



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 15 February 2020

### The past week

Another busy week within the Club. Something for everyone. To see the various results, scroll down to the last few pages.

The ribbon day activities are back with us with 34 from the club attending the Te Aroha hosted day last Saturday.

A small contingent from the Club attended the Athletics Waikato BOP track and field champs at Tauranga Domain over the weekend. Gisele, Lisa and Graeme kept the club colours to the fore.

A number from the Club took part in one of distance disciplines at the Tarawera Ultra Marathon on the weekend. What a great challenge to conquer – well done! Visit the Tarawera Ultra website for their results

### Seeking volunteers:

Saturday 22 February - The Club's children's ribbon day at Field 2 of the Stadium. This is going to be a big day. If you can volunteer on the day – or part of the day please contact Kelly at [kellyjanewilkinson@gmail.com](mailto:kellyjanewilkinson@gmail.com) or at 027 882 6484



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

Also for the Off-road Half on Saturday 29 February and Sunday 1 March two (2) off road Utes (and driver) that can tow a trailer are required. Also 2 (two) trailers are required. side. Please call Pam (07 348 8448 evenings after 8.00pm) if you can assist. They items are required to collect and place cones

on the Forest based course and to uplift on Sunday. Time frames – Saturday midday till finished. Sunday from 12 noon approx. until finished. Other than the Utes etc, volunteers are required to do the manual work i.e. placing cones etc:

## Club activities

### Sundays

**Wellness clinic members** - meet at the Neil Hunt Park clubrooms 7.30am. Note that parking in the cul du sac will be at a premium. Not all packs/groups will meet at the clubrooms, so please keep in touch with your leaders.

### 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

### 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 are at Field 2 of the Stadium, Devon Street West. Parking is at the top Westbrook field in the car parks there. Park and then walk across the field to the double gates and in to Field 2. If you go to the clubs website [www.lakecity.co.nz](http://www.lakecity.co.nz) then click on Children Athletics on the side bar and scroll down to the childrens facebook page there is a location map relating to parking there.

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 starting 24 February.

### 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 12 February is: 6.15pm 60 metres non championship: 6.30pm High jump: 6.45pm Hammer throw: (both championships) 7.00pm 400 metres non championship: 7.15pm 5000 metres championships – please supply your own lap recorder.

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](mailto: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** – 20 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 15 February*** – The annual Porritt Classic meet at Hamilton

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

#### **Ribbon Days**

***Saturday 22 February*** - The Club's ribbon day at Field 2 of the Stadium. This is going to be a big day. If you can volunteer on the day – or part of the day please contact Kelly at [kellyjanewilkinson@gmail.com](mailto:kellyjanewilkinson@gmail.com) or at 027 882 6484

#### **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. 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 Gallagher at [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

### **Starters for Track (at AWBOP level):**

Athletics Waikato BOP is currently very short of starters for track events that they hold during the summer. As such, they ask if we (the Club) can enquire with those who act as starters at our club events to see if they are interested in stepping up to the role at Athletics Waikato-Bay of Plenty events. Official training can be provided to get them to the required level to do this.

In addition, if there is anyone not currently a starter interested in training for this role, we would also like to hear from you.

Responses to be made to Steve at [administrator@athleticswbop.org.nz](mailto:administrator@athleticswbop.org.nz)

## 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 – 5 February 2020

##### Championships

##### 100 metres

|                |     |      |
|----------------|-----|------|
| Sam Rossiter   | M20 | 13.9 |
| Russell Clarke | M35 | 14.8 |
| Adrian Lysaght | M45 | 15.3 |
| Gisele Howard  | G15 | 14.1 |

##### 400 metres

|                |     |        |
|----------------|-----|--------|
| Sam Rossiter   | M20 | 66.9   |
| Russell Clarke | M35 | 78.1   |
| Adrian Lysaght | M45 | 67.2   |
| Grant Unkovich | M55 |        |
| Mark Geddes    | M55 | (walk) |
| Gisele Howard  | G15 | 73.4   |

