



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

1 February 2020

### The past week

The Kia Tu Kia Ora Summer Wellness Clinic, formally the Club's marathon clinic is underway with participants on their journey towards the completion of an event on Marathon Day, 2 May 2020. This clinic is huge with numbers registered around 200. Sunday and Tuesday runs/walks are sorting out the various packs.

Participants in the fortnightly Thursday evening Trout Fly event broke the 100 mark for the first time this summer. Results are below

Also, the results of the Wednesday evening athletics for 15 years plus are below. As can be seen the attendance was very small.

At the annual Inter provincial contest, this year held at Hamilton's Porritt Stadium, Gisele Howard wearing Athletics Waikato colours contributed to the Grade 16 teams points when she placed 2nd -Triple jump 9.87m: 5th – Long jump 4.72m: 4th - 1500m 5:33.43

### Weekends:

#### *Sundays*

**Wellness clinic members** - meet at the Neil Hunt Park clubrooms 7.30am. All welcome to be part of this exciting venture. Note that parking in the cul du sac will be at a premium.

#### **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 resume Monday 3 February 2020.

For those club members 15 years plus, the Wednesday evening activities have started. You can attend the Monday evening sessions if you wish. It is to be noted those athletes aged 14 and under as at 31 December 2019 their weekly activities and championship events will be held on a Monday evening - dates of champ evenings forthcoming.

#### *Tuesdays*

**Wellness clinic members** - there is two sessions for this clinic. 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. The morning session is mainly for mums that have young family members. 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](mailto:lakecitymarathonclinic@gmail.com)

#### **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 programme for 29 January is : 6.00pm Non champ – 60 metres: Championships - 6.35pm discus and long jump - 7.00pm 200 metres – 7.20pm 3000 metres  
As the championships are commencing it is to be noted to take a championship title or place a person must be a current financial member of the Club. The full championship programme is below.

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.

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

#### *Thursdays*

**Wellness clinic members** - there is two sessions for this clinic. 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. The morning session is mainly for mums that have young family members. 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

### **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 6 February. See below for the event details i.e. registration, start time etc.

## 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.

**6 – 8 March** - Athletics NZ track and field championships. Visit their website for entry details etc

### **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 is underway.

The clinic meets Tuesday/Thursday evenings 5.30pm 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, Tuesdays and Thursdays.

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 – 22 January 2020**

#### **100 metres**

Robert Abbel	M40	13.9
Gisele Howard	G16	14.0
Anja Crombie	G15	15.2
Rebecca Howard	W45	17.4

#### **400 metres**

Sam Rossiter	M20	65.4
Gisele Howard	G16	70.7
Russell Clarke	M35	73.5
Anja Crombie	G15	74.1

#### **1 mile**

Michael Voss	M20	4.42.0
Matt Parsonage	M35	5.16.1
Alan Crombie	M50	6.03.6
Russell Clarke	M35	6.22.8
Gisele Howard	G16	7.24.7
Phil Gulbransen	M65	7.31.2
Anja Crombie	G15	7.33.9

#### **Shot put (different weights thrown)**

Kelly Albrecht	W30	7.74
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Robert Abbel	M40	8.46
Gisele Howard	G16	7.30
Anja Crombie	G15	6.20

### Trout Fly - 23 January 2020

(names as supplied)

#### 5km

Name	Place	Time
Michael Voss	1	15.17
Matt Parsonage	2	16.54
Ephrain Sisay	3	17.13
Will O'Connor	4	17.39
Alice Mason	5	17.44
Andy Twiddy	6	17.50
Bryn Parry	7	18.35
Alan Fergusson	8	18.42
Leigh Reynolds	9	18.44
Mathew Gare	10	19.29
Alan Crombie	11	20.06
Megan Grant	12	20.10
Fred Shilton	13	20.39
Russell Clarke	14	21.06
Jason Steyn-Ross	15	21.26
Lance Shilton	16	22.03
Chris Lord	17	22.11
Andrew Turnbull	18	22.24
Claire Barrett-Wood	19	22.53
Morgan Ball	20	23.11
Ian MacDonald	21	23.12
Peter Roy	22	23.40
Graeme Pearson	23	23.42
Paul Houghton	24	24.02
Sian Twiddy	25	24.18
Phil Gulbranson	26	25.11
Chris Bycroft	27	25.54
Dee Horne	28	26.11
Steve Fiske	29	26.12
Adam Baird	30	27.02
Colin Davis	31	28.16
Noreen Crombie	32	28.24
Steve Burborough	33	28.40
Kathryn Murphy	34	28.56
Megan Clarke	35	29.51
Lydia Stallion	36	30.05
Phil Matheson	37	30.05
Rina Joy	38	30.56
Gaine Peterson	39	31.55
Thacia Van-Gredon	40	31.56
Roger Allsopp	41	31.57
Karen Allsopp	42	31.58
Josh Te Kowhai	43	32.48
Faith McGreggor	44	33.33
Jessie Steiner	45	33.41
Tairi Ford	46	34.18
Nania Burborough	47	35.24
Darren Burborough	48	35.25
Clare Fleming	49	37.53
Candice Steyn-Ross	50	38.01

