



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 30 November 2019

The past week

Via the children's section of the Club, the Club was nominated for the annual Bay of Plenty Sports Awards "Club of the Year" section.

The club became one of the finalists and on Friday evening at the Energy Events Centre became the overall winner of this category.

Congratulations and thanks to all involved in putting the nomination together plus all the volunteers in keeping the children's section of the club humming.

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 you will see photos of the Monday evening and ribbon day activities. Most impressive.

The weekly Monday evening track and field activities at the Stadium's Field 2 went ahead this week with another large attendance.

The third session of the club's Tuesday evening adult Beginners Running has been held at Field 2 again with the session being enjoyed.

The second event of the fortnightly Thursday evening Trout Fly series also had another excellent attendance. The larger number being in the shorter distance.

Sunday in the City or at Whakatane a number of club members took part in one of the distance events on offer.

Tuesday morning saw some of the Club's walking fraternity head into an area of the City that many did not know was there. They left the Stadium on Devon Street West and followed the track beside the Utuhina Stream until basically Sunset Road was reached. From there it was behind the Sunset Road shops onto the walk/cycle way to head past Linton

Park East/West to Pukehangi Road. It was then along Pukehangi Road back to the Stadium.

The pathway has just been refurbished and from Sunset Road to within 200 metres of Pukehangi Road is blacktop around 2.5 metres wide. A lovely pleasant walk in different surroundings. A picnic morning tea was in the shade of the Stadium trees.

Weekends:

Local events

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 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 2/12 is:
6.00pm – Warm up: 6.05 – Starting with blocks:
6.30pm – Discus, high jump: 7.00pm – 60 metres:
7.15pm – 1 mile

Parking is to the top Westbrook field 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

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 Street West 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.

Note: these sessions are free! Make 2019 and 2020 about you!

Faster running sessions

These are being held at Field 2 of the Stadium 6.00pm. See the parking instructions above. These sessions are currently very elementary and basic and are suitable for those adults that have not done much faster running in the past and are now wishing to turn the legs over quicker. All welcome. Just turn up – no registration required.

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 this Thursday, 5 December. See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

This Saturday 30 November – Open meeting, Porritt Stadium. 3.00pm start.

Ribbon Days

This Saturday 30 November - Te Awamutu, 10.00am.

Distances events

Sunday 1 March 2020 - Copthorne Rotorua off Road Half Marathon. This club owned event has on its programme a half marathon, 10km, 5km and 1.5/2.5km. The event is based in the fabulous Whaka Forest. For entry details and cut off dates check out www.eventpromtions.co.nz

Saturday 2 May 2020 - Rotorua Marathon. 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 – road/track closures because of logging operations

Below is an update on what is happening logging wise in the Forest.

Logging update from Timberlands: In addition to the Moerangi Rd logging, the second stage of harvest has started. This operation contains Nice, Princess Anne & Pipeline Roads as well as Spring Roll and Sweet and Sour. This operation will cause some additional intermittent track closures around the area during operational hours as required. Logging trucks will be operating during the afternoon and evening Sunday to Thursday - extra caution will be required during this time. Trucks will enter the forest via the Hill Road Gate then head up either Princess Anne or Nice roads and the exit via Hill Road.

Spring Roll and Sweet and Sour trails will be permanently closed. Expect periodic closures of the following trails: Bunny Jugs, Corners, Jumps/Little Red Riding Huck, National DH, Taniwha, Fools Gold, 24 Carat, Chop Suey, Homeward Bound and **the Black Walking Track**. The following roads will also have periodic closures: Nice, Princess Anne, Hill (lower section) and Pipeline roads. (4am - 3.30pm Mon-Fri). We hope to keep these closures to a minimum. All trails and roads will be re-opened (unless deemed unsafe) by security after 3:30pm on weekdays and be open on weekends (excl. Spring Roll and Sweet and Sour). No parking past Planet Bike will still apply. (8-mile gate parking is CLOSED)

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.

If parking up by Planet Bike off the Bypass road, please note the signage advising where you can park.

There have been some reports of signs being removed. Don't rip down signs, please. That puts other people at risk and is just silly.

Results

Trout Fly # 2 - 21 November 2019 – (Spelling of names as supplied)

5km

Name		Time	
Michael Voss	1	16.08	5000
Ollie Shaw	2	16.37	5000
Will O'Connor	3	17.14	5000
Ian McDonald	4	17.22	5000

Matt Parsonage	5	17.43	5000
Alice Mason	6	18.18	5000
Andrew Twiddy	7	18.43	5000
Matthew Gare	8	19.04	5000
Karl Fisher	9	19.13	5000
Fred Shilton	10	20.07	5000
Alan Crombie	11	20.26	5000
Megan Grant	12	20.38	5000
Gaine Peterson	13	21.27	5000
Russell Clarke	14	22.02	5000
Anna Longdill	15	22.06	5000
Graeme Pearson	16	22.16	5000
Sian Twiddy	17	22.26	5000
Cormac Davis	18	22.34	5000
Chris Lord	19	22.41	5000
Lance Shilton	20	22.42	5000
George Allan	21	23.06	5000
Branden Davis	22	23.51	5000
Richard Apps	23	23.57	5000
Philip Gaffaney	24	24.16	5000
Morgan Ball	25	24.16	5000
Kerryn Barker	26	24.28	5000
Steve Fiske	27	24.55	5000
Phil Gulbransen	28	25.13	5000
Faith McGreggor	29	26.10	5000
Dee Horne	30	26.22	5000
Shayne Hossack	31	26.25	5000
Chris Browne	32	26.49	5000
Matt Fisken	33	27.58	5000
Rachael Catley	34	29.28	5000
Kerris Browne	35	31.09	5000

