



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park,
(off Tarawera Road) Lynmore,
ROTORUA
07 345 9362

GUFF SHEET

17 October 2020

The past weeks

Saturday 3 October saw 27 club members head to the Athletics New Zealand Road relay champs at Feilding, plus a number of supporters. The number of team changes occurring to the original teams, saw on the day, very different teams from those entered. The only team that had all the original runners was the Men 50 plus, but then the running order was rejigged. Unfortunately, no team stood on the podium, but this did not detract from a great weekend with plenty of club spirit. Club results are below.

Locally the children's section spent time gearing up for the start of their summer season. Their first club night last Monday evening was unfortunately cancelled to the inclement weather.

Those into distance events spent time out in Whaka Forest, some recovering from their event on Marathon Day.

Neil Hunt Park clubroom access

There are a number of people that have access to the above clubrooms that are no longer financial with the Club. Those that fall into this category will have their access number removed.

Club activities

Juniors (children) weekly summer athletics – at Field 2 of the Rotorua Stadium, Devon Street West. There are important details on the Children's section facebook page regarding this section. Registration for this section have already closed because of being oversubscribed. Below is the parking map for Monday evenings. Follow the red arrows and park in the car park area, and then walk across the playing field to open gate and the athletics track. Contact lakecitychildrensathletics@gmail.com or as mentioned above their facebook page if further information is required.



Sunday / Mid-week activities

Runners

On Sunday mornings, running groups (7.00am – some later) leave from the Neil Hunt Park clubrooms. Midweek informal running groups leave the clubrooms between 5.00pm and 5.30pm on Tuesdays and Thursdays.

Note: As not all runs leave from the Neil Hunt Park clubrooms your pack leader(s) will advise your meeting point.

Walkers

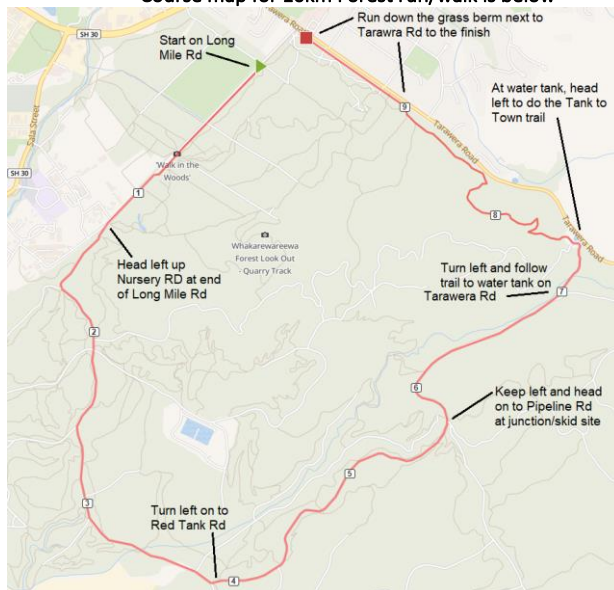
Sunday mornings meeting times and venue vary so please keep in touch with your pack leader. Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm at the Neil Hunt Park clubrooms *Thursday*; 8.00am by Planet Bike, Waipa Mill Bypass Road. 5.30pm at the Neil Hunt Park clubrooms.

The Club's winter programme

Saturday 10 to 18th October - The Forest 10km Handicap run or walk, including the Steph McHale trophy for females. This is a virtual event to be done between 8 –18 October. Start point is at the Pram Track off Long Mile Road with finish at bus shelter on Tarawera Road. From the start head along Long Mile Road, up Nursery Road Hill: Then follow Nursery Road to Red Tank Road. Work your way along Red Tank until the junction of Pipeline Road, then down Pipeline, along the flat and part way up the hill then drop down on your left and over the bridge: then up the other side via Lynmore Link bearing left past the water Reservoir, and then head up through Tank to Town and the down thru the Wattles, (keeping close to the Forest edge): over the bar gate and down the berm road side to finish at the bus shelter near the corner of Long Mile and Tarawera Roads. See map below.

One you have completed the event please email to Matt at matt1980@hotmail.co.nz your time and whether you ran or walked the event. Results will be published in due course.