#### 2.55km

Name	Place	Time
Anya Crombie	1	11.19
Cody Shilton	2	11.30
Sarah Lei	3	12.22

Kerryn Barker	4	12.51
James McGreggor	5	12.54
Arwen Barker	6	12.54
Oliver Burborough	7	13.17
Keira Murphy	8	13.18
Dylan Jull	9	13.20
Ryder Fiske	10	13.33
Sam Iliev	11	13.34
Campbell Horne	12	13.46
Anita Roy	13	13.55
Bruce McGreggor	14	14.00
Zachariah Nunes	15	14.30
Alan Twiddy	16	14.31
Quang Pham	17	15.08
Keziah Nunez	18	15.43
Hannah Shilton	19	16.05
Robert Roy	20	16.06
Ava Fiske	21	16.15
Julz Parry	22	16.21
Tony Nunez	23	18.46
Natalie Graham	24	19.04
Chantelle Nunez	25	19.10
Dani Nunez	26	19.16
Lina Andrews	27	19.17
Grace Burborough	28	19.39
Ezekiel Nunez	29	19.40
Amanda King	30	20.33
Anne Waring	31	21.30
Julie Fiske	32	23.02
Robyn Williams	33	23.31
Stacey Jull	34	24.18
Leah Barker	35	25.30
Hotti Crallan	36	26.05
Trevor Crallan	37	26.06
Laim McGreggor	38	28.14
James McGreggor	39	28.15
Katy Roy	40	28.50
Raelyne Robertson	41	29.01
Claire Roy	42	29.05
Edward Twiddy	43	30.24
Hannah Hickson	44	30.44
Kathryn Twiddy	45	30.48
Atlas Te Kowhai	46	33.03
Emma Hickson	47	33.31
Jodie Hickson	48	33.32
Eilidh Ferguson	49	34.01
Jane Ferguson	50	34.02
Xavier Bruce	51	37.56
Angela Jensen	52	37.58
Wendy Ardern	53	38.05
Evaina	54	50.48
Louey Peita	55	50.50



## 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**  
6th and 20th February  
5th and 19th March



**TRACK and FIELD CHAMPIONSHIP PROGRAMME**  
**For Senior (15 years plus) runners, walkers, jumpers and throwers**

**Championship programme:** *Please note starting times of events, plus any special conditions that may apply i.e. lap recorders required: the combining of events etc. Where events are combined athletes can only take the title for their grade. Should events not be held due to weather/ground conditions those events will be added to the programme over the following weeks. Changes will be announced at the commencement of each evening.*

**Club uniform:** Please wear your club uniform for championship events

**Walkers:** Should the number of walkers in attendance warrant it, separate championship events will be held for the shorter distance track events.

**Notes:** 6.00pm: Welcome will be followed by warm-up with first event commencing 6.15pm. The programme below will run to time as much as possible. Some events may start earlier others slightly later.

Please note that those taking part in the 5000 metres and 10000 metres are to supply their own lap recorder.

29 January (Wednesday)	6.00pm Welcome Warm up	6.15pm Non champ 60m	6.35pm Championship Discus	6.35pm Championship Long jump	7.00pm Championship 200m	7.20pm Championship 3000m
5 February (Wednesday)	6.00pm Welcome Warm up	6.15pm Championship 100m	6.35pm Championship Shot put	7.00pm Championship 400m	7.20pm Championship 1500m	
12 February (Wednesday)	6.00pm Welcome Warm up	6.15pm Non champ 60m	6.30pm Championship High jump	6.45pm Championship Hammer	7.00pm Non champ 400m	7.15pm Championship 5000m
19 February (Wednesday)	6.00pm Welcome Warm up	6.15pm Non champ 60m	6.35pm Championship Triple jump	6.35pm Championship Javelin	7.00pm Championship 800m	

26 February (Wednesday)	Impromptu evening – back up championship evening					
4 March (Wednesday)	Championship - Pentathlon evening (100m, long jump, shot put, discus, 1 mile)					
11 March (Wednesday)	5.30pm	10000 metres	Championship for Grade 19 and over – walkers and runners likely to take over 60 minutes to complete event			
	6.00pm	10000 metres	Championship for Grade 19 and over – runners likely to complete the event in under 60 minutes.			
20 March (Wednesday)	Prize giving - time and venue will be advised					