##### 1500 metres

|                |     |                |
|----------------|-----|----------------|
| Sam Rossiter   | M20 | 7.52.4         |
| Matt Parsonage | M35 | 4.36.5         |
| Russell Clarke | M35 | 5.25.8         |
| Adrian Lysaght | M45 | 5.05.2         |
| Daniel Gapes   | M45 | 7.07.0         |
| Mark Geddes    | M55 | 13.48.7 (walk) |
| Gisele Howard  | G15 | 8.19.5         |
| Hannah Gapes   | W18 | 5.08.8         |
| Megan Grant    | SW  | 5.33.2         |

##### Shot put

|                |     |      |
|----------------|-----|------|
| Sam Rossiter   | M20 | 6.70 |
| Russell Clarke | M35 | 6.42 |
| Adrian Lysaght | M45 | 6.01 |
| Grant Unkovich | M55 | 7.75 |
| Mark Geddes    | M55 | 4.87 |
| Gisele Howard  | G15 | 7.42 |
| Kelly Albrecht | W20 | 7.95 |

#### Trout Fly - 6 February 2020

##### 5km

| Name             |    | Time  |
|------------------|----|-------|
| Matt Parsonage   | 1  | 17.18 |
| Ephraim Sisay    | 2  | 17.54 |
| Bryn Parry       | 3  | 18.13 |
| Alan Fergusson   | 4  | 18.29 |
| Andy Twiddy      | 5  | 18.37 |
| Adrian Lysaght   | 6  | 18.53 |
| Leigh Reynolds   | 7  | 19.00 |
| Alan Crombie     | 8  | 19.46 |
| Graeme Pearson   | 9  | 20.19 |
| George Alan      | 10 | 21.03 |
| Jason Steyn-Ross | 11 | 21.22 |
| Gaine Peterson   | 12 | 21.32 |
| Chris Lord       | 13 | 21.43 |

|                    |    |       |
|--------------------|----|-------|
| Clare Barret-Wood  | 14 | 21.46 |
| Mike Ryan          | 15 | 21.56 |
| Colin Earwaker     | 16 | 22.12 |
| Sian Twiddy        | 17 | 23.26 |
| Noreen Crombie     | 18 | 23.36 |
| Paul Houghton      | 19 | 23.38 |
| Billy Fergusson    | 20 | 24.30 |
| Kerryn Barker      | 21 | 25.51 |
| Lydia Stallion     | 22 | 27.30 |
| Phil Matheson      | 23 | 27.39 |
| Steve Bulbrough    | 24 | 28.10 |
| Megan Clarke       | 25 | 28.42 |
| Sam Shields        | 26 | 29.47 |
| Greg Shields       | 27 | 29.48 |
| Marion Richie      | 28 | 30.07 |
| Racheal Catley     | 29 | 30.47 |
| Hanna Sisay        | 30 | 30.55 |
| Kathryn Murphy     | 31 | 31.28 |
| Candice Steyn-Ross | 32 | 37.37 |