Course map for 10km Forest run/walk is below





The Club's winter season's prize giving and social is being held

Saturday 24 October 2020

At the Neil Hunt Park clubrooms

4pm to 5pm - mix and mingle social time
(Bar will be open)

5pm to 6pm - BBQ

Entry fee: Each family to bring a salad

The Club is providing the meat for the BBQ

RSVP no later Thursday 22 October
By contacting **Sian** – at sianbremner@hotmail.com,
respond to the Facebook event
or leave names on list at the clubrooms

Booking is essential



Senior track and Field

These Wednesday evening sessions for those 15 plus will be commencing early November. The season's programme is currently being formatted. Those aged 10-14 are welcome to attend, but cannot not take part in senior sections championship programme when it commences in the New Year.

Club membership

Subscriptions for the financial year commencing 1 April 2020 can now be paid and will cover the period 1 April 2020 to 31 March 2021.

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please visit the club's website – www.lakecity.co.nz and click on the link – **Lake City Registration**.

If you are an **existing member** click on "login" (on menu bar), and select "Renew". Check that your current details are correct and update if necessary and then complete with a Credit Card Payment. If you have forgotten your password, please select "Forgotten my password" from the Login page, and follow instructions to reset it.

If you are a **new member** Click "Registration" and fill out the form. Complete the registration with a Credit Card Payment.

Athletics NZ Community Roadshow

This Sunday 18 October from 10.00am to 4.00pm at Tauranga Domain.

The day will provide upskilling and development support to coaches, parents and volunteers in preparation for the upcoming athletics season.

Please contact Kelly at lakecitychildrensathletics@gmail.com if you wish to attend.

The Get Set Go and Run Jump Throw programmes are designed to teach Kiwi kids aged 3 to 10 fundamental movement skills. More information about these programmes can be found here: <http://kidsathletics.nz/> The event-specific coaching clinics are targeted at coaches of athletes aged 10+ and will be highly practical – teaching coaches the basic technical skills and drills for training for each event. Athletes aged 10+ are also invited to take part in these sessions.

Please see below for a draft programme and lead coaches.

Time	Workshop
10.00am - 12.30pm	Rotation 1: a. Get Set Go and Run Jump Throw – Louise Young, Kerry Hill and Mariah Rininui b. Javelin and Hammer Throw – Kirsten Hellier
12.30pm – 1.15pm	Lunch + Community Coach presentation/registration (Lunch will be provided)
1.15pm – 2.00pm	Rotation 2: a. Sprints and hurdles – Kerry Hill b. Shot Put – Kirsten Hellier
2.00pm – 2.45pm	Rotation 3: a. Long Jump – Kerry Hill b. Discus – Kirsten Hellier
2.45pm – 3pm	Break
3pm – 3.45pm	Rotation 4: a. High Jump – Val Bromley b. Relays – Kerry Hill
3.30pm – 3.45pm approx.	Wrap up and questions

Athletics Waikato BOP Officials Training Day

Saturday 31 October, Sport Bay of Plenty, Tauranga.

Athletics NZ's Officials Development Officer, Trevor Spittle, has offered to do some officials training for Athletics WBOP in the lead up to the NZ Secondary Schools T&F Championships in Tauranga in December. He has made himself available for a full day's session on Saturday 31st October, at the Sport BOP offices in Tauranga.

He will cover the general rules, track, throws and jumps, with the presentation starting at 9.30 sharp. Finish time is likely to be 5pm. The C grade written assessments will be available for attendees to take home to complete, as the day will be too long to complete them at that time. This training session is aimed at those wishing to gain the beginners C gradings for track, jumps and throws, not for those progressing to B or A grade.

Trevor is New Zealand's most experienced international official, and has a wealth of knowledge gained from his many trips to big competitions. Like most of us, he started

helping out when his children started with athletics and he has a good understanding of how to help the new officials get started. This is a great opportunity to learn from one of the best.

The cost to attend is \$15-00. Clubs are encouraged to cover this cost for their members.

