



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

16 November 2019

The past week

The Club's youngsters head to Whakatane for their Ribbon Day on Saturday. Some 37 from the club took part.

Bellevue Club extends thanks to the Lake City Mums and Dads that volunteered at their Ribbon Day the other week.

On the local scene it was another well attended Monday evening when athletics was held at Field 2 of the International Stadium.

Out of the country at the World Para Athletics championships in Dubai, Para club member Lisa Adams (F37) won her class shot put in a world record distance of 14.70. Congratulations Lisa.

The first Trout Fly event of this summer was held last Thursday evening and was blessed with fine weather. The event was well attended with around 90 taking part.

Local events

Weekends:

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 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 18/11 is: 6.00pm – Warm up: 6.05 – Start/crouchciaching: 6.30pm – discus, high jump: 7.00pm – Relays – 4 x 100 and 4 x 400 metres

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.

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.

Beginners running clinic

You've been asking for it! And it's back! Come and learn how to run, get support to trim down and tone up and have a load of fun along the way! This suitable for any **adult** who wants to get fit in a safe and fenced in environment. And its free!

Where? Field 2 Devon Street West Stadium. **When?**

Tuesday evenings from 6.00pm to 7.00pm. To register email: lakecitymarathonclinic@gmail.com

Parking: Please note the following re parking. This will be off Devon West Street in behind the main grandstand of the Stadium. The entrance is opposite the houses on the riverbank side of Devon Street West – the Pukehangi Road end. From there walk/jog up to Field 2.

Pass the word around re these sessions – all adults welcome. Tell family members, workmates, friends etc.

Members of the Beginners Running Clinic are also first in line to our New Summer Wellness which launches in January! More on this exciting clinic over the weeks.

Make 2019 and 2020 ABOUT YOU!

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 – The next event is 21 November. See below for the event details i.e. registration, start time etc.

Events out of the City

Track and Field

This Sunday 17 November - Throws meeting: 10.00am, followed by open meeting which includes master’s grades 1.00pm, Porritt Stadium, Hamilton.

Saturday 23 November – Open meeting, Tauranga Domain 3.00pm. 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.

Ribbon Days

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

Saturday 30 November - Te Awamutu, 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 for more details.

Rotorua Marathon

Saturday 2 May 2020 – Note that the early entry closes 30 November for those wishing to take part in either 5km, 10km, ½ Marathon or the full marathon. Visit the Rotorua Marathon website for entry details etc.

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

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 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

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
 - 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**
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 for the following at the club rooms

| | |
|-----------------------|---------------------|
| 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 Marvelly | Lillian Muir |
| Will O'Connor (2) | Louise Rickard |
| Kerry Robinson | Fain Scaillett |
| 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

