



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

11 January 2020

Welcome to 2020 and the commencement of another decade. May you achieve what you set out

### The past weeks

to achieve.

The past few weeks club members have been active at a number of events around the countryside.

A couple of them headed to Auckland for the Night of Fives on Friday evening 20 December. These being Michael Voss and Will O'Connor.

Boxing Day saw a number head to the King and Queen of Mt Manganui event which doubled as the Athletics Waikato BOP mountain running championships.

New Year's Day the annual Tauranga Twilight athletics meeting was held at Tauranga's Domain with a number from the Club taking part.

Pre-Christmas the last of the 2019 local Trout Fly events was held.

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 from 6.00pm

to 7.00pm. 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. See "Wednesday" below for programme etc

##### *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.

##### *Wednesdays*

##### Track and Field ( Athletics)

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. The programme for the 15 January is:

60, 800, 3000 metres run/walk: long jump . Start time 6.00pm at Field 2 of the Stadium. Note parking is in behind the Stadium grandstand – entry through the gate opposite the houses on the Pukehangi Road end of Devon Street West. Park and then walk up to Field 2.

Please support these sessions. Lack of support could mean cancellation of the forthcoming coming Wednesday evenings.

##### *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 first event for 2020 is Thursday 9 January. See below for the event details i.e. registration, start time etc.

### Events out and in the City

##### Track and Field

**Saturday 11 January** – open meet Porritt Stadium 3.00pm. The minimum age at this meet is grade 13.

**Saturday 18 January** – open meet, Tauranga Domain, 3.00pm. The minimum age at this meet is grade 13.

**Sunday 19 January** – Waikato Masters track and field champs, Tauranga Domain.

### North Island Colgate Games

Friday 10 – Sunday 12 January – Inglewood. All the best to those members from the club's children's section that are participating and their supporters.

### Ribbon Days

Saturday 8 February – Te Aroha ribbon day - 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 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](http://www.eventpromtions.co.nz)

Saturday 2 May 2020 - Rotorua Marathon. Visit the Rotorua Marathon website for entry details etc.

## Other notices

### *Kia Tu Kia Ora Summer Wellness*

**Clinic** – building towards the Rotorua Marathon day - formally the Lake City Athletic Club (Running) Clinic



The Lake City Athletic club and Athletics New Zealand Kia Tu Kia Ora Summer Wellness clinic gets under way with its introductory evening on Tuesday 21 January 19.30 (7.30pm) at the Novotel Rotorua Lakeside Hotel - Lake end of Tutaneaki Street.

The first session of exercise (running) will be on Sunday morning 26 January, 7.30am from the Club's Neil Hunt Park club rooms.

All welcome – present and past club / clinic members, new faces, beginners, couch potatoes etc

Head to the Club's website or face book page for more details of the what is happening during the revamped and exciting 15-week programme.

Over recent weeks there's been a lot of background work going on around the Clinic.

### **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 also appear very quickly out of a track.

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

Note that there is a closure of various tracks (running/walking and biking) in the region of Lake Rotokakahi (the Green Lake). Please respect these closures.

## Results

### Trout Fly - # 4 - 19 December 2019

#### 2.55km

Conor Lysaght	1	0:11:01
Anja Crombie	2	0:11:14
Cody Shilton	3	0:11:14
Novac Marshment	4	0:11:52
Jonah Funnell	5	0:12:12
Ashley Randell	6	0:12:35
Nikita Harding	7	0:12:36
Caleb Finnerty	8	0:12:42
Ryder Moke	9	0:12:45
Rhys Downes	10	0:13:06
Arwen Barker	11	0:13:17
James McGregor	12	0:13:31
Bruce McGregor	13	0:13:35
Claire Randell	14	0:13:48
Kasper Grunwell	15	0:13:56
Alan Twiddy	16	0:14:05
Sian Twiddy	17	0:14:06
Amber Lysaght	18	0:14:20
Anton Harding	19	0:14:23
Michael Harding	20	0:14:35
Anita Roy	21	0:15:14
Ava Fiske	22	0:15:19
Joshua Finnerty	23	0:15:35
Alana Petherbridge	24	0:15:40
Maddie Petherbridge	25	0:15:40
Freya Lord	26	0:15:49
Helen Marshment	27	0:16:18
Hannah Shilton	28	0:16:31
Keira Murphy	29	0:17:07
Leah Barker	30	0:17:11
Rachael Wright	31	0:17:18
Travis Grunwell	32	0:18:15
Patvic Marshment	33	0:18:52
Tori Finnerty	34	0:18:55
Jason Finnerty	35	0:18:56
Adam Marshment	36	0:18:56
Jeanene Lysaght	37	0:19:31
Angela Grunwell	38	0:19:45
Jenn Harding	39	0:20:25
Katie Roy	40	0:21:32
Robert Roy	41	0:21:36
Margi Funnell	42	0:21:55

