



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

18 January 2020

The past weeks

The first of the 2020 Trout Fly events was held last Thursday. The results are below.

Other than the Trout Fly it has been quite on the local running/walking scene.

At Inglewood over the weekend around 50 of the club's children members and their caregivers attended the annual North Island Colgate Games. A summary of the pennants and medals won have been supplied by Kelly Albrecht and are listed below. Kelly has also detailed the results of the Athletics Waikato relay championships held in December.

As you will see the Children's section of the Club is really humming. Well done to all and a special thanks to those parents / caregivers that have made it all happen.

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 Start 15 January. From Wednesday 29 January the club championship programme will commence. 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 - 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 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 - 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 23 January. See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

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.

Saturday 1 February – open meeting Porritt Stadium 3.00pm. The minimum age at this meet is grade 13.

Looking ahead – *Weekend 8/9 February* - Waikato Bay of Plenty track and field championships -

Tauranga. Refer to AWBOP website for entry cut off details etc. You can enter online via the website *Saturday 15 February* – The annual Porritt Classic meet. Again, refer to AWBOP website for entry cut off dates etc. You can enter online via the website.

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

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 clinic meets Tuesday/Thursday evenings 5.45pm and Sunday mornings 7.30am. All 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

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 (Green Lake). Please respect these closures.

Results

Trout Fly - # 5 - 9 January 2020

(names as supplied)

Matt Parsonage	2	17.12
Will O'Connor	3	17.34
Ephrain Sisay	4	18.08
Sue Crowley	5	18.19
Andy Twiddy	6	18.21
Chris Corney	7	18.30
Leigh Reynolds	8	18.40
Adrian Lysaght	9	18.47
Bruce Edwards	10	18.51
Allan Crombie	11	20.01
Fred Shilton	12	20.24
Megan Grant	13	20.37
Julie Chiquet	14	21.18
Anna Longdill	15	21.28
Ian Breadmore	16	21.36
Russell Clarke	17	21.49
Lance Shilton	18	21.52
Chris Lord	19	21.55
George Allan	20	22.33
Sian Twiddy	21	23.35
Norren Crombie	22	23.47
Gavin Voss	23	24.42
Vin Gasper	24	24.51
Kerryn Barker	25	25.14
Graeme Pearson	26	25.55
Jamie Rotler	27	26.09
Steve Fiske	28	26.09
Morgan Ball	29	26.51
Karl Fisher	30	26.57
Megan Dwyer	31	29.03
Jane Ferguson	32	29.12
Phil Gulbransen	33	29.13
Rina Joy	34	29.41
Kathryn Murphy	35	33.01
Sue Byers	36	35.06
George Byers	37	35.50
Peter Vyver	38	37.53
Sumeet Signgh	39	43.32
Hannah Byers	40	44.04

2.55km

Name		
Conor Lysaght	1	10.52

Anya Crombie	2	11.13
Cody Shilton	3	11.30
Arwen Barker	4	13.05
Amber Lysaght	5	13.56
Ed Twiddy	6	14.23
Anita Roy	7	15.00
Cambell Horn	8	15.03
Ava Fiske	9	15.53
Leah Barker	10	16.59
Allan Twiddy	11	17.32
Will C-T	12	17.34
Katy Roy	13	17.39
Peter Roy	14	17.40
Keira Murphy	15	21.38
Kathryn Twiddy	16	23.29
Robert Roy	17	25.59
Alan Ferguson	18	26.30
Eilidh Ferguson	19	26.31
Clare Roy	20	27.01



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
Pam Kenny (when she is on sight)

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 \$18.00



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 **2020**
23rd January
6th and 20th February
5th and 19th March

The following reports on the children's activities have been supplied by Kelly Albrecht

Athletics Waikato BOP – relay championships - 14 December 2019

We had over half of our teams take home medals, AND we won a medal in every single age group in the field relays! (with 7/10 of them being GOLD). Last year we had quite a few teams DQ'd... this year - only 2 - but sadly they were two teams who won their races (And even one broke a record - our 7-year-old boys)

Total number of medals coming home: 22 Bronze, 18 Silver and 28 Gold = **67 medals!**

Field Relays	4 x 100 relays
7 Boys Gold	8 Boys Silver

8 Boys Gold	8 Girls Bronze
8 Girls Gold	9 Boys Gold
9 Boys Gold	9 Girls Bronze
9 Girls Silver	10 Boys Gold
10 Boys Gold	10 Girls Bronze
10 Girls Gold	11 Boys Silver
11 Girls Silver	12 Boys Gold
11 Boys Silver	12 Girls Gold
12 Boys Gold	

4 x 100m Relays

8 Boys Silver
8 Girls Bronze
9 Boys Gold
9 Girls Bronze
10 Boys Gold
10 Girls Bronze
11 Boys Silver
12 Boys Gold
12 Girls Gold

Medleys

8-year olds Gold
9-year olds Bronze
10-year olds Gold
10-year olds Silver
11-year olds Bronze
12-year olds silver

Colgate Games, Inglewood, 10-12 January 2020

6 x Individual Medals (10-14-year olds)

Jack Marra – 12 Boys

Gold 200

Gold 400

Silver 100

Corbin Smith – 10 Boys

Silver High Jump

Te Pumanawa o Toku Ate Rogers – 12 Girls

Bronze Long Jump

Tamarau Haimona – 11 Boys

Bronze Discus

3 x Relay Team Medals (10-14 year olds)

4 x 100m – Gold 12 Boys Relay (Kobe Stranks-Rose,
Jack Marra, Harrison Roberts-Brake, Cooper Simes)

4 x 100m Relay - 10 Boys Gold (Taylor Beazley,
Dominic Dube, Corbin Smith, Milan Stephens)

Grade 10 mixed medley - Silver

(Milan Stephens, Dominic Dube, Kingston Ryan , Tyla
Albrecht and Raumati Stephens)

We placed in the top 8 Finalists in the North Island 41
times!

Pennants – ages 7-9-year olds

61 x Podium Placings

23 x 1sts

16 x 2nds

21 x 3rds