



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

GUFF SHEET

7 November 2020

The past week

For most it was just the customary pack run or walks this past week. A small number headed to Porritt Stadium, Hamilton and took part in track and field events on offer. Their results are below.

The Auckland marathon and the associated events were held on Sunday. Results of club members can be found on the events website. Also, club members have been taking part in non-sanctioned events like the Tough Guy out at Kiwi Ranch and the City to Surf event at Tauranga/Mt Maunganui with varied results.

The brilliantly fine Monday saw the weekly children's activities being held with a large number in attendance.

Club activities

Juniors (children) weekly summer athletics

Monday evenings – from 4.45pm at Field 2 of the Rotorua Stadium, Devon Street West the above section of the Club is in action. Below is the parking map for events. 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 keep in touch via their facebook page.

Thursday evenings - Development/Coaching sessions:

4.30-5.30pm: "jump into it" with Mariah (high jump and Long Jump)

5pm-6pm: "throw it about" with Dave (Shotput and Discus)

6pm: "Run it out" with Will (Run Session)

Where: at the same venue as the Monday evening sessions

Any member, 7 years and older, are welcome to attend these sessions at the track



Ribbon days

The first ribbon day for this summer is at Whakatane – Rex Morpeth Park – 10.00am, this Saturday 7 November. The next one is hosted by the Fairfield Club at Hamilton's Porritt Stadium on Saturday 14 November.



Other Club Mid-week / Sunday activities

Distance 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 final winter event

The Forest 10km virtual event has now closed. Results are awaited.

Senior track and Field

These Wednesday evening sessions for those 15 plus will be commencing **this Wednesday evening - 4 November**. Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. Events on offer are:

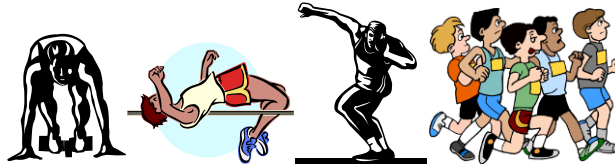
60 metres - Long jump
800 metres - 3000 metres run or walk

The following Wednesday 11 November on the programme are:

100 metres – Shot put
400 metres– 1 mile run or walk

Parking is off Devon Street West, towards the Pukehangi Road end. Head thru the Stadium's Papawaka Kakariki Gate and then park in behind the Stadium's main grandstand's fence line and walk up the hill to Field 2. 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.

For the season full programme visit the club's website – www.lakecity.co.nz



Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series.



LAKE CITY
Athletic Club INC

This summer's Trout Fly series



For the whole family
Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday
starting –This Thursday 5 November

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 (or both)
 - Course winds through the picturesque Sulphur Flats area
- Includes a free refreshment, juice/soft drink for kids plus 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 – Stop trudging the footpath by yourself. Come and join in!
- **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	2021
5th and 19th November	7th and 21st January
3rd and 17th December	4th and 18th February
	4th and 18th March

Athletics Waikato BOP

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. 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>

Open Meeting – This 7th November Porritt Stadium, Hamilton

Entries close **Thursday 5th November** – online entries must be made by visiting Athletics Waikato BOP website

Track

3.00pm 80/100/110m Hurdles
3.20pm 800m
3.40pm 100m
4.10pm 300m
4.30pm 1500m

Field

3.00pm High Jump/Shot
4.00pm Triple Jump/Javelin

Sam Johnson Throws Meet

This Sunday 8th November at Porritt Stadium, Hamilton.

Competition fee \$5. 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.

Athletics Waikato BOP Officials training day

There is an upcoming, jumps and throws officials training course at Cambridge on Sunday 22 November, starting at 9am. Cost \$15 per head. Contact Heather O'Hagan at heathersohagan@gmail.com by deadline Friday 13 November if you are interested in attending.

Athletics New Zealand road championships

This Saturday 7 November 2020 - Bruce Pulman Park, Papakura

Note entries have closed and that no late entries will not be accepted. Good luck to those from the club taking part.