Gareth McHale	43	0:22:11
Sheryl Pearson	44	0:22:14
Chase Grunwell	45	0:22:33
Peter Vyver	46	0:23:50
John Funnell	47	0:23:51
Clare Roy	48	0:25:56
Hannah Hickson	49	0:27:43
Katharine Twiddy	50	0:27:44
Mel McHale	51	0:29:18
Liam McGregor	52	0:30:32
George McGregor	53	0:30:32
Edward Twiddy	54	0:30:32
Jodie Hickson	55	0:32:32
Emma Hickson	56	0:33:53

### 5.00km

Matt Parsonage	1	0:17:26
Alice Mason	2	0:17:31
Andy Twiddy	3	0:18:32
Adrian Lysaght	4	0:18:44
Alan Lundberg-Bury	5	0:19:02
Sue Crowley	6	0:19:13
Mathew Gare	7	0:19:23
Dave Cronshaw	8	0:19:56
Alan Crombie	9	0:20:01
Fred Shilton	10	0:20:01
Greg Malcolm	11	0:20:30
Graeme Pearson	12	0:21:39
Iain Breadmore	13	0:21:49
Jason Steyn-Ross	14	0:21:54
Chris Lord	15	0:22:01
Tracey Bjarnesen	16	0:22:27
Steve Bjarnesen	17	0:22:27
Clare Barratt-Wood	18	0:22:28
Lance Shilton	19	0:22:56
Brei King	20	0:23:04
Peter Roy	21	0:23:18
Faith McGregor	22	0:23:33
Stevie Fisk	23	0:23:52
Noreen Crombie	24	0:24:03
Kerryn Barker	25	0:25:15
Chris Bycroft	26	0:25:18
Dee Horne	27	0:25:18
Sissel Lundberg-Bury	28	0:26:44
Mathew Fisk	29	0:27:35
Lydia Stallion	30	0:29:09
Alan Ryan	31	0:29:27
Becky Webb	32	0:29:40
Ray Hewlett	33	0:29:41
Phil Matheson	34	0:29:44
Peter Bloore	35	0:31:34

### Night of Fives – AUT Millennium, Auckland - 20 December 2019

#### 5000 metres - B race – open

Will O'Connor	7th	15.46.17
Iain Macdonald	22nd	16.57.95

#### 5000 metres - A race - open

Michael Voss	5th	14.23.84
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### King and Queen Mt Maunganui – 26 December 2019

This event doubled as Athletics Waikato BOP Mountain running championships. Apologies to any member overlooked

#### Master men 50

Greg Malcolm	1st	25.43
Alan Crombie	2nd	26.17

#### Masters women 50

Noreen Crombie	2nd	31.37
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#### Women 20

Sue Crowley	2nd	23.58
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#### Girls 15

Anja Crombie	6th	12.21
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### Tauranga Twilight athletics – 1 January 2020

#### Women 35

##### *Kelly Albrecht*

Shot put	1st	8.18	4kg
Discus	1st	24.94	1kg

#### Girls 11

##### *Tyla Wallis*

2000 metres race walk	1st	9.05.5
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#### Boys 12

##### *Cooper Simes*

100 metres	1st	13.78
200 metres	2nd	29.45
Long jump	1st	4.44
Shot put	2nd	8.18

#### Boys 10

##### *Novak Marshmant*

100 metres (heat 1)	4th	15.72
200 metres (heat 1)	5th	39.09
800 metres	6th	3.24.94
Long jump	15th	3.29

##### *Dominic Dube*

100 metres (heat 2)	1st	14.34
200 metres (heat 1)	1st	31.11
800 metres	4th	2.49.92
Long jump	5th	3.75

