



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

GUFF SHEET

12 December 2020

The past week

It was all go this past week - The Wednesday evening the adults track and field pentathlon evening (results to come) was held; The fortnightly Thursday evening Trout Fly event (results below) with around 80 taking part; a huge number from the children's side of the Club off to Hamilton's Porritt Stadium for their Athletics Waikato BOP relay champs on Saturday; The Lake City hosted breakfast after the Saturday morning Park Run was a great success – thanks to Sian and her social team for putting on the breakfast (see Sian's note of thanks below) and on Monday evening the weekly children's athletics session at Field 2 of the Stadium. Not to be forgotten mid-week and Sunday morning pack runs and walks for the distance orientated club members.

From Sian

A big THANK YOU to everyone who attended our post-parkrun breakfast on Saturday. This was a big success, with over 50 people attending. A huge thank you to everyone who helped with this on the day, and made it the fantastic morning that it was. It was awesome to see both runners and walkers from the club attend, as well as guests from parkrun. As a club, we look forward to hosting another breakfast sometime in the new year! Lastly, thank you to [Boasters Grind2Halt](#) for supporting our event with their awesome coffee cart. Be sure to support them if you have the chance to, since they have supported us with our breakfast.



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 Day/ Tauranga Twilight met

The final 2020 ribbon day is this Saturday 19 December at the all-weather track of Tauranga Domain.

Note that there are events for children on 1 January at the Tauranga Twilight track and field meeting. How to enter, programme etc can be found by visiting www.athleticswaikatobayofplenty.org.nz. This is a good build up met for those heading to the North Island Colgate Games early January 2021.

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



Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. **This Wednesday 9 December** is the programme is 60 metres, Long jump, 800 and 3000 metres run or walk.

The following Wednesday, 16 December is the Nitro evening. More details on this evening next week.

The 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.

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.

Wanted - From January Jessica is no longer in the position to collate and forward the walkers Panui publication. Naturally a replacement from the club's walking fraternity required. If interested please contact Jessica at jbpickering2@gmail.com

Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series. The results from last Thursday 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	2021
17th December (Christmas themed dress this evening)	7th and 21st January 4th and 18th February 4th and 18th March

Athletics Waikato BOP activities

There are no more opening meetings scheduled for 2020. Also note that entry to Open Meetings is now be online only with no entries on the day. Entries to close the Thursday prior to the event.

Forthcoming events are:

- 1 January the Tauranga Twilight track and field meeting which includes the Athletics Waikato BOP 3000 metres track champs. There are events for children.
- Boxing Day (26 December) is the annual King and Queen Mountain race - up and down Mt Maunganui. Details of programmes and how to enter these can be found by visiting

www.athleticswaikatobayofplenty.org.nz website.

To view the summer senior and children's handbooks visit Athletics Waikato BOP website 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.

This weekend (11 to 13 December) the New Zealand Secondary School track and field champs are being held at Tauranga Domain. If you have 2/3 hours (or more) to spare pop over and see some great competition. Best wishes to those club members who are representing their school.

Results

Trout Fly - 3 December 2020

5km			2.55km		
Name		Time	Name		Time
Sam Osbourne	1	16.20	Ronan Griffiths	1	9.46
Michael Voss	2	16.36	Ray Shin	2	9.50
Adrian Lysaght	3	18.46	Jaxson Matthews	3	11.13
Leigh Reynolds	4	19.00	Cody Shilton	4	11.15
Alan Fergusson	5	19.32	Ben Shiels	5	11.55
Andy Twiddy	6	19.50	James McGregor	6	12.04
Shane Ruri	7	20.11	Anita Roy	7	12.23
Johnny	8	20.19	Amber Lysaght	8	12.23
Dave Cronshaw	9	20.38	Ryder Moke	9	12.46
Mitchell Lamb	10	20.59	Ava Fiske	10	13.33
Amy McMahan	11	21.24	Robert Roy	11	13.50
George Allan	12	22.15	Daniel Shiels	12	14.41
Clare Barret-Wood	13	22.22	Sophie Loveless	13	14.56
Aaron	14	22.22	Melanie Loveless	14	14.57
Jake Benson	15	22.30	Rachael Wright	15	16.12
Peter Roy	16	22.43	Katie Roy	16	16.29
Karl Murton	17	23.23	Leah Barker	17	16.36
Steve Fiske	18	23.29	Natalia Loveless	18	16.48
Zara Osbourne	19	23.31	Ian Loveless	19	16.48
Femke Hilbink	20	23.42	Judy Hewlett	20	17.36
Chris Lord	21	23.47	Rina Joy	21	17.37

Phil Gulbransen	22	23.48		George McGregor	22	19.10
Colin Legend	23	24.06		Grace Dekker	23	19.30
Richard Bungroth	24	24.16		Teddy Sharp	24	20.33
Emma Cooper	25	24.27		Tom Sharp	25	20.35
Sarah Lei	26	24.34		Jeannette Dekker	26	21.46
Kerryn Barker	27	24.47		Erca Shilton	27	21.58
Erin Jeffrey	28	25.50		Wailing Fausett	28	21.59
Campbell Horn	29	25.55		Eilidh Fergusson	29	24.20
Blake Burgess	30	26.17		Clare Roy	30	24.33
Dee Horne	31	26.28		Euan Fergusson	31	24.56
Graeme Pearson	32	26.46		Jane Fergusson	32	24.57
Megan Clarke	33	26.48		Liam McGregor	33	25.55
Russell Clarke	34	26.49		Nick Jeffrey	34	29.06
Olivia Goh	35	27.29		Edward Twiddy	35	26.57
Chris Bycroft	36	28.22		Trish Mikaere	36	34.04
Sam Shiels	37	29.45		Mayang Nyawai	37	34.07
Greg Shiels	38	29.45		Jasmin Nuneza	38	34.11
Beck Francis	39	30.08				
Arwen Barker	40	31.10				
Emma Hickson	41	31.19				
Matt Shearer	42	31.31				
Hannah Hickson	43	31.50				
Jody Hickson	44	31.51				
Peter Bloore	45	32.54				
Hannah Muir	46	34.33				

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.