If you are interested in attending please notify Steve Rees-Jones at Athletics Waikato by Monday 19th October by email to administrator@athleticswbop.org.nz including your name, club and contact details.

More details will be forwarded to those interested in attending.

AWBOP – summer season handbooks now available. Please see below to down load the respective copies.

The summer senior handbook is now available online: <https://athleticswaikatobayofplenty.org.nz/wp-content/uploads/2020/09/Summer-handbook-2020-2021-V1.pdf>

Please note some important changes. Some WBOP Champs events have been moved from the main championships. The steeplechase will be held on 23rd January, the 5000m on 30th January and the walks at the Putaruru Bell on 31st October. Also note that entry to Open Meetings will now be online only with no entries on the day. Entries to close the Thursday prior to the event.

The Children's Summer handbook is now available online: <https://athleticswaikatobayofplenty.org.nz/wp-content/uploads/2020/09/2020-21-Childrens-HandbookV1.pdf>

Sam Johnson Throws Meet

Sunday 8th November at Porritt Stadium, Hamilton.

Competition fee \$5. All throwers of all ages and stages are welcome.

Programme:

10am OPEN Javelin

11am OPEN Women's Shot Put + OPEN Men's Discus

12 OPEN Women's Discus + OPEN Men's Hammer

1pm OPEN Women's Hammer + OPEN Men's Shot Put

Note that start times may slightly differ depending on entry numbers so please be early to get the warm up you may need.

Results

Athletics NZ Road Relay – Feilding 3 October 2020

Social grade – 20 teams

	Christchurch Avon -	1st - 2.26.27		
	Lake City Athletic Club -	18th - 3.03.33		Social Grade place
Lap 1	6.535 km	Conor Lysaght	27.40	6th overall
Lap 2	7.091km	Amy McMahon	31.54	8th overall
Lap 3	5.944km	Megan Clarke	33.02	18th overall
Lap 4	7.147km	Nic Portas	29.43	7th overall
Lap 5	7.255km	Campbell Horn	35.10	16th overall
Lap 6	4.295km	Rachael Wright	26.05	20th overall

Masters men 35-49 – 7 teams

	Wellington Scottish -	1st - 3.52.34		
	Lake City Athletic Club -	5th - 4.19.51		MM Grade place
Lap 1	9.410km	Adrian Lysaght	36.06	5th overall
Lap 2	10.163km	Sjors Corporaal	35.13	3rd overall

Commented [P1]:

Lap 3	9.781km	Matt Parsonage	35.03	3rd overall
Lap 4	9.709km	Jason Cameron	40.33	7th overall
Lap 5	9.707km	Andrew Twiddy	38.33	6th overall
Lap 6	9.549km	Alan Ferguson	36.43	5th overall
Lap 7	9.148.km	Russell Clarke	37.41	7th overall

Masters men 50 plus – 6 teams

Wellington Scottish - 1st - 4.14.25

Lake City Athletic Club - 4th - 4.32.03 M50 Grade place

Lap 1	9.410km	Kerry Robinson	38.38	4th overall
Lap 2	10.163km	Sue Crowley	39.40	5th overall
Lap 3	9.781km	Bruce Edwards	41.23	5th overall
Lap 4	9.709km	Chris Corney	39.21	4th overall
Lap 5	9.707km	Dave Cronshaw	38.08	2nd overall
Lap 6	9.549km	Tony Broadhead	38.48	5th overall
Lap 7	9.148.km	Alan Crombie	36.05	2nd overall

Senior men C grade - 6 teams

Caversham Harriers – 1st - 4.21.52

Lake City Athletic Club - 5th - 5.15.21 C Grade place

Lap 1	9.410km	Megan Grant	41.05	4th overall
Lap 2	10.163km	Gaine Pettersen	45.36	5th overall
Lap 3	9.781km	Trevor Ogilvie	48.34	4th overall
Lap 4	9.709km	Sian Twiddy	46.44	5th overall
Lap 5	9.707km	Phil Gulbransen	47.34	6th overall
Lap 6	9.549km	Graeme Pearson	45.23	6th overall
Lap 7	9.148.km	Jessica Lamb	40.26	5th overall