



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

7 March 2020

The past week

A very busy past week on the club scene. Monday evening the weekly athletics session: Wednesday a fun evening for those 15 plus at the track. Saturday a number from the children's section represented the club at the Cambridge Pentathlon day. They came home with 5 medals / placings overall. See the results section for their performances.

Sunday morning saw Whaka Forest alive with runners and walkers many of them from the Club and the Kia Tu Kia Ora Summer Wellness Clinic as well as a large number of out of towners taking part in the annual Cophorne off Road half marathon and associated events. Congratulations to all that took part whether a podium placer or a finisher in one of the events on offer. Visit www.eventpromotions.co.nz to obtain results.

Thanks, are extended to all that made it happen: the team from the contacted event managers – Event Promotions Ltd: the various parties that gave permission to use the Forest. Without their permission the event could not happen: The Lion Foundation and New Zealand Community Trust who came to the party with funding: Thanks, are also extended to the participants - without them there would be no event.

Lastly but most importantly a big and special thank you to those from the club who volunteered on the day – some from 6.30am through to 3.00pm. Nearly 60 from the club where helping, some have their first taste of volunteering.

Club activities

Sundays

Wellness clinic members - From now on Clinic members time on their feet will be increasing. Packs will leave from various venues around the City. Keep

in touch with your pack leader for start venue and time.

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 are in full swing and that full correct club uniform (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, but keep in touch with you leader(s) to find out where you are leaving from. 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 4 March (**this Wednesday**) is the pentathlon evening. Events being contested are: 100 metres, long jump, shot pot, discus and 1 mile. Each performance will accumulate points.

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, the 10000 metres (11 March), is the only event on the programme. Please note the start times and any special conditions detailed below. Those that wish

can come and do some training in their specialised events.

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. Keep in touch with your pack leader as to where you are leaving from. 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** (5/3) is the penultimate event for this summer. See below for the event details i.e. registration, start time etc.

Track and Field

Events out and in the City

6 – 8 March - Athletics NZ track and field championships, Christchurch. Good luck to club members taking part.

Ribbon Days 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

Saturday 11 April - Easter Weekend - Sun to Surf half marathon and associated events starting in Whakatane and finishing in Ohope. For the 2nd edition of this event the course is slightly different from last year.

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

Results

Children's Pentathlon - Cambridge – 29 February 2020 - as supplied

The 7-9-year olds competed in 100m, 200m, Discus and Long Jump with an accumulation of points equalling to an overall score:

Amber Albrecht won Silver in the 8- year olds girls
Dante Temara won Silver in the 9-year-old boys

The 10-14-year olds competed in the 200m, 800m, Discus, Shotput and Long jump with an accumulation of points equalling to an overall score:

Tyla Albrecht won Silver in the 10-year-old girls
Tamarau Haimona won GOLD in the 11-year-old boys.
Cooper Simes won Silver in the 12-year-old boys

Well done to all the other athletes who attended. There were some PBS, some training techniques put to practice and some fantastic running out on the track



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.

Programme

This Wednesday 4 March – 6.00pm

Pentathlon evening (100m, long jump, shot put, discus and 1 mile)

Wednesday 11 March – 10000 metres championship for Grade 19 and over

5.30pm - Start time for walkers and runners likely to take over 60 minutes to complete the event

6.00pm (sharp) for those runners likely to complete the event in under 60 minutes

Wednesday 20 March – prize giving – time and venue to be advised.

Other notices

Whakarewarewa Forest:

It is still "no go" along the Lake Rotokakahi (The Green Lake) Lakefront Road until further notice. Please respect this closure.



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



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