3km

Name		Time	
Anja Crombie	1	11.04	2550
Clare Barret-Wood	2	11.08	2550
Codie Shilton	3	11.33	2550
Jonah Runnell	4	11.34	2550
Nouak Marshment	5	12.05	2550
Sarah Lei	6	12.08	2550
Clara Griffiths	7	12.21	2550
Brad Griffiths	8	12.23	2550
Arwen Barker	9	12.41	2550
Caleb Finnerty	10	12.51	2550
Ryder Moke	11	13.40	2550
Bruce McGreggor	12	13.54	2550
Alan Twiddy	13	13.55	2550
Kiera Murphy	14	14.10	2550
Joshua Finnerty	15	14.20	2550
Madeline Pethyridge	16	14.25	2550
Aaron Randell	17	14.25	2550
George McGreggor	18	14.42	2550
Anita Roy	19	14.58	2550
Mylene Wright	20	15.01	2550
Lucy Fisken	21	15.15	2550
Helen Marshment	22	15.19	2550
James McGreggor	23	15.22	2550
Leah Barker	24	15.23	2550
Rachel Lee	25	15.28	2550

Sophie Loveless	26	15.33	2550
Ava Fiske	27	15.34	2550
Emlyen Clarke	28	15.35	2550
Hannah Hickson	29	16.23	2550
Jodie Hickson	30	16.26	2550
Rachael Wright	31	16.30	2550
Chase Grundwell	32	16.33	2550
Robert Roy	33	17.48	2550
Peter Roy	34	17.48	2550
Natalya Loveless	35	18.10	2550
Ian Loveless	36	18.15	2550
Chene Waterhouse	37	18.25	2550
Travis Grunwell	38	18.50	2550
Rachel Brown	39	19.33	2550
Margie Funnell	40	19.36	2550
Emma Fisken	41	19.52	2550
Nickey Fisken	42	19.53	2550
Adam Marshment	43	20.01	2550
Tory Finnerty	44	20.02	2550
Jason Finnerty	45	20.03	2550
Katie Roy	46	21.01	2550
Claire Roy	47	21.03	2550
Angela Grunwell	48	21.53	2550
Casper Grunwell	49	23.27	2550
Connell Clarke	50	24.55	2550
Wendy Clarke	51	24.56	2550
John Funnell	52	25.57	2550
Edward Twiddy	53	30.16	2550
Laim McGreggor	54	48.36	2550

Local Track and Field – 10 years plus and Seniors - 25 November 2019 100 metres

Jack Marra	13.03
Te Pumanawa Rogers	13.88
Cooper Simes	13.88
Dominic Dube	14.06
Tamarau Haimona	14.18
Harrison Beazley	14.44
Cruze Conroy	14.47
Ashleigh Randell	14.84
Tyler Alexander	14.91
Kobe Stranks-Rose	15.06
Hannah Hickson	15.09
Connor Marra	15.18
Hamish Chapman	15.24
Bella Wyatt	15.31
Don Telfer	15.46
Poppy Croucher	15.52
Rydah Lukis	15.52
Mason-Marie Playle	15.56
Liam	15.68
Noah Maxwell	15.75
Kingston Ryan	15.75
Manaia Christiansen	15.75
Nikita Harding	15.78
Nikau Chater	15.78
Sahr	15.97
Ave Frost	16.06

Jonah Funnell	16.06
Tyla Wallis	16.12
Novak Marshment	16.31
Tyla Albrecht	16.46
Cody Shilton	16.56
Maddison Kinsella	16.72
Arwen Barker	16.87
Amber Lysaght	17.56
Abigail Sims	17.81
Luke Cunningham	19.02
1500m	
Austin Lash	5:01
Tony	5:05
Heath Lash	5:10
Hannah Gapes	5:11
Giselle Howard	5:30
Poppy Croucher	5:31
Bella Wyatt	5:32
Kobe Stranks-Rose	5:51
Ashleigh Randell	5:56
Kingston Ryan	5:56
Don Telfer	5:57
Tyler Alexander	6:00
Anja Crombie	6:01
Cody Shilton	6:10
Ethan Partelow	6:15
Sam Rossiter	6:16
Jonah Funnell	6:18
Amber Lysaght	6:26
Nikita Harding	6:36
Novak Marshment	6:47
Sahr Kartequee	6:52
Arwen Barker	6:54
Graeme Adams	7:04
Abigail Sims	7:11
3000 metres	
Matt Parsonage	10:09
Adrian Lysaght	10:51
Fred Shilton	11:31
Poppy Martin	12:12



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 and
Annemarie Gallagher 027 622 9688 for adults

The children's singlets are available from Kelly (027 882 6484) on a Monday evening at Field 2 of the International Stadium

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 plus	\$35.00

Supporting clothing

Zip hoodie	\$55.00
Youth pullover hoodie	\$15.00
Track suit	\$90.00
Beanie	\$15.00



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

5th and 19th December

2020

19th and 23rd January

6th and 20th February

5th and 19th March