



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

29 February 2020

The past week

The first Lake City Ribbon day for a few years was held last Saturday. The weather in the main co-operated with only a few light showers coming across the ground at various times. The forecast for the day may have put off people travelling from out of Rotorua. Go to the Club's children's face book page and scan through the montage of photos taken. Some great shots there.

A big thanks to Kelly and her team for bringing the day together. Many weeks have planning went into the event. Well done all.

The fortnightly Thursday evening Trout Fly event was well attended.

Last Wednesday saw the 15 plus championship track and field programme virtually conclude. One more event to go – the 10000 metres for those grades 19 and above on the 11 March. The 4 March sees the pentathlon evening.

Most of those in the Kia Tu Kia Ora Summer Wellness packs headed out Waipa way for their Sunday run, with week days from the Neil Hunt Park clubrooms and other venues. Other club runners and walkers are also putting time of their feet for forthcoming events.

Volunteers for the Copthorne off Road event – Sunday 1 March:

If you have not been contacted and assigned your weekend duties this will done in the next couple of days.

Club activities

Sundays

For most distance runners/walkers this Sunday it will be the Copthorne off Road half marathon and associated events. Good luck to all taking part. It will be back to the normal Sunday group activities the following weekend. That is putting more time on one's feet towards the next big event.

Wellness clinic members - Note this Sunday most clinic members will be at the Copthorne off Road Half marathon out at the Waipa Mountain Bike car park. If not taking park or being a volunteer please arrange you own run/walk.

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. Note the championships for 5 to 14 years have started and full correct club iniform (black shorts, club singlet and current age flash) must be worn to be eligible for club trophies.

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 26 February (this Wednesday) is something different. Read all about the imprompty evening – 6.00pm meeting time with the first event getting under way 6.15pm. Come for some fun and banter with your mates.

Now that the championship programme has been completed (apart from the 10,000 metres to come on 11 March) and we have lost no Wednesday evening to bad weather we have a free evening this Wednesday. Here's the fun programme which is open to everyone.

Event 1: Nick Willis 1500 metre challenge. Nick holds the NZ 1500m record of 3min 29.66 sec. This works out at 55.9 sec per 400 lap. In teams of four do a 4 x 100 relay to see if you can get this time for 100 points

Event 2. Eliza McCartney pole vault challenge. She is the NZ women's pole vault record holder with a height of 4.94m. We aren't set up for pole vault but you can try and long jump 4.94 for 100 points* jumps will be adjusted with age and gender factors to make it fair for everyone

Event 3. Tom Walsh Shot put challenge. Tom has the NZ record of 22.90m in the shot put. See if you can reach this distance with three throws added together to get 100 points * throws will be adjusted with age and gender factors to make it fair for everyone.

Event 4. Eliud Kipchoge Marathon Challenge. Eliud broke the two hour barrier for the marathon (42.2km) with a time of 1 hour 59 minutes 40 seconds (not an official record though). this works out to 2min 50 seconds per kilometre. See if you can do a 1000 metres run in this time to get 100 points * times will adjusted with age and gender factors to make it fair for everyone.

If you better the target you can score more than 100 points while if you don't make the target you will receive a portion of the 100 points (this will be based on ratios).

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 final 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 – Thursday 5 March 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 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

This Saturday 29 February - Cambridge Junior Pentathlon Day.10.00am Note that those that triple jump your event is 10.30am at this meet.

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

This Sunday 1 March 2020 -The Copthorne Rotorua off Road Half Marathon out in Whaka Forest. Good running to those from the club and the Summer Wellness Clinic. For some this will be their first taste of a "big" event.

Saturday 2 May 2020 - Rotorua Marathon. Visit the Rotorua Marathon website for entry details etc.

Other notices

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 – 19 February 2020

Championships

800 metres

| | | |
|----------------|-----|--------|
| Matt Parsonage | M35 | 2.17.6 |
| Adrian Lysaght | M45 | 2.26.3 |
| Hannah Gapes | W18 | 2.31.4 |
| Russell Clarke | M35 | 2.38.3 |
| Gisele Howard | G16 | 2.39.0 |
| Sam Rossiter | M20 | 2.44.2 |
| Alan Crombie | M50 | 2.46.2 |
| Anja Crombie | G15 | 2.54.6 |
| Rebecca Howard | W45 | 3.35.2 |
| Grant Unkovich | M55 | 3.30.2 |

Triple jump

| | | |
|----------------|-----|------|
| Robert Abbell | M40 | 9.42 |
| Gisele Howard | G16 | 9.30 |
| Adrian Lysaght | M45 | 7.05 |
| Sam Rossiter | M20 | 5.00 |

Javelin

| | | |
|----------------|-----|-------|
| Robert Abbel | M40 | 25.79 |
| Gisele Howard | G16 | 15.45 |
| Adrian Lysaght | M45 | 19.51 |
| Sam Rossiter | M20 | 27.85 |
| Russell Clarke | M35 | 13.05 |
| Rebecca Howard | W45 | 10.35 |

Non championship

60 metres

| | | |
|----------------|-----|------|
| Robert Abbel | M40 | 8.8 |
| Anja Crombie | G15 | 9.8 |
| Rebecca Howard | W45 | 12.2 |

Graeme Douglas International track/field meet – Waitemata (Auckland) - 23 February 2020

Sarah Cowley-Ross

| | | | |
|-------------|-----|-------|----------|
| Triple jump | 4th | 12.60 | wind 1.9 |
|-------------|-----|-------|----------|

Trout Fly - 20 February 2020

(Spelling of names as supplied)

