



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

GUFF SHEET

28 November 2020

The past week

Locally, last Wednesday evening a number of faces not seen for a while at Senior Track and Field fronted. The same applied to the fortnightly Thursday evening Trout Fly event when the numbers increased. The results for both are below.

It was off to Te Awamutu's grass track for the children's ribbon day on Saturday. Again, there was a good representation from the Rotorua based club.

A number of club members took part in the Rotorua Running Festival or Whakatane Toi's Challenge events on Sunday. Results can be found by visiting the respective websites.

Hannah Gapes was the lone club representative at Athletics Waikato BOP track and field meet at Porritt Stadium on Saturday where she turned in an impressive performance in the 1500 metres.

The weekly Monday evening children's athletics saw again a huge number of youngsters and caregivers at the Stadium's Field 2.

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.



Ribbon days

This Saturday 28 November is the Club's "Day" at the Stadium's Field 2. Brilliant weather is hoped for with a large number of club members taking part as well as visitors from around the Bay or Waikato region.

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

Wednesday evenings - Senior Track and Field - Field 2 - the Stadium, Devon Street West



These Wednesday evening sessions for those 15 plus are well underway. Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. **Events on offer this Wednesday, 25 November, are: 100 metres, Javelin, 200 metres and 1 mile run nor walk. Additional events on request.**

The following Wednesday 2 December is the Pentathlon evening. What is this about? It's where 5 events are contested – 100m, Long jump, Shotput, Discus and 1 mile. Points are awarded for each performance (best performance in field events) and these are then age scaled to get age placings. You don't have to take part in all events, but naturally the more you contest the bigger chance of becoming the overall winner. Come and take part in only one event if you wish! All welcome. It's a great evening with plenty of banter and rivalry.

Wednesday evening 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.

Results from last Wednesday are below. For the seasons full programme visit the club's website – www.lakecity.co.nz

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

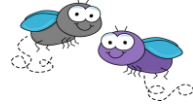
Sunday mornings meeting times and venue vary so please keep in touch with your pack leader. Mid-week there is two meeting times: **Tuesdays; 8.00am** at Neil Hunt Park clubrooms, **5.30pm** at the Neil Hunt Park clubrooms. **Thursday; 8.00am** by Planet Bike, Waipa Mill Bypass Road, **5.30pm** at the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

Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series. The next event is Thursday 3 December. Results from last week's event are below.



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

3rd December
17th December

2021

7th and 21st January
4th and 18th February
4th and 18th March

Lake City Breakfast

Saturday, December 5, 2020 - 9:30am
At the Neil Hunt Park Clubrooms

Lake City are hosting a post - Parkrun breakfast. Come join us for food (bacon, eggs, hash browns, sausages), coffee and chats. All are welcome. Cost is \$5 for the food **but free for Lake City Club members**. We are hoping to have a coffee cart there - otherwise pick up a coffee on the way from parkrun to the breakfast! For catering purposes, please respond via the Facebook page or email Sian at sianbremner@hotmail.com



Athletics Waikato BOP

If wishing to view the summer senior and children's handbooks visit Athletics Waikato BOP website www.athleticswaikatobayofplenty.org.nz Those attending senior meets please note the following that some AWBOP Champs events have been moved from the main championships programme. The steeplechase will be held on 23 January, the 5000m on 30 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 next Open Meet is this Saturday 28 November – 3.00pm to 5.30pm – at Porritt Stadium, Hamilton. The programme is:

Track:

3.00pm - 80/100/110m Hurdles

3.25pm - 3000 metres

3.45pm - 100 metres

4.10pm - 400 metres

4.40pm - 150 metres

Field:

3.00pm – Shot put/Triple jump:

4.00pm – Javelin/High jump



Strategic planning project

Over the past week there has been a number of meetings held to gather thoughts and ideas on how members and the public would like to see the future of the Club in this ever-changing world. Responses will be collated into a Strategic Plan. If you have been unable to attend any of the scheduled meetings you can still contribute through an online survey. Click here to complete this short questionnaire.

