



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

14 March 2020

The past week

Last Monday evening athletics took a “rain check”, likewise the Adults the previous Wednesday evening.

On Saturday for the children it was off to Paeroa for a ribbon day. Although the attendance from the club was small the day was enjoyed. Check out the photo on the Children’s Facebook page.

The second to last Trout Fly event was held with slightly reduced numbers attending. The results are below.

For those building towards an event on the 2 May, time on their feet is gradually increasing. It is pleasing to hear comments from members of the public about the huge number of runners and walkers out in Whakarewarewa Forest.

At the Athletics NZ Track and Field champs at Nga Puna Wai sports hub at Christchurch on the weekend, Lisa Adams took the gold medal in her Para F37 event, the Shot put, with a throw of 15.28 - a world record. Sarah Cowley took out the silver medal in the senior women’s Triple jump with a distance of 12.66. This was a close fought contest with the first placer jumping 12.68 and the third 12.63. Congratulations to both on their efforts.

At the recent Athletics Masters track and field championships at Hastings, Graeme Adams (M70), set an age group record for the 3000 metres (13.03.60). No doubt Graeme contested other events but these results are currently unknown.

On the last page is the results of the Impromptu adults, track and field evening held 26 February. A big thank you to Adrian for collating the results

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 start time. Not all runs/walks are from the club rooms.

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 your 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)

The final championship event, the 10000 metres for those Grade 19 and over will be contested this **Wednesday (11 March)** at Field 2 of the Stadium.

Please note the start times:

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. Please note that those taking part are to supply their own lap recorder.

Those that wish can come and do some training in their specialised events.

Parking is in behind the Stadium's grandstand - entry through the gate opposite the houses on the Pukehangi Road end of Devon Street West. **Please park directly behind the grandstand and walk up the hill to the track.**

Wednesday 18 March – prize giving – time and venue to be advised.

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 but 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 –Thursday (19/3) is the final event for this summer. See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

Ribbon Days etc

This Saturday 14 March – Athletics Waikato BOP children's championships, 9.30am start at Tauranga Domain. This is a big day for the many club members attending. Good luck and enjoy.

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. Details at www.suntosurf.nz

Saturday 2 May 2020 - Rotorua Marathon. Visit the Rotorua Marathon website for entry details etc. Note that the late entry fee kicks in from 1 April.

Results

Trout Fly - 5 March 2020 – as supplied

5km

Name	Placing	Time
Michael Voss	1	17.03
Will O'Connor	2	17.05
Matt Parsonage	3	17.11
Bryn Parry	4	17.38
Alan Ferguson	5	18.18
Leigh Reynolds	6	18.24
Austin Lash	7	18.31
Chris Corney	8	18.39
Nathan Sturrock	9	19.02
Matt Gare	10	19.17
Heath Lash	11	19.25
Sue Crowley	12	19.41
Alan Crombie	13	19.43
Graham Pearson	14	19.49
Megan Grant	15	19.51
Steve Halloway	16	20.04
Russell Clarke	17	20.06
Richard Harris	18	20.34
Fred Shilton	19	20.4
Satoru Kuwabaia	20	21.36
Ian Breadmore	21	21.38
Claire Barret-Wood	22	21.45
Lance Shilton	23	21.54
Aaron Perry	24	22.07
Anna Longdill	25	22.27
Noreen Crombie	26	22.45
Andrew Twiddy	27	22.5
Sian Twiddy	28	22.5
Paul Houghton	29	23.03
Emma Cooper	30	23.1
Steve Fiske	31	23.17
Billy Ferguson	32	23.23
Phil Gulbransen	33	23.49
George Allan	34	24.22
Lydia Stallion	35	25.03
Phil Matheson	36	25.04
Tracey Bjarnensen	37	25.13
Taxson Mathews	38	25.19
Dee Horne	39	25.22
Chris Bycroft	40	26.06
Callum Walsh	41	26.13
Megan Clarke	42	27.44
Peter Aitken	43	27.44
Kate Evanson	44	30.44
Raelene Dekker	45	31.35
Quang Pham	46	39.02
Kylie Tiuka	47	39.22
Peter Vyver	48	39.27

3km

Name	Placing	Time
Shaun Wyatt	1	10.06
Anja Crombie	2	10.35
Bella Wyatt	3	10.36
Cody Shilton	4	11.38
Sahara Katene	5	12.13

Leif Parry	6	12.38
Blake Parry	7	12.44
Ryder Moke	8	13.44
Ethan Katene	9	14.28
Jules Perry	10	15.25
Chase Grunwell	11	16.01
Travis Grunwell	12	17.16
Angela Grunwell	13	18.1
Tamzin Joy	14	18.27
Rina Joy	15	19.01
Aniko Aitken	16	20.35
Benji Dekker	17	21.45
Ben Dekker	18	21.46
Amelia Mathews	19	21.56
Jeanett Dekker	20	22.16
Eilidh Ferguson	21	27.05
Jayne Ferguson	22	27.05
Margaret Ferguson	23	27.05

Other notices

Neil Hunt Park clubrooms:

This Saturday and Sunday the annual International Walking Festival is being held with headquarters at the Netherland Society's clubrooms in the Neil Hunt Park cul du sac. This means that the cul du sac will be very busy –parked cars, participants etc. It is suggested especially on Sunday morning, the area is left clear for the Festival's use. The Club has a very long-standing arrangement with the Service Club hosting the Festival that their participants have the use of the club's toilet and shower facilities. Should you be using the clubrooms over the weekend please don't leave gear/valuables there. Thank you for your co-operation.