5km

| Name | Placing | Time |
|----------------|---------|-------|
| Michael Voss | 1 | 16.02 |
| Ephraim Sisay | 2 | 17.25 |
| Matt Parsonage | 3 | 17.28 |
| Bryn Parry | 4 | 18.29 |

| | | |
|-------------------|----|-------|
| Andy Twiddy | 5 | 18.38 |
| Chris Corney | 6 | 18.57 |
| Adrian Lysaght | 7 | 19.17 |
| Matthew Gase | 8 | 19.41 |
| Alan Crombie | 9 | 19.59 |
| Graeme Pearson | 10 | 20.03 |
| Dave Cronshaw | 11 | 20.26 |
| Russell Clarke | 12 | 20.26 |
| Fred Shilton | 13 | 20.48 |
| George Allan | 14 | 21.02 |
| Chris Lord | 15 | 22.02 |
| Stevie Fiske | 16 | 23.02 |
| Emma O'Conner | 17 | 23.04 |
| Noreen Crombie | 18 | 23.25 |
| Greg Shields | 19 | 23.36 |
| Michaela Harris | 20 | 23.39 |
| Colin Davis | 21 | 23.41 |
| Paul Houghton | 22 | 23.43 |
| Becky Moylett | 23 | 23.46 |
| Faith McGregor | 24 | 23.59 |
| Ben Fry | 25 | 24.17 |
| Sarah Lei | 26 | 24.29 |
| Shamos Hunter | 27 | 24.47 |
| Adam Braid | 28 | 24.47 |
| Kerryn Barker | 29 | 25.1 |
| Hamish Falconer | 30 | 25.19 |
| Bevan James | 31 | 25.27 |
| Jason Finnerty | 32 | 25.35 |
| Geraldine Goot | 33 | 25.44 |
| Dee Horne | 34 | 25.45 |
| Darren Burborough | 35 | 25.54 |
| Tamati Rhind | 36 | 26.11 |
| Paul Whitehead | 37 | 26.34 |
| Michal Murdock | 38 | 26.41 |
| Steve Burborough | 39 | 26.50 |
| Phil Matheson | 40 | 27.11 |
| Lydia Stallion | 41 | 27.11 |
| Jade Fleming | 42 | 27.41 |
| Callum Walsh | 43 | 27.45 |
| Tawa Hunter | 44 | 28.27 |
| Jake Benson | 45 | 28.27 |
| Megan Clarke | 46 | 28.33 |
| Kathryn Murphy | 47 | 29.53 |
| Marion Richie | 48 | 29.55 |
| Tairi Ford | 49 | 30.14 |
| Peter Aitken | 50 | 30.20 |
| Rachael Catley | 51 | 32.24 |
| Judith Meek | 52 | 33.04 |
| Laura Saunders | 53 | 33.23 |
| Quiny Hiuna | 54 | 33.48 |
| Kate Evanfou | 55 | 34.09 |
| Angela Grunwell | 56 | 37.56 |
| Am Karam | 57 | 37.57 |
| Krissy Petrivska | 58 | 38.27 |
| Lynda Andrews | 59 | 38.27 |
| Dominic O'Donnell | 60 | 42.21 |
| Sam Malalha | 61 | 42.23 |
| Anika Aitken | 62 | 46.31 |

3km

| Name | Placing | Time |
|--------------|---------|-------|
| Anya Crombie | 1 | 10.58 |
| Cody Shilton | 2 | 11.32 |

| | | |
|-----------------------|----|-------|
| Chase Grunwell | 3 | 12.02 |
| Freya Lord | 4 | 12.24 |
| Leif Parry | 5 | 12.48 |
| Keira Murphy | 6 | 12.49 |
| Blake Parry | 7 | 12.50 |
| Sian Twiddy | 8 | 12.57 |
| Phil Gulbransen | 9 | 12.59 |
| Ben Shields | 10 | 13.10 |
| Sahara Katene | 11 | 13.11 |
| Claire Randell | 12 | 13.13 |
| Justine Randell | 13 | 13.15 |
| Bruce McGregor | 14 | 13.16 |
| Amber Lysaght | 15 | 13.19 |
| Ryder Moke | 16 | 13.58 |
| Madeline Pethybridge | 17 | 14.51 |
| Campbell Horn | 18 | 14.59 |
| Daniel Shields | 19 | 15.05 |
| Sam Shields | 20 | 15.07 |
| Trevor Grunwell | 21 | 15.42 |
| Maddy Newcombe | 22 | 15.44 |
| Nikki Newcombe | 23 | 15.44 |
| Ava Fiske | 24 | 15.52 |
| Julz Parry | 25 | 16.11 |
| Eloise Newcombe | 26 | 18.05 |
| Alexander Meyer | 27 | 18.33 |
| Elizabeth Meyer | 28 | 18.37 |
| Sheryl Pearson | 29 | 18.40 |
| Amanda King | 30 | 20.04 |
| Chase Grunwell | 31 | 20.36 |
| Peter Vyver | 32 | 20.43 |
| Anne Waring | 33 | 21.26 |
| Leah Barker | 34 | 25.33 |
| Atlas TeKowhai | 35 | 26.26 |
| Josh TeKowhai | 36 | 26.28 |
| Vella Kerr Grant | 37 | 26.39 |
| Kohu Grant | 38 | 27.47 |
| Kylie Tiuka | 39 | 27.50 |
| Liam McGregor | 40 | 28.49 |
| Kathryn Twiddy | 41 | 30.01 |
| Drax Kerr Grant | 42 | 31.19 |
| Hakuwai Grant | 43 | 34.24 |
| Raimi Grant with Pram | 44 | 34.29 |
| Haeata Grant | 45 | 36.20 |

Local track – 24 February 2020 -10 years plus Championships

At time of publication of this guff sheet results were not to hand.



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**
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: Please note that those taking part in the 10000 metres are to supply their own lap recorder and the start times below.

| | | | |
|----------------------------|---|--------------|---|
| 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 | | |