



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

26 October 2019

### The past week

A very small number of club members braved the rain on Saturday morning when the open handicap 10km was held in the Forest. This was the last club run/walk of the 2019 winter season. Luanna George won the Steph McHale trophy when she was the first female across the line on handicap.

Thanks to those that marked the course, marshalled etc. Results are below.

Unfortunately, the first Monday evening session of the combined track and field activities at Field 2 International Stadium had to take a rain check, but this week the weather co-operated even if a tad on the cold side.

Results from Monday below

#### 200m, race 1

1	Mason-Marie Playle	G10	33.9
2	Ave Frost	G10	37.3
3	Arwen Barker	G10	38.2
4	Tyla Albrecht	G10	38.8
5	Maddison Kinsella	G10	39.7

#### 200m, race 2

1	Rydah Lukis	B10	34.5
2	William Elvidge	B10	35.1
3	James McGregor	B10	35.5
4	Samuel Massey	B10	37.3
5	Ryan Roberts	B10	37.7

#### 200m, race 3

1	Corbin Smith	B10	34.2
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2	Kingston Ryan	B10	35.7
3	Jonah Funnell	B10	37.8
4	Eli Hoffman	B10	42.1

#### 200m, race 4

1	Connor Marra	B11	32.7
2	Benjamin Verdonk	B11	33.8
3	Tyler Alexander	B11	34.1
4	Ethan Partelow	B12	36.5

#### 200m, race 5

1	Ashleigh Randell	G11	32.8
2	Sahara Katene	G11	34.5
3	Nikita Harding	G11	35.6
4	Tyla Wallis	G11	36.3
5	Hayley Driver	G11	37.7
6	Royale Kapene	G11	37.9
7	Amber Lysaght	G11	38.5

#### 200m, race 6

1	Gisele Howard	G15	30.4
2	Chloe	G14	30.8
3	Anja Crombie	G14	31.4
4	Trelise Howard	G12	32.8
5	Hannah Muir	G16	36.3
6	Kersha Tillard	G12	39.5

#### 200m, race 7

1	Jack Marra	B12	29.0
2	Cooper Simes	B12	30.3
3	Harrison Roberts-Brake	B12	32.3
4	Kobe Stranks-Rose	B12	33.1

#### 200m, race 8

1	Austin Lash	B14	28.7
2	Raphael Wang	B13	29.9
3	Heath Lash	B13	32.0
4	Conor Lysaght	B13	32.3

1  
mile

1	Adrian Lysaght	M45	5:48
2	Austin Lash	B14	6:01
3	Heath Lash	B13	6:04
4	Saven Tillard	G13	6:14
5	Kobe Stranks-Rose	B12	6:15
6	Poppy Croucher	G12	6:20
7	Bella Wyatt	G13	6:28
8	Poppy Martin	G14	6:44
9	Conor Lysaght	B13	6:54
10	Anja Crombie	G14	6:56
11	Benjamin Verdonk	B11	6:57
12	Ethan Partelow	B12	6:57
13	Kingston Ryan	B10	6:58
14	Gisele Howard	G15	6:59
15	Ashleigh Randell	B11	7:02
16	Arwen Barker	G10	7:05
17	James McGregor	B10	7:17
18	Amber Lysaght	G11	7:17
19	Rydah Lukis	B10	7:35
20	Jonah Funnell	B10	7:36
21	Lillian Muir	G14	7:55
22	Trelise Howard	G12	8:00

Congratulations to Michael Voss who turned in a PB for the marathon distance at Auckland on Sunday morning.

It is interesting to note that Michael is now the third fastest club marathon runner. The famed Jack Foster has the fastest time (2.11.18 - 1974 Christchurch Commonwealth Games): Peter Handcock (2.19.55 - 1989 Rotorua Marathon) the second fastest, and now Michael (2.22.34 - 2019 Auckland Marathon) the third fastest.

No doubt others from the club took part in an event at Auckland on Sunday morning. Please check out the events website for results.

The Club has been nominated for the forthcoming Sport Bay of Plenty awards and have made the finalist list for the Club of the Year category.

### Track and Field (athletics)

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](http://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.

### Weekends:

#### Local events

#### *Saturdays*

**This 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 date, which is Wednesday of next week, etc. are below.

#### *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

### Week days:

#### *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](http://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.

Please note there is no athletics this coming Monday 28 October – Labour weekend.

### *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.

**Fortnightly Trout Fly** - 7 November is the first event in this summer series. See below for the event details i.e. registration, start time etc.

## Events out of the City

### Track and Field

*Saturday 2 November* - Open meeting for teens and adults at Porritt Stadium, Hamilton: 3.00pm start. Visit Athletics Waikato BOP website for events and entry details. Minimum age at these meets is grade 13 children’s grade. So, it would be athletes who would turn 13 before 31 December 2019.

### Ribbon Days

*Saturday 2 November* – Bellevue, Tauranga Domain: 10.00 am

*Saturday 9 November* - Whakatane: 10.00am

### Distances events

*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](http://www.sporty.co.nz/whakatanehc) for more details.

## Other notices

### Whakarewarewa Forest – weekday road/track closures/events

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 week days 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 the return to the Waipa side.

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

This Sunday morning (27 October) there is a major mountain bike event in the Forest (The Whaka 100m etc) and they are using a large area of the Forest – mostly mountain bike tracks - but also some of the roads. Watch out for bikers - some will be moving very fast.

### 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

10km	Finish	Hdicap	Net time
Matt Parsonage	1.45.14	62.00	43.14
Luanna George (walk)	1.45.51	20.30	85.21
Hannah Gapes	1.46.35	55.30	51.05
Kerryn Barker	1.48.58	46.30	62.28
Andy Twiddy	1.50.18	59.00	51.18
Rina Joy	1.50.49	38.00	72.49
Kathryn Murphy	1.50.50	38.00	72.50
Peter Vyver	2.01.20	25.30	95.50
3.7km			
Arwen Barker			23.31
Dee Horne			23.31

Whaka Forest open handicap 10km – 26 October 2019



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 October 2019**

By contacting **Sian** – at [sianbremner@hotmail.com](mailto:sianbremner@hotmail.com)  
or leave names on list at the clubrooms

**"Booking" is essential**

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



## This summer's Trout Fly series

For the whole family  
Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday  
**starting - 7 November**

Registration at the Club's Neil Hunt Park  
clubrooms 5:45pm

Event starts 6:15pm on the dot

- Costs: \$5 for adults, \$3 for children – you don't need to be a club member to take part
- Your choice of 3km or 5km run, jog or walk (or both)
- Course winds through the picturesque Sulphur Flats area
- Includes a free refreshment, juice/soft drink for kids
- BBQ sausages afterwards
- 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 8 out of 10 events. Eligibility – only if you have **never** been a Lake City Athletic Club member

Dates

**2019**

7th and 21st November

5th and 19th December

**2020**

19th and 23rd January

6th and 20th February

5th and 19th March