



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

21 December 2019



The past week

The last Monday evening the final Junior and Senior athletics session for 2019 succumbed to the weather. Other words cancelled.

Thanks to all that have assisted over recent weeks with the Monday evenings.

The Children's Relay champs over in Hamilton were a huge success last Saturday. 64 children from the club took part in either the 4 x 100 relays, medley relays and field relays. It was really neat to see the old and new members blending together and welcoming the new families. They had an amazing day filled with smiles, laughter, sunshine and sweat. The club teams ended up reeling in 13 gold, 7 silver and 5 bronze medal placings, with a total of 68 medals heading back to Rotorua. Also, special mention to Tyla Wallis who entered the Competitive Walk and came away with gold for the 11-year girls and breaking the record for the event. Check out Wednesday's Daily Post for a write up of the day.

Because of the weather the final 2019 session for the Beginner runners moved from Tuesday evening to Thursday evening to the Waipa Mountain Bike car park.

A small contingent of senior club members headed to Whanganui to take part in either one of the events on offer. Marathoner Stephen Parker keep the club colours to the fore when he won the marathon in 2.48.01. Others in attendance were Bruce Edwards (7th marathon) Dennis Hunt (66th marathon) and Anne-Marie Hunt (89th 10km). Known results are below.

Local events

Weekends:

Sundays

Distance athletes

Those that run – Distance running groups leave from the clubrooms. Some groups leave 7.00am or later

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 are taking a break over the holiday period. These sessions will resume Monday 3 February 2020

For those club members 15 years plus the first of the Wednesday evening athletics will commence 15 January, and then move into the club championships from Wednesday 29 January. More on the programme in the New Year.

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 final event for 2019 is this Thursday – 19 December. Who will be the best dressed participating See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

This 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

Wednesday 1 January - The annual Tauranga Twilight track and field meet at Tauranga Domain. 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 etc



There's lots happening in Forest so take care whether running, walking or biking.

All should be vigilant if using any of the open roads in the area. Watch out for all types of traffic from loggers to other service vehicles. Even watch out for bikes – some of them travel very fast and can appear very quickly out of a track.

Please obey all restricted/no access signage and respect the any closure of roads etc. This is for your own safety.

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

Unfortunately, there has been reports of signs being removed. Don't rip down signs or tape.

Results

Whanganui Marathon and associated events – 14 December 2019

Marathon

Stephen Parker	1st	2.48.01
Bruce Edwards	7th	3.03.33
Dennis Hunt	66th	6.19.10

10km

Anne-Marie Hunt	89th	1.24.22
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This will be the last guff sheet until early in the New Year. Best wishes for the festive season and the New Year.

The Club has lots of exciting things happening in the New Year - especially around the Marathon Clinic. Stay tuned!

There is over 50 children from the Club heading off the North Island Colgate Games in Inglewood early January. Best of luck to all taking part. Enjoy and keep safe!

See you in the New Year



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

This Thursday 19th December

2020

9th and 23rd January

6th and 20th February

5th and 19th March