



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

14 December 2019

The past week

The Monday evening Junior and Senior track and field activities at the Stadium's Field 2 were again well attended.

The Tuesday evening adult Beginners Running session had a small but enthusiastic number taking part.

Last Thursday evening saw the third Trout Fly event go ahead.

Out of the City the New Zealand Secondary Schools Track and Field champs were held at Wellington over the weekend. No doubt the wild weather effected performances, maybe even causing the cancellation of some events. Results forwarded are below.

At Whakatane the past weekend the annual North Island Masters athletics championship were held and attended by two club members. Their results are below.

Apologies to any club member that attended either of the above two events that have had their results overlooked.

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

Week days:

Mondays

Evening athletics for children and adults: 2 to 9 years from 4.45pm 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.

Next Monday (16/12) the Junior section will have something different on their programme. The programme for the Seniors is: 6.00pm – Warm up: 6.05pm – Nitro evening

Don't forget to help with the voluterring aspect of the later part of evening. All hands make light work.

Parking is at the top Westbrook field in the car parks there. Park and 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.

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 Thursday, 19 December. See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

Friday 20 December – Night of Fives in Auckland

Wednesday 1 January - The annual Tauranga Twilight track and field meet at Tauranga Domain. The Athletics Waikato BOP 3000 metres championships for Athletics NZ competitive registered athletes are on at this meet

- **Race 1** - Senior women, Masters women, Women 19 and Women 16 - 4.50pm

- Race 2 - Masters men 45 plus and Men 16 - 5.10pm
- Race 3 - Senior men, Men 19, Masters men 35-40 – 6.30pm

For the programme and entry details visit www.taurangaramblers.co.nz .

Ribbon Days etc

This Saturday 14 December - Children's relay champs, Porritt Stadium, Hamilton. 10.00am. A huge number of club teams have been entered. Good luck to all.

Wednesday 1 January - The annual Tauranga Twilight track and field meet at Tauranga Domain. Note there are events for grade 10 to 14 athlete's mid-afternoon. For the programme and entry details visit www.taurangaramblers.co.nz

Distances events

Thursday 26 December – King and Queen of Mt Maunganui race which incorporates the Athletics Waikato BOP mountain running champs. Visit www.taurangaramblers.co.nz for event details

Sunday 1 March 2020 - Copthorne Rotorua off Road Half Marathon. This club owned event has on its programme a half marathon, 10km, 5km and the Little Devils 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. 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. 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 (permanently closed) and will cause some additional intermittent track closures around the area during operational hours. 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.

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). It is hoped 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 officers. 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

Local Track and Field – 10 years plus and seniors – 9 December 2019

800 metres

Austin Lash	2:17
Matt Parsonage	2:18
Heath Lash	2:27
Adrian Lysaght	2:28
Bella Wyatt	2:35
Gisele Howard	2:39
Kobe Stranks-Rose	2:41
Kingston Ryan	2:44
Sam Rossitter	2:46
Poppy Crocuher	2:50
Dominic Dube	2:53
Connor Lysaght	2:54
Justin Pogacnik	2:55
Ashleigh Randell	2:57
Te Pumanawa o Toku Ate Rogers	2:57
Cody Smith	2:59
Chloe Wedder	2:59
Jonah Funnell	3:02
Novak Marshment	3:09
Sahara Katene	3:09
Arwen Barker	3:09
Tyler Alexander	3:14
Amber Lysaght	3:15
James McGregor	3:15

Sam Massey	3:17
Saven Tillard	3:17
William Elvidge	3:30
Corbin Smith	3:36
Tyla Albrecht	3:36
Ave Frost	3:36
Nikita Harding	3:40
Eli Hoffman	3:41
Milan Stephens	4:29

Trout Fly - # 3 - 5 December 2019

5000m

Michael Voss	1	16.48	5000
Will O'Connor	2	16.50	
Ian McDonald	3	17.21	
Sue Crowley	4	18.42	
Chris Corney	5	18.49	
Alan Ferguson	6	19.03	
Dave Cronshaw	7	19.52	
Alan Crombie	8	20.06	
Megan Grant	9	20.11	
Graeme Pearson	10	20.41	
Julie Chiquet	11	21.30	
Anna Longdill	12	21.43	
Femke Hilbink	13	22.05	
Ray Shin	14	22.39	
George Allan	15	22.47	
Tracey Bjarnesen	16	23.09	
Morgan Ball	17	23.12	
Stevie Fiske	18	25.51	
Dee Horne	19	25.59	
Nikki Kenny	20	26.28	
Ray Hewlett	21	26.30	
Sally Bradley	22	27.54	
Steve Bradley	23	27.54	
Rachel Catley	24	29.18	
Lydia Stallion	25	29.46	
Phil Matheson	26	29.53	
Peter Bloore	27	32.10	
Becky Webb	28	33.30	
Tamsin Joy	29	34.39	
Rina Joy	30	35.01	
Peter Vyver	31	39.35	

2550 m

Fred Shilton	1	10.05
Shayne Hossack	2	10.19
Anja Crombie	3	11.14
Chris Lord	4	11.18
Cody Shilton	5	11.39
Chris Browne	6	11.49
Novak Marshment	7	11.52
Sian Twiddy	8	11.54
Freya Lord	9	12.07
Sarah Lei	10	12.23
Arwen Barker	11	13.05
Keira Murphy	12	13.22
Claire Randall	13	13.25
Madeline Pethybright	14	13.54

Aaron Randall	15	14.09
Nikita Harding	16	15.06
Anton Harding	17	15.10
Caleb Finnerty	18	15.17
Joshua Finnerty	19	15.18
Oliva Goh	20	16.22
Ava Fiske	21	16.44
Patrick Marshment	22	17.00
Adam Marshment	23	17.01
Michael Harding	24	17.11
James McGregor	25	17.49
Alan Twiddy	26	17.51
Leah Barker	27	18.08
Sheryl Pearson	28	18.15
Alison King	29	18.30
Rachel Browne	30	19.18
Tori Finnerty	31	19.44
Jason Finnerty	32	19.45
Rachel Lee	33	21.09
Eilich Ferguson	34	21.17
Jayne Ferguson	35	21.47
Cormac Davis	36	21.58
Lucy Fiske	37	22.26
Brendan Davis	38	22.53
Liam McGregor	39	23.29
Faith McGregor	40	23.29
Jennifer Harding	41	24.42
Kathryn Twiddy	42	25.14
George McGregor	43	25.35
Emma Fisken	44	29.06
Nikola Fisken	45	29.08

North Island Masters athletics championships – Whakatane - 29 November – 1 December 2019

Graeme Adams - Men 70

800 metres	2nd	3.25.78
1500 metres	1st	6.20.53
3000 metres	1st	14.14.00
5000 metres	1st	23.50.31

Tony Broadhead - Men 50

3000 metres	2nd	18.31.95
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New Zealand Secondary Schools Track and Field championships - Wellington - 29/30 November – 1 December 2019

(Weather conditions caused some events to be cancelled)

Gisele Howard – Junior Girls

Long jump	4th	5.05
Triple jump	10th	9.70
2km steeplechase	8th	8.18.58

Hannah Gapes – Senior Girls

3000 metres	15th	11.03.63
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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

19th December

2020

9th 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 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