##### *Corbin Smith*

100 metres (heat 2)	2nd	14.75
High jump	1st	1.33
Long jump	3rd	3.85

##### *Connor Beazley*

100 metres (heat 2)	4th	14.99
200 metres (heat 1)	3rd	34.71
800 metres	5th	3.13.43
High jump	10th	1.00
Long jump	12th	3.40

##### *Taylor Beazley*

100 metres	5th	16.15
200 metres (heat 2)	2nd	33.82
High jump	11th	1.00
Long jump	14th	3.30
Shot put	4 <sup>th</sup>	8.02

#### Girls 10

##### *Tyla Albrecht*

100 metres	3rd	16.62
200 metres	4th	37.10

800 metres	7th	3.22.06
High jump	1st	1.10
Long jump	2nd	3.35
Shot put	2nd	5.29

#### Girls 12

*Te Pumanawa o-Toku Ate Rogers*

100 metres	1st	13.62
200 metres	2nd	29.01
Long jump	2nd	4.22

#### 3000 metres - Athletics Waikato BOP championship

##### Men 20

Michael Voss	3rd	8.35.24
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##### Men 45

Adrian Lysaght	2nd	10.48.17
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## Footnote

Those distance running club members maybe interested in the article on page 5.



## 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

**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

<b>Adults running singlet</b>	\$35.00
<b>Adults short sleeve walker's tee</b>	\$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	\$18.00

**Top Rotorua Marathon performances by  
Club members – present and past. (EOE)**

<b>Men</b>	<b>Year</b>	<b>Time</b>	<b>Overall Place</b>	
<b>(Under 2hrs 40 mins)</b>				
Jack Foster	1972	2.17.51	1	Anti-clockwise course
Peter Handcock	1989	2.19.55	3	
Andy Harris	1976	2.26.39	5	Anti-clockwise course
Steven O'Callaghan	2009	2.27.20	2	
Michael Voss	2019	2.27.35	3	
Don Jenkin	1983	2.28.24	12	
Wayne McCarthy	1992	2.31.20	14	
Frank McGuire	1980	2.31.45	16	
Ian Jackson	1988	2.32.14	10	
Neil Fleming	1975	2.33.08	17	Anti-clockwise course
Malcolm Taylor	1975	2.33.50	19	Anti-clockwise course
Sjors Corporaal	2018	2.34.58	2	
Dave Heine	1965	2.35.03	1	Anti- clockwise course
John Marten	1983	2.35.24	35	
Tony Grant	1986	2.36.34	25	Ngongotaha club member
Colin Earwaker	1998	2.37.24	9	
Matt Parsonage	2014	2.37.35	7	
Derek Beavan	1988	2.37.37	28	
Ross McIntyre	2008	2.38.27	10	
Colin Webby	1985	2.38.49	36	
Bruce Connors	1982	2.39.03	26	Ngongotaha club member
Ian Walker	1978	2.39.15	23	Ngongotaha club member
Dean Longhurst	1984	2.39.26	41	Ngongotaha club member
Bruce Meder	1979	2.39.45	27	

<b>Women</b>	<b>Year</b>	<b>Time</b>	<b>Overall Place</b>
<b>(Under 3 hours 15 mins)</b>			
Selina Bevan	1988	2.46.04	68
Johanna Ottosson	2011	2.48.28	1
Marg Cunningham	1987	3.04.17	257
Karyn McCready	1989	3.04.17	571
Sue Crowley	2013	3.08.35	34
Megan Grant	2018	3.08.57	47
Kaye Paulger	1994	3.10.22	459
Teresa Jones	1987	3.12.11	395
Tanya Lee-Parker	2000	3.12.14	127
Kathy Howard	1989	3.12.47	852
Erin Leahy	2014	3.14.55	155

Current and past Club members who have run sub 2.40.00 (men),  
sub 3.15.00 (women) at Rotorua, but were a member of another  
club at the time are:

Chris Corney	2001	2.36.08
Laurie McGregor	1980	2.37.28
Jason Cameron	2008	2.37.52
Dave Gower-Rudman	1988	2.38.36
Ray Hewlett	1982	2.39.40

Lorna Mills	2007	3.05.01
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