



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

22 February 2020

The past week

For most, it was week of putting in time on one's feet, especially those involved with the Kia Tu Kia Ora Summer Wellness Clinic. Great to see the large number of groups out in the Forest.

For others it was recovery time after their efforts at an event on the recent Tarawera Ultra Marathon programme.

The Monday evening children's athletics are back at Field 2 of the Stadium. The championship events for those 15 plus have had three sessions.

Seeking volunteers:

This 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 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 an off-road Ute (and driver) that can tow a trailer is required. 2 (two) trailers are also required. 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:

Sundays

Club activities

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. Your championships are 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. 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 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 19 February (this Wednesday) is: 6.15pm 60 metres non championship: 6.30pm Triple jump: 6.45pm Javelin (both championships) 7.00pm 800 metres championship.

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

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.

The full championship programme is below.

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. 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 – 20 February (this Thursday) 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

Saturday 29 February – Open meeting Porritt Stadium

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

Ribbon Days etc

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 or at 027 882 6484

Saturday 29 February - Cambridge Junior Pentathlon Day. 10.00am Kelly will have entry details etc.

Saturday 7 March – Paeroa Ribbon Day. 10.00am Paeroa

Saturday 14 March – Athletics Waikato BOP children's championships, 9.30am start at

Tauranga Domain. Catch up with Kelly regarding entry details.

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 Note the next cutoff date is **19 February – this Wednesday**. 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

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

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 track – 17 February 2020 -10 years plus 200m

Jack Marra	27.91
Harrison Brake-Roberts	29.12
Cooper Simes	29.23
Chloe Vedder	30.09
Dominic Dube	30.97

Conor Lysaght	31.21
Ashleigh Randell	31.78
Hamish Chapman	32.34
Kingston Ryan	32.50
Alia Holster	32.94
Trelise Howard	32.94
Connor Marra	33.40
Liam Nicholson	33.81
Ave Frost	33.91
Sahara Katene	34.40
Taylor Beazley	34.52
Cody Shilton	34.72
Nikita Harding	35.12
Rydah Lukis	35.84
Jonah Funnell	36.24
Sahr Kortequee	36.25
Novak Marshment	36.46
Kersha Tillard	36.81
Arwen Barker	37.46
Amber Lysaght	37.63
Abigail Sims	37.78

400m

Austin Lash	59.8
Heath Lash	1:06.2
Chloe Vedder	1:08.2
Saven Tillard	1:09.3
Bella Wyatt	1:09.4
Kingston Ryan	1:11.6
Dominic Dube	1:12.7
Conor Lysaght	1:13.7
Jack Marra	1:15.4
Harrison Roberts-Brake	1:15.4
Ashleigh Randell	1:16.8
Cody Shilton	1:18.6
Don Telfer	1:18.7
Hamish Chapman	1:21.5
Sahara Katene	1:21.6
Jonah Funnell	1:22.3
Connor Marra	1:22.5
Ave Frost	1:24.5
Sahr Kortequee	1:24.8
Taylor Beazley	1:24.9
Samuel Massey	1:25.1
Amber Lysaght	1:25.8
Tyla Albrecht	1:28.3
Arwen Barker	1:29.3
Rydah Lukis	1:30.2
Novak Marshment	1:32.2
Tyla Albrecht	1:36.2
Nikita Harding	1:40.9

Local athletics - Adults – 12 February 2020

Championships

5000 metres

Matt Parsonage	M35	17.02.1
Andrew Twiddy	M40	18.13.9
Adrian Lysaght	M45	19.10.3

Megan Grant	W20	20.06.3
Russell Clarke	M35	20.50.6
Sam Rossiter	SM	23.04.3
Kathryn Murphy	W45	29.49.8

High jump

Robert Abbel	M40	1.50
Chole Vedder	G14	1.40
Gisele Howard	G15	1.20
Sam Rossiter	M20	1.20
Adrian Lysaght	M45	1.15
Russell Clarke	M35	1.10

Hammer throw

Russell Clarke	M35	8.68
Adrian Lysaght	M45	10.42
Sam Rossiter	M20	16.10
Kelly Albrecht	W20	17.13
Gisele Howard	G15	11.99

Non championship

60 metres

Robert Abbel	M40	8.4
Gisele Howard	G15	8.5
Chole Vedder	G14	9.0
Russell Clarke	M35	12.8

400 metres

Gisele Howard	G15	69.3
Chole Vedder	G14	74.6
Grant Unkovich	M55	89.2
Rebecca Howard	W45	1.40.8

Porritt Classic – Hamilton - 15 February 2020

Senior women -Triple jump

Sarah Cowley-Ross	2nd	12.25
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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**
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					