



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

21 March 2020

The past week

Herewith is Kelly's report on the Athletics Waikato BOP children's championships held last Saturday at Tauranga.

"We had 57 athletes head over to Tauranga on Saturday for the Waikato BOP championships - the final event for the season. For many, this was a chance to see their hard training up against the best. We had many children make the finals on the track, with the majority also taking home finalists ribbons (Top 8). The group came home with 71 medals in total!

17 gold
32 silver
22 bronze

We had 37 children medal, with some taking home one, two, three and even four medals individually. A special mention to Jack Marra (12), Trelise Howard (12), Tamarau Haimona (11 boy), Rome Beazley (8) and Marcus Ryan (7) who stood on the podium four times on Saturday.

A fantastic achievement from all the children who represented the club"

The last sentence sums up the children's section this season. It's been a fantastic effort by all involved - mums, dads, the kids - all lead by Kelly Albrecht. Well done and thank you all.

The Monday evening athletics sessions are getting into wind down mode for the season.

On Wednesday evening it was great to see a good number turn out for the track 10,000 metres championship. Some excellent times were turned in. See below for the results.

Club activities

Sundays

Wellness clinic members - From now on Clinic members time on their feet is increasing. Packs will leave from various venues around the City, especially on a Tuesday evening and Sunday morning. 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. They are getting towards the end of a fantastic season.

Check out the children's face book page for details of the forth coming prize giving dates, venues etc.

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)



Wednesday 25 March – the prizegiving for this sector will be held at the Neil Hunt Park clubrooms at 6.00pm. Pizzas are being supplied by the club, so for catering numbers it is **most important** that if you are attending that Adrian

at adrian.lysgaht@xtra.co.nz is advised no later than the evening of Tuesday 24 March if attending. **Booking is essential!**

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

Events out and in the City

Track and Field

Easter Interprovincial contest - Auckland 10/11/12 April

Congratulations to the following from the children's section who have been chosen to represent Athletics Waikato BOP at the above contest. They are: Cooper Simes, Jack Marra, Harrison Roberts-Brake, Manaia Christiansen, Hayden Chapman, Marco Smit, Bella Wyatt, Poppy Croucher.

Kobe Stranks-Rose and Te Pumanawa o Toku Ate were also selected but are unable to attend.

This is a team's event where athletes need to be competent in four events - at least two track and two field.

It is interesting to note that the Athletics Waikato Centre hosted this competition at Smallbone Park in the 80's. The greater part of the organising committee was made up of club members, mums, dads etc from the then Rotorua Athletic Club. In those days there was no such thing as a computer and the results were collated manually using the pentathlon points scoring chart.

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.

Other notices

Club social sub-committee:

If you would like to be part of a fun team that gets together to plan social events for fellow Lake City club members then please contact Sian Twiddy via email or txt sianbremner@hotmail.com or 021 193119. Looking to have something post marathon so get your thing caps on.



Neil Hunt Park clubrooms/ car park:

Thank you to all that kept clear of the Neil Hunt Park this past weekend. The International walkers appreciated this.

While on the subject of Neil Hunt Park please note the following message (slightly amended) received from the Summer Wellness Clinic leader - Annemarie Gallagher.

"We are causing a few issues on Tuesday nights; there is a group using the 'Vintage Car Club' on Tuesdays for 'Spinning Wool' and as you can appreciate, they are elderly ladies who cannot walk far, and they have complained about us taking up 'carparking' and standing on the actual car park itself so that they have to drive around us. Yes, it is a public carpark but as a courtesy to them perhaps endeavour to leave a few spaces available to them near the Vintage Car club's clubrooms. Also, when stretching perhaps move away from the building they are in".

Whakarewarewa Forest:

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

Results

Local athletics - Adults – 10 March 2020

Championships

10000 metres

Michael Voss	M20	30.51.3
Matt Parsonage	M35	35.01.4
Will O'Connor	M20	35.31.5
Leigh Reynolds	M20	38.45.2
Chris Corney	M55	39.01.1
Adrian Lysaght	M45	39.03.0
Andy Twiddy	M40	40.25.9
Alan Crombie	M50	40.29.3
Russell Clarke	M35	44.02.5
Noreen Crombie	W50	47.21.6
Colin Davis	M50	47.41.0
Phil Gulbransen	M65	48.18.3
Chris Bycroft	M45	53.52.2
Max Bragg	M75	67.31.0
Denise Caudwell	W65	76.21.9 (walk)
Robynne Robbins	W60	84.03.4 (walk)



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. This is a dress up event.



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