



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

9 November 2019

### The past week

Saturday evening saw the windup of this winter's cross-country and road season when a BBQ and prize giving was held at the Neil Hunt Park clubrooms. Thanks to those who attended and those that brought the evening together. Certificates not collected on the evening are at the Neil Hunt Park clubrooms and recipients are listed below.

The Club was well represented at the first children's ribbon day at Tauranga. Looking at the photos on the children's Facebook page a large number of ribbons came the way of those competing. Well done whether a ribbon winner or not.

The Monday evening activities at Field 2 at the Stadium had another excellent turn out with the younger grades first out of the blocks to be followed around an hour later by the 10 plus grades and the Seniors.

Congratulations to the following parents that have attended Athletics Waikato BOP official training courses over the last few weeks and are now qualified: Grade C Track officials - Mark Chapman, Jo Massey and Denis Albrecht plus Dave and Amanda McGrath and Kelly Albrecht have passed their Throws official training.

### Local events

#### Weekends:

##### *Saturdays*

**This Saturday 9 November** – 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.

#### *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

Sunday 24 November is the Rotorua Running Festival here in the City. Head to [www.eventpromtions.co.nz](http://www.eventpromtions.co.nz) for event details.

##### Week days:

##### *Mondays*

Evening athletics for children and adults: 2 to 9 years from 4.45 to 5.45pm: 10 years plus and seniors from 6.00pm to 7.00pm. All are at Field 2 of the International Stadium Devon Street West.

- The programme for 10 years plus and Seniors for the 11/11 is: 6.00pm - warm up: 6.05 – Form and mechanics: 6.30pm – shot put, high jump: 7.00pm - 400 metres: 7.15pm – 1 mile

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.

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

##### *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 (**This Thursday**) 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

This Sunday 10 November - Open meeting (Putaruru Bell) for teens and adults at Tauranga Domain Cameron Road: 2.00pm start. Visit Athletics Waikato BOP website for events and entry details. The minimum age at these meets is grade 13 children's grade. So, it would be athletes who would turn 13 before 31 December 2019.

Sunday 17 November - Throws meeting: 10.00am, followed by open meeting 1.00pm, Porritt Stadium

### Ribbon Days

This Saturday 9 November - Whakatane: 10.00am. Note the track is grass.

Saturday 16 November - Porritt Stadium, Hamilton 10.00am on the all-weather track.

### 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

From Tuesday 29 October Timberlands will commence a harvest programme in Whaka Forest.



The first block to commence will be in the Moerangi/Tawa Road areas. Operations will be between 4.00am and 3.30pm Monday to Friday. All cartage and associated traffic will be using 8 Mile Gate Forest entrance. There will be a temporary closure of a section of 8 Mile Gate and Waipa By Pass Roads during these operations. This includes the 8 Mile Gate carpark and the Nursery Road car park (southern end) as of 29 October.

### To summarise

#### **Roads and car parks affected:**

\* Moerangi Road between Hill and Tawa weekdays 4.00am to 3.30pm

\* Tawa Road - 800 metres section closed from Moerangi Road - weekdays 4.00am to 3.30pm

\* Section 8 Mile Gate and Waipa Bypass roads (from Planet Bike) - 8-mile Gate carpark and Nursery Road car park (southern end)

#### **Trails affected:**

\* Permanently closed - Billy T, plus Underbilly

\* Periodic closures - Te Mouna (top) G-Rock, Hatupatu, Dammit Janet, Chestnut Link and Te Tihi O Tawa (4.00am to 3.30pm Monday to Friday)

All should be vigilant if using any of the open roads in the area. Please obey all restricted/no access signage and respect the security offices. This is for your own safety.

The second block will contain Nice and Princess Anne Roads and the two mountain trails, Spring Roll and Sweet and Sour. The start of these operations is scheduled for mid/late November.

The shuttle bus will be running on Katore Road during work hours and then back to Hill Road for twilight runs and weekends.



