



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

25 January 2020

The past week

Last week the first of the Wednesday evening athletics for those 15-plus was held with mediocre attendance. Results are below.

Tuesday evening the introductory Kia Tu Kia Ora Summer Wellness Clinic, formally the Club's marathon clinic was well attended with around 200 in attendance. A big thanks to Annemarie Gallagher for bringing the evening together.

Looking at the Rotorua Park run results there is a good number of club members taking advantage of this event.

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

Wellness clinic members – this Sunday morning (26 January) will meet at the Neil Hunt Park clubrooms 7.30am. All welcome to be part of this exciting venture.

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 Wednesday evening athletics have started. 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.

Wellness clinic members - there is two sessions for this group starting 28 January. Either attend the 9.00am or 5.30pm sessions. Both sessions are from the Neil Hunt Park clubrooms. Walkers and runners of all abilities are being catered for. Note the age groups for each activity. Full and Half Marathon – 18 years or older: Beginners (10km) 16 years or older. The clinic's main contact is Annemarie at lakecitymarathonclinic@gmail.com

Wednesdays

Track and Field (Athletics)

For those club members 15 years plus the next of the Wednesday evening athletics is 22 January. The programme for this evening is:

100m, 400m, shot put and 1 mile run/walk. Start time 6.00pm at Field 2 of the Stadium. Note parking is in behind the Stadium's grandstand - entry through the gate opposite the houses on the Pukehangi Road end of Devon Street West. Park thru the next gate on the grass and then walk up to Field 2.

We will move into the club championships from Wednesday 29 January. The programme this evening is: Non champ – 60 metres; Championships 6.35pm discus and long jump - 7.00pm 200 metres – 7.20pm 3000 metres

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 this Thursday 23 January.** See below for the event details i.e. registration, start time etc.

Wellness clinic members - there is two sessions for this group. The first Thursday session is 30 January. Either attend the 9.00am or 5.30pm sessions. Both sessions are from the Neil Hunt Park clubrooms. Walkers and runners of all abilities are being catered for. Note the age groups for each activity - Full and Half Marathon – 18 years or older: Beginners (10km)

16 years or older. The clinic's main contact is Annemarie at lakecitymarathonclinic@gmail.com

Events out and in the City

Track and Field

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

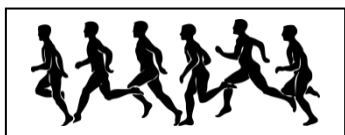
Distances events

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 is under with its introductory evening being held on Tuesday 21 January at the Novotel Rotorua Lakeside Hotel.

The clinic meets Tuesday/Thursday evenings 5.45pm and Sunday mornings 7.30am. All from the Club's Neil Hunt Park club rooms. There is also morning clinics meeting 9.00am at the Neil Hunt Park clubrooms.

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

The clinic's main contact is Annemarie at lakecitymarathonclinic@gmail.com

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

Local athletics - Adults – 15 January 2020

60 metres

Race 1

Gisele Howard	G16	8.8
Conor Lysaght	B14	8.9
Anja Crombie	G15	9.5
Rebecca Howard	W45	10.5
Amber Lysaght	G12	11.1

Race 2

Robert Abbel	M40	8.6
Sam Rossiter	M20	8.9
Russell Clarke	M35	9.5
Andrew Twiddy	M40	11.5

800 metres

Conor Lysaght	B14	2.45.4
Russell Clarke	M35	2.49.5
Alan Crombie	M50	2.49.8
Gisele Howard	G16	2.55.6
Megan Grant	W20	3.09.3
Anja Crombie	G15	3.14.2
Amber Lysaght	G12	3.17.3
Adrian Lysaght	M45	3.18.2
Sam Rossiter	M20	3.18.5
Andrew Twiddy	M40	3.36.3
Rebecca Howard	W45	3.38.8

3000 metres

Andrew Twiddy	M40	11.03.2
Adrian Lysaght	M45	11.03.6
Alan Crombie	M50	11.59.6
Megan Grant	W20	12.15.7
Russell Clarke	M35	14.31.8
Phil Gulbransen	M65	14.53.4
Gisele Howard	G16	16.54.6
Anja Crombie	G15	16.55.1

Long jump

Robert Abbel	M40	4.46
Gisele Howard	G16	4.70
Anja Crombie	G15	3.82
Conor Lysaght	B14	4.26
Amber Lysaght	G12	3.05



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