



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

GUFF SHEET

14 November 2020

The past week

Last week, became to a certain extent, a bit of a wash out for local events. The same has continued into this week when the Monday evening children's activities were cancelled because of the inclement weather forecasted and a very damp Field 2. Last Wednesday's senior track and field, because of showers throughout the day, became virtually non-existent. Also, the first of the fortnightly Thursday evenings Trout Fly events was held in wet and windy conditions. The results of those that took part in the Trout Fly are below as well as the Steph McHale Virtual 10km Whakarewarewa Forest event. The winner of the Steph McHale Trophy is Rina Joy.

At the Athletics New Zealand Road championships at Bruce Pulman Park, Papakura on Saturday the small number of club members who took part turned in creditable performances. Hannah Gapes took out her Under 18 5km (adding to her Athletics NZ Cross-country challenge title won in early September at Dunedin), Sjors Corporaal won his Men 40 10km, Iain MacDonald was second in his 10k Men 35, and Matt Parsonage was 6th in his Men 40 10km. Sjors, Iain and Matt were members of the Athletics Waikato BOP team which placed 2nd in the Centre Men's 35 to 49 teams event.

Members from the Children's section headed to Whakatane for the first Ribbon day of the season with a large number of ribbons returning to Rotorua.

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



Colgate Games

Details of these Games are now out – both North and South Island fixtures. If looking at taking your youngsters to these Games please catch up with Kelly as she has details on entry requirements etc. Also refer to the club's children's sections Facebook page.

Ribbon days

The next Ribbon Day is this Saturday (14/11) hosted by the Fairfield Club at Hamilton's Porritt Stadium with a 10.00am start. Saturday 21 November Te Awamutu will host their ribbon day followed by the Club's "Day" on Saturday 28 November.

A big thanks to Phil Haines
from



who is sponsoring the children's athletics Player of the Day certificates for
the third year in a row!
17 x free kids pita's going out each week

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.

Senior track and Field

These Wednesday evening sessions for those 15 plus are underway. Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. Events on offer this Wednesday 11 November are:

100 metres – Shot put

400 metres – 1 mile run or walk

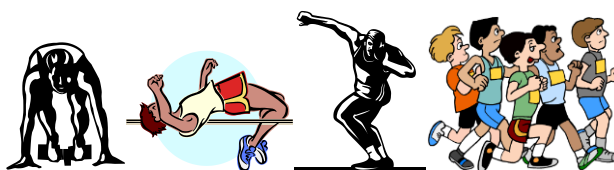
The following Wednesday 18 November on the programme are:

60 metres – Discus

200 metres - 1500 metres run or walk

Parking is off Devon Street West, towards the Pukehangi Road end. Head thru the Stadium's 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 seasons full programme visit the club's website – www.lakecity.co.nz

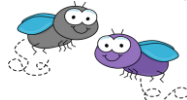


Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series.
The next event is Thursday 19 November.



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 (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

19th November
3rd and 17th December

2021

7th and 21st January
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>

Waikato BOP Masters (35 years plus) "Have a go Day"

This Sunday 15 November 2020
Porritt Stadium, Hamilton, 12 noon

Athletics Waikato BOP Officials training day

There is an upcoming, jumps and throws officials training course at Cambridge 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.

Toi's Challenge – Whakatane

This popular off-road event is scheduled for Sunday 22 November. Visit Whakatane Athletic and Harrier Club's website for event details. **Note** entries online close 9pm Thursday 19 November 2020. Late entries will be taken at registration - Saturday 21 November between 4pm and 6pm and Sunday 22 between 6.30am and 7.30am, at Clubrooms next to start/finish area. Please note this is a "Cup free" event so, you will need to take your own water supply with you out on the course.

Results

Trout Fly - No 1 - 5 November 2020

Long Course	
<i>Name</i>	<i>Time</i>
Matt Parsonage	17.56
Andy Twiddy	19.50
Dave Cronshaw	20.37
Russell Clarke	21.02
Alan Crombie	21.20
Megan Grant	21.37
Anya Crombie	21.55
Chris Corney	21.57
Amy McMahon	22.08
Gaine Petterson	22.45
Sian Twiddy	24.31
Faith McGregor	25.17
Short Course	
<i>Name</i>	<i>Time</i>
Ray Shin	11.25
Jonah Funnell	12.54
James McGregor	12.55
Bruce McGregor	13.26
Rachael Wright	16.29
George McGregor	17.08
Liam McGregor	24.50
Hamish McGregor	24.50

New Zealand Road Championships - Bruce Pulman Park, Auckland

7 November 2020

Masters men – 10km

35-39

Geoff Ferry	Wellington	33.57	1st
Iain MacDonald		35.05	2nd

40-44

Sjors Corporaal		33.20	1st
Matt Parsonage		34.21	6th

Women under 18 – 5km

Hannah Gapes		17.27	1st
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Steph McHale Memorial handicap Whaka Forest 10km

Virtual event – 8 to 18 October 2020

Name	Time	Handicap	Net Time
Will O'Connor	40.15	1.00	39.15
Matt Parsonage	40.54	0.00	40.54
Leigh Reynolds	45.19	4.30	40.51
Russell Clarke	57.09	9.30	47.39
Dee Horne	1.14.54	25.00	49.54
Rina Joy	1.15.00	33.30	41.30
Kathryn Murphy	1.15.00	30.00	45.00
Peter Bloore	1.22.10	30.30	51.40
Alison Cutts (walk)	1.24.00	36.00	48.00
Robynne Robins (walk)	1.33.00	48.00	51.00
Rika Otto (walk)	1.41.00	50.00	51.00
Piet Otto (walk)	1.41.00	50.00	51.00
Tracey Bjarnesen (walk)	1.52.00	62.30	49.30
Lidia Stallion (walk)	1.52.00	62.00	50.00
Rob Colledge (walk)	2.0.6.26	75.00	51.26
Evelyn Lawrence (walk)	2.06.26	75.00	51.26

The winner Steph McHale Memorial Trophy is Rina Joy

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