Club winter season

Cross country and Road 2020 trophy and certificate winners

Novice Cup	Alan Ferguson
Veteran Rose Bowl	Noreen Crombie
Costello Rose Bowl	Lance Shilton
Tihi-O-Tonga Trophy (walkers)	Jeanene Lysaght
Foster Shield	Lance Shilton
Smyth Trophy	Sian Twiddy
Lamason Trophy (walkers Foster Smyth)	Neil Butler
Salt Cup - 12 Boys – Cross country	Cody Shilton
Sheaf Cup - Youth Men - Cross country	Not contested
Sheaf Cup -19 Men – Cross country	Not contested
Lord Sports Cup - Senior Men – Cross country	Sam Osborne
Dawson Cup - 19 Women – Cross country	Not contested
Fenton Cup – Senior Women - Cross country	Megan Grant
Weinberg Wools – Masters Men – Cross country	Matt Parsonage

Minster Cup	Matt Parsonage
Phil and Christine Kerrison - Runners trophy (Minster Cup day)	Sarah Lei
Phil and Christine Kerrison – Walkers trophy (Minster cup day)	Jeanene Lysaght
Wild Rose Bowl - 12 Boys - Road	Elliot Castle
McFetridge Trophy - Senior Men - Road	Will O'Connor
Harris Heating Shield – Masters Women – Road	Siobhan Griffiths
Murphy Trophy - most improved aged 16 and under	Anja Crombie
Wakelin Trophy - most improved male -aged above 16	Matt Parsonage
RAC Trophy - most improved female - aged above 16	Noreen Crombie
Peter Roy Egghead Trophy	Dave Cronshaw
Smyth Trophy – Senior Men - Marathon	Gene Wollaston
Vice Presidents Trophy - Senior Woman – Marathon	Megan Clarke
Club Marathon Trophy - Masters Woman - Marathon	Luanna George
Club Marathon Trophy - Masters Men- Marathon	Matt Parsonage
Adriaansz Walking Trophy (most improved walker)	Rob Colledge
Steph McHale Memorial Trophy	to be confirmed

The certificates for those that were unable to attend the prize giving are at the Neil Hunt Park clubrooms. As well as the Trophy certificates the following won places in the various championship events that were on offer over the winter months. All certificates are in the box on the table on your left on entering the club rooms.

Max Bragg	Siobhan Griffiths (2)
Doris Bragg	Campbell Horn (2)
Denise Caudwell	Rina Joy
Neil Butler	Jessica Lamb
Amy Bray	Sarah Lei (2)
Mike Bray	Iain MacDonald
Tony Broadhead	Lillian Muir
Megan Clarke (2)	Kathryn Murphy
Russell Clarke	Will O'Connor (2)
Dave Cronshaw	Gaine Petterson
Colin Davis	Leigh Reynolds
Colin Earwaker	Kerry Robinson
Bruce Edwards	Cody Shilton (2)
Alan Ferguson (2)	Lance Shilton (2)
Carl Fischer	Ephraim Sisay
Luanna George (2)	Peter Vyver
Megan Grant (2)	Gene Wollaston (2)

Results

Putaruru Bell Meet - 31 October 2020 Porritt Stadium, Hamilton

Under 16 Girls

<u>100 metres</u>			
Aylee Gane	Te Awamutu	1st	12.91
Trelise Howard		6th	14.13
<u>200 metres</u>			
Sophie Hancock	Hamilton	1st	26.67
Trelise Howard		6th	30.18
<u>Long jump</u>			
Sophie Hancock	Hamilton	1st	4.83
Trelise Howard		3rd	4.39

Under 18 Women

<u>400 metres</u>			
Krystie Soloman	Frankton	1st	60.82
Gisele Howard		6th	65.68
<u>3000 metres</u>			
Hannah Gapes		1st	9.52.25
<u>Triple jump</u>			

Marg Johanson	Tauranga	1st	10.85
Gisele Howard		3rd	9.58

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.



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

For adults

Sarah Wiwarena 027 347 8115 - Pam Kenny (when she is on site)

Matt Parsonage - 021 0586 189

For children’s singlets

Kelly Albrecht (027 882 6484)

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
Track suit	\$90.00
Beanie	\$18.00
Youth pullover hoodie	\$15.00