The medals will be at the Neil Hunt Park clubrooms in due course. Please uplift.

LAKE CITY
Athletic Club INC

Junior Athletics Clubnight

Starts: Monday 14th October 2019
Time: 4.45pm - 5.45pm
Where: International Stadium,
Ground 2 - Devon Street

Running, jumping and throwing for ages 2yrs-9yrs
This is fun, entry-level based training for beginners
with lots of practical co-ordination skills

The age group they compete in, is the age they
will be on 31st December 2019
2-6 year olds - \$25
7-9 year olds - \$27
The cost above includes registration with Athletics NZ
This is for the full season - Term 4 and Term 1

Registration online only
www.lakecity.co.nz
All registrations to be completed
before Friday 11th October 2019
Contact: Kelly Albrecht 027 882 6484
Email: lakecitychildrensatletics@gmail.com

LAKE CITY
Athletic Club INC

Senior Athletics Clubnight

Starts: Monday 14th October 2019
Time: 6.00pm - 7.00pm
Where: International Stadium,
Ground 2 - Devon Street

Advanced skills coaching/training,
timed and fun events for ages 10-adults.
Covering jumps, throws and runs for both social
and competitive athletes

The age group they compete in, is the age they
will be on 31st December 2019
10-14 year olds - \$57
15 year olds + - Social - \$68
15-19 year olds - Competitive - \$78
20 year olds + - Competitive - \$88
The cost above includes registration with Athletics NZ
This is for the full season - Term 4 and Term 1

Registration online only
www.lakecity.co.nz
All registrations to be completed
before Friday 11th October 2019
Contact: Kelly Albrecht 027 882 6484
Email: lakecitychildrensatletics@gmail.com

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

Crop top \$40.00

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)