



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

19 October 2019

The past weeks

Saturday 5 October saw three club teams take part in the Athletics New Zealand Road Relay Championships. The course was over rolling roads surrounding Feilding with the event headquarters at the Manfeild complex.

Congratulations to the Masters men's 50 team who came home with a bronze medal in a team time of 4.27.12. Ahead of them were Wellington Scottish (4.17.51) and Hamilton City Hawks (4.20.02). Although the other two club teams did not medal all ran well and had a thoroughly enjoyable day out in the Manawatu countryside.

In the Masters 50 team Tony Broadhead took out fastest time for the 3rd lap: Chris Corney (1st lap) Bruce Edwards (4th lap) Dave Cronshaw (6th lap) all got 3rd fastest time for their respective laps. In the Senior A grade Michael Voss took out the 3rd fastest time for lap 2.

The "talk" is that the event is likely to be on the same course next year. Results of the club teams are below.

Last Saturday saw those that headed to Feilding and other club members marshalling at the Ekiden Relay around Lake Rotorua.

Unfortunately, the first Monday evening sessions of the combined track and field activities took a rain check

Track and Field

This summer's children and adults club track and field is being held weekly on a Monday evening. Children 2 to 9 years from 4.45pm 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. 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 in to Field 2. If you go to the clubs website www.lakecity.co.nz then click on Children Athletics on the side bar and scroll down to the childrens facebook page there is a location map relating to parking.

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

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 at the Field 2 venue.

Local events

Weekends:

This 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 and their helpers.

Saturday 26 October – No club event this day. Arrange a pack run/ walk from the Neil Hunt Park clubrooms or head to the Park Run, 8.00am behind Migs Gym 200 Te Ngae Road.

Saturday 2 November - Scheduled on this evening is the winter season's prize giving. Details of the format, RSVP etc. are below.

Week days:

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

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 and in to Field 2. If you go to the clubs website www.lakecity.co.nz then click on Children Athletics on the side bar and scroll down to the childrens facebook page there is a location map relating to parking there.

The programme for 10 plus on 21 October (Monday) is:

6.00pm - Meet and Group warm up
6.05 to 6.30pm – Accelation followed by discus and high jump
7.00pm - 200 metres
7.15pm - 1 mile

Tuesdays

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

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.

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.

Events out of the City

Track and Field

This Saturday 19 October — Open meeting for teens and adults at Porritt Stadium, Hamilton: 3.00pm start. Visit Athletics Waikato BOP website for events and entry details.

Ribbon Days

Saturday 2 November – Bellevue, Tauranga Domain: 10.00 am

Saturday 9 November - Whakatane: 10.00am

Distances events

This Sunday 20 October - Auckland Marathon and Half Marathon, Auckland. Good luck to club members taking part.

Sunday 24 November – Toi’s challenge Whakatane. 6 or 18km trail run/walk – individual or team options. A great event for off roaders. Visit www.sporty.co.nz/whakatanehc for more details.

Other notices

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, this 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 0274-13220

Whakarewarewa Forest – weekday road/track closures

Currently the Rotorua Lakes Council water team is needing to do some urgent work along Pipeline Road which means this section and the Lynmore Link will be closed to all traffic on weekdays but open only to foot/bike traffic on the weekends.

This will affect those wanting to walk the Black and Purple tracks or enter or exit via the Lynmore Link. It will also affect those riding/running the tracks on the Tarawera Road side of the forest for their return to the Waipa side.

This closure will be in place until sometime in November depending on the progress made.

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)

Results

New Zealand road championships – Feilding - 5 October
2019

Senior men A Grade	4.09.32 -12th	Distance	Time	Lap place
Lap 1	Matt Parsonage	9.410km	34.33	11
Lap 2	Michael Voss	10.163km	32.12	3
Lap 3	Will O'Connor	9.781km	36.19	12
Lap 4	Steven O'Callaghan	9.709km	38.42	13
Lap 5	Stephen Parker	9.707km	36.07	11
Lap 6	Carl Fischer	9.549km	37.50	12
Lap 7	Adrian Lysaght	9.148km	33.49	13
Masters men 50+	4.27.12 - 3rd			
Lap 1	Chris Corney	9.410km	37.45	3
Lap 2	Kerry Robinson	10.163km	39.14	5
Lap 3	Tony Broadhead	9.781km	37.21	1
Lap 4	Bruce Edwards	9.709km	38.13	3
Lap 5	Mike Bray	9.707km	39.44	4
Lap 6	Dave Cronshaw	9.549km	38.27	3
Lap 7	Alan Crombie	9.148km	36.28	4
Senior men C Grade	5.01.04 - 8th			
Lap 1	Megan Grant	9.410km	40.50	7
Lap 2	Brad Griffiths	10.163km	32.30	6
Lap 3	Andy Twiddy	9.781km	39.49	5
Lap 4	Siobhan Griffiths	9.709km	42.32	5
Lap 5	Lorna Mills	9.707km	46.21	6
Lap 6	Sian Twiddy	9.549km	45.24	7
Lap 7	Phil Gulbransen	9.148km	43.39	7



The Club's winter season's prize giving and social is being held

Saturday 2 November 2019

At the Neil Hunt Park clubrooms

4pm to 5pm - mix and mingle social time
(please BYO refreshments)

5pm to 6pm - BBQ

Entry fee: Each family to bring a salad

The Club is providing the meat for the BBQ

RSVP no later than 30 November 2019

By contacting **Sian** – at
sianbremner@hotmail.com
or leave names on list at the clubrooms

"Booking" is essential

*All welcome- runners, walkers, the whole
family*