##### 3km

| Name             |    | Time  |
|------------------|----|-------|
| Connor Lysaght   | 1  | 10.58 |
| Anja Crombie     | 2  | 11.00 |
| Kingston Ryan    | 3  | 11.52 |
| Chris Bycroft    | 4  | 12.17 |
| Sarah Lei        | 5  | 12.23 |
| Finn Griffiths   | 6  | 12.48 |
| Jayda Moke       | 7  | 12.55 |
| Arwen Barker     | 8  | 12.55 |
| James McGregor   | 9  | 13.01 |
| Keira Murphy     | 10 | 13.03 |
| Ryan Lei         | 11 | 13.18 |
| Marcus Ryan      | 12 | 13.19 |
| Ryder Moke       | 13 | 13.29 |
| Faith McGregor   | 14 | 13.55 |
| Daniel Shields   | 15 | 13.56 |
| Poppy Peterson   | 16 | 13.59 |
| Bruce McGregor   | 17 | 14.11 |
| Blake Parry      | 18 | 14.13 |
| Edward Twiddy    | 19 | 14.22 |
| Sophie Loveless  | 20 | 15.43 |
| Melanie Loveless | 21 | 15.52 |
| Heather Lang     | 22 | 16.28 |
| Eloise Newcombe  | 23 | 16.34 |
| Julz Parry       | 24 | 17.09 |
| Leah Barker      | 25 | 17.25 |
| Maddy Newcombe   | 26 | 18.10 |
| Natalya Loveless | 27 | 18.12 |
| Ian Loveless     | 28 | 18.13 |
| Willow Parry     | 29 | 18.56 |
| Morgan Byers     | 30 | 19.17 |
| Sue Byers        | 31 | 19.18 |
| Alan Twiddy      | 32 | 21.56 |
| Oscar Burns      | 33 | 21.57 |
| Lewis Lei        | 34 | 22.04 |
| Tamzin Joy       | 35 | 24.57 |
| Rina Joy         | 36 | 25.56 |
| George McGregor  | 37 | 26.40 |
| Liam McGregor    | 38 | 27.19 |
| Hannah Hickson   | 39 | 30.28 |
| Jodie Hickson    | 40 | 30.37 |

|                    |    |       |
|--------------------|----|-------|
| Julie Fiske        | 41 | 30.54 |
| Katherine Twiddy   | 42 | 31.34 |
| Biana Lang         | 43 | 31.4  |
| Jane Fergusson     | 44 | 32.57 |
| Margaret Fergusson | 45 | 32.59 |

**Athletics Waikato BOP Track and Field  
8-9 February 2020 – Tauranga Domain**

Gisele Howard – Under 16

|                     |     |          |
|---------------------|-----|----------|
| 2000m Steeple chase | 2nd | 8.25.64  |
| Triple jump         | 2nd | 10.51 PB |
| Discus              | 5th | 25.10    |

Lisa Adams - Senior women

|                |     |       |
|----------------|-----|-------|
| Shot put (4kg) | 1st | 14.22 |
| Discus (1kg)   | 1st | 29.22 |

Graeme Adams - Men 70-74

|             |     |          |
|-------------|-----|----------|
| 400 metres  | 1st | 83.58    |
| 800 metres  | 1st | 3.12.84  |
| 1500 metres | 1st | 6.25.02  |
| 5000 metres | 1st | 23.44.26 |

**Local Track and Field – 10 years plus  
10 February 2020**

**800 metres**

|                   |      |
|-------------------|------|
| Austin Lash       | 2:18 |
| Heath Lash        | 2:33 |
| Bella Wyatt       | 2:38 |
| Andrew Hickson    | 2:39 |
| Saven Tillard     | 2:41 |
| Conor Lysaght     | 2:42 |
| Adrian Lysaght    | 2:44 |
| Kingston Ryan     | 2:50 |
| Don Telfer        | 2:51 |
| Kobe Stranks-Rose | 2:55 |
| Ashleigh Randell  | 2:58 |
| Tyler Alexander   | 3:05 |
| Sahr Kortequee    | 3:06 |
| Amber Lysaght     | 3:07 |
| Poppy Croucher    | 3:09 |
| Sahara Katene     | 3:12 |
| Jonah Funnell     | 3:15 |
| Arwen Barker      | 3:18 |
| Corbin Smith      | 3:25 |
| Tyla Albrecht     | 3:25 |
| Nikita Harding    | 3:32 |
| Abigail Sims      | 3:33 |
| Kersha Tillard    | 3:51 |



**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**

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

|                            |   |              |   |  |  |  |
|----------------------------|---|--------------|---|--|--|--|
| 26 February<br>(Wednesday) | Impromptu evening – back up championship evening                              |              |   |  |  |  |
| 4 March<br>(Wednesday)     | Championship - Pentathlon evening (100m, long jump, shot put, discus, 1 mile) |              |   |  |  |  |
| 11 March<br>(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<br>(Wednesday)    | Prize giving - time and venue will be advised                                 |              |   |  |  |  |