## 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

### 2019

7th and 21st November  
5th and 19th December

### 2020

19th and 23rd January  
6th and 20th February  
5th and 19th March



## 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

Sarah Wiwarena 027 347 8115  
Annemarie Gallagher 027 622 9688 (adults)

Payment to be made at the time of purchase  
Please bring the correct change

### Costs

**Adults running singlet** \$35.00

**Adults short sleeve walker's tee** \$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

## Certificates

The following have club championship certificates at the club rooms for uplifting

Steve Bradley	Mike Bray
Tony Broadhead	Chris Bycroft
Chris Corney	Dave Cronshaw
Jason Cameron	Colin Davis
Bruce Edwards	Jonah Funnell
Luanna George (2)	Megan Grant
Brad Griffiths	Ronan Griffiths
Siobhan Griffiths (3)	Michaela Harris (2)
Mary Kururangi	Greg Malcolm
Brett Marvely	Lillian Muir
Will O'Connor (2)	Louise Rickard
Kerry Robinson	Fain Scalett
Gillian Shapley	Cody Shilton (2)
Lance Shilton	Cooper Simes
Robyn Skelton	Marc Teakel
Gene Wollaston	Paul Wollaston
Gavin Voss	Michael Voss (2)
Marieke Wass	

## Results

### Local Track and Field 10 years plus and Seniors 4 November 2019

#### 60 m

##### Race 1

1 Arwen Barker	G10	
2 Mason-Marie Playle	G10	9.8
3 Ave Frost	G10	10.7
4 Tyla Albrecht	G10	10.7
5 Maddison Kinsella	G10	10.7
6 Mere Moke		10.9

##### Race 2

1 Taylor Beazley	B10	9.6
2 Rydah Lukis	B10	9.7
3 Noah Maxwell		10.0
4 Novak Marshmant	B10	10.2
5 Eli Hoffman	B10	11.2

##### Race 3

1 Kingston Ryan	B10	10.3
2 Deon Fleet	B10	10.3
3 William Elvidge	B10	10.4
4 Samuel Massey	B10	10.4

##### Race 4

1 Tyla Wallis	G11	10.2
2 Royale Kapene	G11	10.5
3 Nikita Harding	G11	10.8
4 Amber Lysaght	G11	11.1
5 Abigail Sims	G11	11.3

##### Race 5

1 Shekinah Maxwell	G12	9.2
2 Poppy Croucher	G12	9.3
3 Ashleigh Randell	G11	9.4
4 Nikau Chater	G12	9.8
5 Ava McGrath	G11	10.4

##### Race 6

1 Harrison Beazley	B11	9.5
2 Tyler Alexander	B11	9.6
3 Connor Marra	B11	9.8
4 Benjamin Verdonk	B11	10.1

##### Race 7

1 Austin Lash	B14	8.5
2 Jack Marra	B12	8.7
3 Harrison Brake-Roberts	B12	9.1
4 Heath Lash	B13	9.5

##### Race 8

1 Justin Pogacnik	M35	8.6
2 Sam Rossiter	SM	8.8
3 Adrian Lysaght	MM45	9.0
4 Russell Clarke	MM35	9.2
5 Hannah Muir		9.9

#### 1500m

1 Austin Lash	B14	5:28
2 Heath Lash	B13	5:29
3 Bella Wyatt	G13	5:45
4 Poppy Croucher	G12	5:54
5 Ashleigh Randell	G11	6:03
6 Tyler Alexander	B11	6:22
7 Arwen Barker	G10	6:27
8 Graeme Adams	MM	6:29
9 Justin Pogacnik	M35	6:32

10 Lillian Muir	G14	6:33
11 Amber Lysaght	G11	6:34
12 Benjamin Verdonk	B11	6:38
13 Kingston Ryan	B10	6:42
14 Rydah Lukis	B10	6:44
15 Tyla Wallis	G11	6:47
16 Novak Marshmant	B10	6:48
17 Nikita Harding	G11	7:20
18 William Elvidge	B10	7:37
19 Seren Partelow	G10	7:51
20 Eli Hoffman	B10	7:56
21 Hannah Muir	G16	8:28

### 3000m

1 Matt Parsonage	MM35	10:12
2 Tony Broadhead	MM50	10:43
3 Adrian Lysaght	MM45	11:01
4 Alan Crombie	MM50	12:04
5 Saven Tillard	B13	12:25
6 Poppy Martin	G14	12:27
7 Russell Clarke	MM35	12:43
8 Karyn McCready	MW50	14:11

### 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

#### 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

#### Race 3

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

#### Race 4

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

#### 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

#### Race 6

1 Gisele Howard	G15	30.4
2 Chole	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
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#### 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

#### 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	B13	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 Benajmin 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	G11	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