Trout Fly

7 November 2019

5km

| Name | Time | | |
|-------------------|------|-------|------|
| Michael Voss | 1 | 16.11 | 5000 |
| Matt Parsonage | 2 | 17.39 | 5000 |
| Carl Fisher | 3 | 17.58 | 5000 |
| Ian McDonald | 4 | 18.20 | 5000 |
| Tony Broadhead | 5 | 18.32 | 5000 |
| Chris Corney | 6 | 18.49 | 5000 |
| Andy Twiddy | 7 | 18.52 | 5000 |
| Sue Crowley | 8 | 19.32 | 5000 |
| Matthew Gare | 9 | 19.35 | 5000 |
| Dave Cronshaw | 10 | 20.07 | 5000 |
| Alan Crombie | 11 | 20.19 | 5000 |
| Megan Grant | 12 | 20.38 | 5000 |
| Steve O'Callaghan | 13 | 21.13 | 5000 |
| Fred Shilton | 14 | 21.19 | 5000 |
| Russell Clarke | 15 | 21.44 | 5000 |
| Lance Shilton | 16 | 21.45 | 5000 |
| Mark Challoner | 17 | 21.50 | 5000 |
| Unknown | 18 | 22.04 | 5000 |
| Clare Barret-Wood | 19 | 22.04 | 5000 |
| Femke Hilbink | 20 | 22.17 | 5000 |
| Anna Longdill | 21 | 22.34 | 5000 |
| Ray Shin | 22 | 22.46 | 5000 |
| Chris Lord | 23 | 22.56 | 5000 |
| Morgan Ball | 24 | 23.53 | 5000 |
| Tracey Bjarnensen | 25 | 24.15 | 5000 |
| Steve Fiske | 26 | 24.18 | 5000 |
| Colin Earwaker | 27 | 24.19 | 5000 |
| Jason Cameron | 28 | 24.35 | 5000 |
| Noreen Crombie | 29 | 24.38 | 5000 |
| Chris Bycroft | 30 | 25.37 | 5000 |
| George Allan | 31 | 25.44 | 5000 |
| Graeme Pearson | 32 | 26.17 | 5000 |
| Cormae Davis | 33 | 26.18 | 5000 |
| Brendon Davis | 34 | 26.18 | 5000 |
| Phil Gulbransen | 35 | 26.32 | 5000 |
| Dee Horn | 36 | 26.51 | 5000 |
| Megan Dwyer | 37 | 28.24 | 5000 |
| Anton Harding | 38 | 30.30 | 5000 |
| Rachel Catley | 39 | 30.38 | 5000 |
| Rina Joy | 40 | 30.39 | 5000 |
| Peter Vyver | 41 | 36.37 | 5000 |

3km

| Name | Time | | |
|-----------------|------|-------|------|
| Anja Crombie | 1 | 11.13 | 2550 |
| Cody Shilton | 2 | 11.31 | 2550 |
| Jonah Funnell | 3 | 11.36 | 2550 |
| Novak Marshment | 4 | 12.16 | 2550 |
| Nikita Harding | 5 | 12.59 | 2550 |
| Arwen Barker | 6 | 12.59 | 2550 |
| Bruce McGregor | 7 | 13.05 | 2550 |
| Kasper Grunwell | 8 | 13.3 | 2550 |
| Anita Roy | 9 | 13.34 | 2550 |
| Ava Fiske | 10 | 13.40 | 2550 |

| | | | |
|--------------------|----|-------|------|
| James McGregor | 11 | 13.42 | 2550 |
| Nathanael Barter | 12 | 13.48 | 2550 |
| George McGregor | 13 | 13.48 | 2550 |
| Caleb Finnerty | 14 | 14.07 | 2550 |
| Tamzen Joy | 15 | 15.46 | 2550 |
| Maisie O'Callaghan | 16 | 15.52 | 2550 |
| Joshua Finnerty | 17 | 15.53 | 2550 |
| Michael Harding | 18 | 15.53 | 2550 |
| Lucy Fisken | 19 | 16.10 | 2550 |
| Emlin Clarke | 20 | 16.11 | 2550 |
| Lydia Stallion | 21 | 16.17 | 2550 |
| Robert Roy | 22 | 16.35 | 2550 |
| Travis Grunwell | 23 | 16.5 | 2550 |
| Leah Barker | 24 | 16.53 | 2550 |
| Kerryn Barker | 25 | 17.01 | 2550 |
| Katie Roy | 26 | 17.15 | 2550 |
| Peter Roy | 27 | 17.16 | 2550 |
| Reuben Barter | 28 | 17.53 | 2550 |
| Eli Barter | 29 | 18.02 | 2550 |
| Louisa Barter | 30 | 18.02 | 2550 |
| Sheryl Pearson | 31 | 18.13 | 2550 |
| Amy Bray | 32 | 18.49 | 2550 |
| Whenu McKinnon | 33 | 18.49 | 2550 |
| Tori Finnerty | 34 | 20.05 | 2550 |
| Jason Finnerty | 35 | 20.06 | 2550 |
| Alan Twiddy | 36 | 20.26 | 2550 |
| Angela Grunwell | 37 | 20.29 | 2550 |
| Emma Fisken | 38 | 21.43 | 2550 |
| Nicky Fisken | 39 | 21.43 | 2550 |
| Clare Roy | 40 | 22.07 | 2550 |
| Edward Twiddy | 41 | 22.57 | 2550 |
| Sian Twiddy | 42 | 23.25 | 2550 |
| Wendy Clarke | 43 | 23.55 | 2550 |
| Connell Clarke | 44 | 23.56 | 2550 |
| Barbara Geddes | 45 | 24.40 | 2550 |
| Mark Geddes | 46 | 24.41 | 2550 |
| Phil Kerrison | 47 | 24.52 | 2550 |
| Christine Kerrison | 48 | 25.02 | 2550 |
| John Funnell | 49 | 30.31 | 2550 |
| Liam McGregor | 50 | 32.02 | 2550 |