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**
19th March - the final event for this summer

Results for Impromptu Track & Field Evening

On Wednesday 26 February we had a free evening at the track so an impromptu fun event was organised. This involved two teams of four club members competing in a series of four athletics challenges to score points. Each challenge was worth 100 points if the target was reached but if you missed it you still got some points, and if you exceeded it you got more points.

First up was a 4x100m relay where the teams had to run a time of 55.9 seconds to get 100 points. Why 55.9 seconds? This was the time Nick Willis averaged per 400m in his New Zealand 1500m record. Neither team made it but they weren't far off (see table of results below), with Team Robert closest.

Next was the long jump where each person had to jump 4.94m to get the 100 points. Why 4.94m? Eliza McCartney's NZ women's pole vault record is a height of 4.94m. We aren't set-up for pole vault so we did long jump instead, going for length not height! Age and gender factors were applied to adjust the results so that it was a level playing field for everyone. Chloe, Robert and Giselle managed to exceed the target.

The third event was the shot put where each person added their three puts together to try and get 22.90m to earn 100 points. Why 22.90m? That's Tom Walsh's NZ shot put record of course. Age and gender factors were applied again to make it as fair as possible. Giselle, Robert, Anja and Chloe were above the target.

The final event was the 1,000m where the target time was 2 minute 50 seconds for the 100 points. Why 2min 50sec? Because in Eliud Kipchoge's sub 2-hour marathon last year this is the average time he ran for each of the 42 kilometres. Adrian and Matt got closest to earning all 100 points once the age and gender factors were applied.

When all the points were calculated it was Team Robert that won, with the best individual score going to Giselle on Team Matt. A fun event, and also a great demonstration of how amazing these athletic records are. Keep an eye on facebook and the Guff Sheet for more events like this in the future. As a club member you are welcome to come along even if you don't normally come to the track and field evenings. Just give it a go, and you can skip any events that don't appeal to you!

Thank you to all the officials and recorders on the night that make this possible.



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

Team	Name	Grade	4 x 100m Relay		Long Jump			Shot Put							1000m				Individual Total	Team Total	
			Result	Points	Result	Factor	Adjusted	Points	Throw 1	Throw 2	Throw 3	Total	Factor	Adjusted	Points	Result	Factor	Adjusted			Points
Team Robert	Anja Crombie	G15	58.1	96.2	3.68	1.1677	4.30	87.0	5.64	6.30	7.05	18.99	1.3535	25.70	112.2	3:47.5	0.9545	3:37.2	78.3	373.7	1516.0
	Chloe Vedder	G15	58.1	96.2	4.44	1.1677	5.18	105.0	5.95	5.44	5.68	17.07	1.3535	23.10	100.9	3:53.4	0.9545	3:42.8	76.3	378.4	
	Adrian Lysaght	M45	58.1	96.2	3.69	1.1551	4.26	86.3	5.78	5.84	5.33	16.95	1.2023	20.38	89.0	3:08.6	0.9146	2:52.5	98.6	370.0	
	Robert Abbel	M40	58.1	96.2	4.67	1.0899	5.09	103.0	8.45	8.11	8.17	24.73	1.1137	27.54	120.3	3:59.7	0.9537	3:48.6	74.4	393.9	
Team Matt	Matt Parsonage	M35	59.0	94.7	4.05	1.0317	4.18	84.6	5.96	6.29	6.21	18.46	1.0372	19.15	83.6	2:54.4	0.9928	2:53.2	98.2	361.1	1427.1
	Russell Clarke	M35	59.0	94.7	2.85	1.0317	2.94	59.5	5.63	5.75	5.73	17.11	1.0372	17.75	77.5	3:25.8	0.9928	3:24.4	83.2	314.9	
	Alan Crombie	M50	59.0	94.7	2.81	1.2286	3.45	69.9	6.87	5.89	6.32	19.08	1.1721	22.36	97.7	3:39.4	0.8755	3:12.1	88.5	350.8	
	Giselle Howard	G16	59.0	94.7	4.41	1.1241	4.96	100.3	7.96	7.43	8.06	23.45	1.2524	29.37	128.2	3:48.4	0.9681	3:41.1	76.9	400.2	
N/A	Phil Gulbransen	M65														4:23.5	0.7561	3:19.2	85.3	85.3	85.3