



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 5 October 2019

### The past week:

Just pack runs and walks for club members this past week.

Please note the guff sheet will not be published next week.

### Track andField:

This summer's children and adults club track and field is being held weekly on a Monday evening. See the two "adverts" in this publication for more details. You may have to zoom them up to make them more readable.

The first evening for both sections of the club will be **Monday 14 October** – children 2 to 9 years from 4.45 to 5.45pm: 10 years plus and adults from 6.00pm to 7.00pm. In the New Year the Monday evenings for 10 years plus and adults will continue but those financial members 15 years plus who wish to take part in their club championship events will have them held on a Wednesday evening.

All are at Field 2 of the International Stadium Devon Street West. Please note the following parking instructions - drive around through to the top Westbrook field and park in the car parks there. Then walk across the field to the double gates to Field 2.

Also note that children aged 2-14 need to be registered by 11th October – thank you

Mums and Dads and children keep up to date by joining the: Lake City Children's Athletics face book page.

### This weekend:

**This Saturday 5 October** - The Athletics New Zealand Road relay champs at Feilding. The selected club teams are listed below. Good luck to all taking part - have good run and enjoy the weekend.

### The following weekend:

**Saturday 12 October** – 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. Some will be marshalling at the Ekiden Relay.

### Looking further ahead:

**Saturday 19 October** - 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 October** - Auckland Marathon and Half Marathon, Auckland.

**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 - \$57

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](http://www.lakecity.co.nz)  
All registrations to be completed before Friday 11th October 2019  
Contact: Kelly Albrecht 027 882 6484  
Email: [lakecitychildrensatletics@gmail.com](mailto: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 - \$98

The cost above includes registration with Athletics NZ  
This is for the full season - Term 4 and Term 1

**Registration online only**  
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All registrations to be completed before Friday 11th October 2019  
Contact: Kelly Albrecht 027 882 6484  
Email: [lakecitychildrensatletics@gmail.com](mailto:lakecitychildrensatletics@gmail.com)

## 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

## MONDAYS

**14 October onwards** - Evening athletics for children and adults: 2 to 9 years from 4.45 to 5.45pm: 10 years plus and adults from 6.00pm to 7.00pm. All are at Field 2 of the International Stadium Devon Street West. For parking please drive around through to the top Westbrook field and park in the car parks there. Then walk across the field to the double gates to Field 2.

## 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](mailto:ohagan@visique.co.nz) or text to 0274-13220

## New Zealand road championships – Feilding - 5 October 2019. Club teams

| Senior men             |                    | Distance      |
|------------------------|--------------------|---------------|
| Lap 1                  | Matt Parsonage     | 9.410km       |
| Lap 2                  | Michael Voss       | 10.163km<br>m |
| Lap 3                  | Will O’Connor      | 9.781km       |
| Lap 4                  | Steven O’Callaghan | 9.709km       |
| Lap 5                  | Stephen Parker     | 9.707km       |
| Lap 6                  | Carl Fischer       | 9.549km       |
| Lap 7                  | Adrian Lysaght     | 9.148km       |
|                        |                    |               |
| <b>Masters men 50+</b> |                    |               |
| Lap 1                  | Chris Corney       | 9.410km       |
| Lap 2                  | Kerry Robinson     | 10.163km<br>m |
| Lap 3                  | Alan Crombie       | 9.781km       |
| Lap 4                  | Bruce Edwards      | 9.709km       |
| Lap 5                  | Mike Bray          | 9.707km       |
| Lap 6                  | Dave Cronshaw      | 9.549km       |
| Lap 7                  | Tony Broadhead     | 9.148km       |
|                        |                    |               |
| <b>Composite</b>       |                    |               |
| Lap 1                  | Andy Twiddy        | 9.410km       |
| Lap 2                  | Siobhan Griffiths  | 10.163km<br>m |
| Lap 3                  | Lorna Mills        | 9.781km       |
| Lap 4                  | Brad Griffiths     | 9.709km       |
| Lap 5                  | Phil Gulbransen    | 9.707km       |
| Lap 6                  | Sian Twiddy        | 9.549km       |
| Lap 7                  | Megan Grant        | 9.148km       |

### 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)