



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

8 February 2020

### The past week

The past week was all go with the various club activities.

The various packs are starting to fall into place within the Kia Tu Kia Ora Summer Wellness Clinic. A number are still mulling with what distance they want to challenge.

Even though the number attending the Wednesday evening athletics for 15 years plus was on the small side this has not detracted from spirited championship competition amongst those taking part. Results are below.

The Monday evening athletics activities are under way. Results from last Monday are below.

At the Masters Games in Dunedin three adult club members from the Clubs children's section took part. Results forwarded are:

*Dave McGrath*: - Gold in Shot put - Gold in Discus,  
- Gold in Weight Throw

*Kelly Albrecht*: - Gold in Shot put - Gold in Discus

*Koro Nikora*: - Gold in High Jump

Well done!

At the open track and field met at Porritt Stadium on Saturday Sarah Cowley-Ross won the W35 triple jump with a leap of 12.12.

### 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 are also under way.

For those club members 15 years plus, please see Wednesday for the championship programme etc. 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. Most 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 5 February is: (All are championship events) 6.00pm Welcome – warm up: 6.15pm 100 metres: 6.35pm Shot put: 7.00pm 400 metres: 7.15pm 1500 metres

Sometimes the programme will be slightly ahead of the listed times, so don't leave it until the last minute to be on sight.

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.

### **Thursdays**

**Wellness clinic members** - there is two sessions for this clinic. Either attend the 9.00am or 5.30pm sessions. Most 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** – This Thursday 6 February is the next event. See below for the event details i.e. registration, start time etc.

## Events out and in the City

### **Track and Field**

**This Saturday/Sunday - 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, cut off dates etc

### **Ribbon Days**

**Saturday 8 February** – Te Aroha ribbon day - 10.00am

**Saturday 22 February** - The Club's ribbon day at Field 2. This is going to be a big day.

### **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) Note this next cutoff date is 19 February. After that you will be on the late entry fee.

**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 clinic meets Tuesday/Thursday evenings 5.30pm and Sunday mornings 7.30am. Mostly 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.

Not all runs/walks are from the Neil Hunt Park clubrooms. Those in the clinic please keep in touch with your pack leader/mentor who will advise of any location changes.

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

### **Whakarewarewa Forest – road/track closures because of logging operations etc**

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. This is currently a big “**No No**” so please do not venture along Lakefront Road by the Lake or along any of the closed tracks. Also please keep clear of any logging operations happening.

## Results

### **Local athletics - Adults – 29 January 2020**

#### **Non championships**

#### **60 metres**

Gisele Howard	G15	8.4
Adrian Lysaght	M45	9.2

#### **Championships**

#### **200 metres**

Sam Rossiter	M20	28.5
Gisele Howard	G15	28.8
Adrian Lysaght	M45	30.5
Russell Clarke	M20	32.1
Andrew Twiddy	M40	37.0
Megan Grant	W20	41.3

#### **3000 metres**

Matt Parsonage	M35	10.21.9
Andrew Twiddy	M40	10.44.4
Adrian Lysaght	M45	10.51.4
Hannah Gapes	W18	11.21.7
Megan Grant	W20	12.00.9
Russell Clarke	M35	12.11.1
Daniel Gapes	M45	12.39.9
Sam Rossiter	M20	13.50.3
Phil Gulbransen	M65	14.02.6

#### **Long jump**

Adrian Lysaght	M45	3.92
----------------	-----	------

Gisele Howard	G15	4.66
Sam Rossiter	M20	3.65
Russell Clarke	M35	3.25
<b>Discus (different weights thrown)</b>		
Gisele Howard	G15	24.56
Kelly Albrecht	W20	25.66
Sam Rossiter	M20	21.27
Matt Parsonage	M35	14.59
Russell Clarke	M35	12.58
Adrian Lysaght	M45	15.85
Grant Unkovich	M55	17.96

**Local Track and Field – 10 years plus – non championship – 3 February 2020**

**100 metres**

Marco Smit	13.28
Jack Marra	13.47
Harrison Roberts-Brake	13.88
Cooper Simes	14.09
Gisele Howard	14.09
Te Pumanawa o toku ate Rogers	14.28
Tamarau Haimona	14.28
Chloe Vedder	14.34
Trelise Howard	15.01
Saven Tillard	15.01
Conor Lysaght	15.18
Ashleigh Randell	15.24
Mason-Marie Playle	15.41
Don Telfer	15.41
Kobe Stranks-Rose	15.93
Bella Wyatt	16.02
Corbin Smith	16.06
Ave Frost	16.09
Alia Holster-Haidzir	16.28
Rydah Lukis	16.31
Kingston Ryan	16.62
Sahr Kortequeue	16.72
Samuel Massey	16.87
Jonah Funnell	16.91
Sahara Katene	17.09
Novak Marshment	17.37
Cody Shilton	17.65
Arwen Barker	18.09
Keisha Tillard	18.12
Amber Lysaght	19.02

**1 Mile**

Austin Lash	5:18.3
Heath Lash	5:46.9
Bella Wyatt	6:18.9
Kingston Ryan	6:23.0
Kobe Stranks-Rose	6:35.6
Conor Lysaght	6:46.8
Cody Shilton	6:47.4
Fred Shilton	6:47.8
Ashleigh Randell	7:00.1
Gisele Howard	7:02.9
Amber Lysaght	7:06.5
Adrian Lysaght	7:06.7
Te Pumanawa o toku ate Rogers	7:17.9
Sahara Katene	7:19.5
Jonah Funnell	7:19.6

Arwen Barker	7:21.2
Claire Randell	7:23.8
Chloe Vedder	7:30.4
Novak Marshment	7:45.8
Saven Tillard	7:46.2
Samuel Massey	8:12.7
Tyla Albrecht	8:20.2
Trelise Howard	8:21.9
Mason-Marie Playle	8:47.7



**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

**Volunteers – wanted**

The Club's Copthorne off road Half Marathon and associated events is coming up quickly. Volunteers are required Club for various tasks on the day- 1 March. At the Neil Hunt Park clubrooms is a list for you to indicate that you can help on the day, or give Rob a call on 07 348 7768 if you cannot get to the clubrooms.



**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 Championship for Grade 19 and over – runners likely to complete the event in under 60 minutes.			
	6.00pm	10000 metres				
20 March (Wednesday)	Prize giving - time and venue will be advised					