| | | |
|---------------------|-----|--------|
| Karyn McCready | W50 | 7:05.3 |
| Cody Shilton | B10 | 7:05.5 |
| Arwen Barker | G10 | 7:07.6 |
| Manaia Christiansen | B12 | 7:21.3 |
| Sam Massey | B10 | 7:27.7 |
| Sahara Katene | G12 | 7:31.2 |
| Tyla Albrecht | G10 | 7:38.6 |
| Abigail Sims | G11 | 7:39.8 |
| James McGregor | B10 | 7:41.8 |
| Eli Hoffman | B10 | 8:04.9 |
| Dominic Dube | B10 | 8:20.1 |

400 metres

| | | |
|------------------|------|-----|
| Dominic Dube | 1.12 | B10 |
| Kingston Ryan | 1:14 | B10 |
| Connor Beazley | 1:17 | B9 |
| Milan Stephens | 1:17 | B10 |
| Cody Shilton | 1:18 | B10 |
| Shekinah Maxwell | 1:18 | B12 |
| Tyler Alexander | 1:19 | B11 |
| Sahara Katene | 1:20 | G11 |
| Hannah Hickson | 1:24 | G11 |
| Tyla Wallis | 1:25 | G11 |
| Hamish Chapman | 1:26 | B10 |
| Ave Frost | 1:27 | G10 |
| Corbin Smith | 1:27 | B10 |
| Abigail Sims | 1:28 | G10 |
| Arwen Barker | 1:29 | G10 |
| William Elvidge | 1:29 | B10 |
| Novak Marshment | 1:29 | B10 |
| Armani Scott | 1:29 | G12 |
| James McGregor | 1:30 | B10 |
| Mere Moke | 1:31 | G10 |
| Noah Maxwell | 1:32 | B10 |
| Eli Hoffman | 1:33 | B10 |
| Cruze Conroy | 1:33 | B10 |
| Royale Kapene | 1:38 | G11 |
| Ryan Roberts | 2:14 | B10 |
| Rydah Lukis | 2:17 | B10 |

Local Track and Field 10 years plus and Seniors

11 November 2019

1 Mile

| | | |
|-------------------|-----|--------|
| Matt Parsonage | M35 | 5:14.5 |
| Tony Broadhead | M50 | 5:25.9 |
| Austin Lash | B14 | 5:34.3 |
| Hannah Gapes | G16 | 5:38.9 |
| Heath Lash | B13 | 5:50.4 |
| Alan Crombie | M50 | 6:06.8 |
| Fred Shilton | M45 | 6:11.9 |
| Poppy Martin | G14 | 6:12.9 |
| Bella Wyatt | G13 | 6:18.4 |
| Mike Bray | M60 | 6:24.3 |
| Gisele Howard | G15 | 6:28.2 |
| Kobe Stranks-Rose | B12 | 6:47.6 |
| Anja Crombie | G14 | 6:53.2 |
| Ethan Partelow | B12 | 6:53.6 |
| Lillian Muir | G14 | 6:53.9 |
| Ben Verdonk | B10 | 6:54.3 |
| Sam Rossiter | M30 | 7:00.5 |