<https://forms.gle/nrVQQbq7DF5BBDvw9>

Results

Senior Track and Field - 18 November 2020

Field 2 – Rotorua Stadium

60 metres

Race 1

Gisele Howard	G16	8.3
Matt Parsonage	M40	8.5
Chole Vedder	G15	8.8
Russell Clarke	M35	9.0

Race 2

Matt Parsonage	M40	8.1
Gisele Howard	G16	8.1
Russell Clarke	M35	8.7
Lillian Muir	G15	9.5

200 metres

Matt Parsonage	M40	28.1
Chole Vedder	G15	29.1
Gisele Howard	G16	29.6

Russell Clarke	M35	30.6
Lillian Muir	G15	31.2
Phil Gulbransen	M65	41.7

1500 metres

Matt Parsonage	M40	4.51.1
Russell Clarke	M35	5.19.2
Tony Broadhead	M50	5.27.4
Gisele Howard	G16	5.47.1
Phil Gulbransen	M65	6.46.2
Lillian Muir	G15	6.59.2
Chole Vedder	G15	7.37.8

Discus - (different weights thrown)

Matt Parsonage	M40	14.25
Russell Clarke	M35	11.33
Chole Vedder	G15	15.89
Gisele Howard	G16	24.30
Lillian Muir	G15	17.92

***Trout Fly –
19 November 2020***

5km			2.55km		
Name		Time	Name		Time
Michael Voss	1	17.57	Ray Shin	1	9.49
Jason Cameron	2	18.54	Lance Shilton	2	10.12
Andy Twiddy	3	19.05	Clare Barret-Wood	3	10.38
Fred Shilton	4	19.21	Connor Lysaght	4	10.42
Matt Gare	5	19.23	James McGregor	5	12.10
Adrian Lysaght	6	19.30	Amber Lysaght	6	12.43
Chris Corney	7	19.31	Anita Joy	7	12.43
Dave Cronshaw	8	19.50	Arwen Barker	8	12.57
Graeme Pearson	9	20.07	Bruce McGregor	9	13.13
Alan Crombie	10	20.17	Christine Crowley	10	13.45
Russell Clarke	11	20.53	Leigh Reynolds	11	14.03
George Allan	12	20.59	Ava Fiske	12	14.16
Anya Crombie	13	21.57	Robert Roy	13	15.00
Chris Lord	14	22.23	Daniel Shields	14	15.18
Peter Roy	15	22.38	Tracey Bjarnesen	15	15.57
Noreen Crombie	16	22.51	Ian Yoo	16	16.03
Steve Bjarnesen	17	23.02	Rina Joy	17	16.09
Emma O'Connor	18	23.14	Eunice Yoo	18	16.33
Greg Shields	19	23.38	Rachael Wright	19	16.41
Gavin Voss	20	23.44	Holly Barclay	20	17.47
Phil Gulbransen	21	23.46	Hannah Hickson	21	17.47
Richard Bungeroth	22	23.50	Jodie Hickson	22	17.49
Sian Twiddy	23	23.56	Caleb Finnerty	23	17.54
Kerryn Barker	24	24.38	Tori Finnerty	24	17.56
Stevie Fiske	25	24.48	Joshua Finnerty	25	17.57
Erin Jeffrey	26	24.57	George McGregor	26	18.57

Faith McGregor	27	25.21		Benji Dekaer	27	19.29
Campbell Horn	28	25.34		Ben Dekaer	28	19.29
Blake Burgess	29	25.44		Katie Roy	29	22.15
Dee Horne	30	26.02		Amelia Matthews	30	22.16
Jason Finnerty	31	26.44		Liam McGregor	31	23.27
Charlotte Barclay	32	26.50		Steph Charles	32	23.57
Emma Hickson	33	26.51		Clare Roy	33	24.50
Erin Barclay	34	27.02		Jane Ferguson	34	29.15
Megan Clarke	35	27.06		Eilidh Ferguson	35	29.17
Jack Benson	36	28.09		Nick Jeffery	36	29.50
Raylene Dekker	37	29.51		Euan Ferguson	37	29.57
Kate Flemming	38	29.52		Alan Ferguson	38	29.59
Jeanet Dekker	39	33.04				

Open Track and Field meeting Porritt Stadium, Hamilton - 21 November 2020

1500 metres

Under 18 women

Bob Ritchie	Ham Hawks	1st		4.39.19
Hannah Gapes		2nd		4.39.30

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.