



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

## GUFF SHEET

19 December 2020

### The past week

A number of secondary school club members took part in the New Zealand Secondary School track and field championships at the Tauranga Domain, Friday, Saturday and Sunday. Their results can be found by visiting the New Zealand Secondary schools' athletics website. It is understood that there were some excellent performances and placings turned in by those from Rotorua schools.

Locally, other than the Wednesday track and field it was quite on the local scene, just the customary pack runs and walks – mid week and the weekend. It is pleasing to see a number of club members taking part in the Saturday morning Park Run.

Wow! What a great evening it was when the children's Monday evening of activities were held. Even the weather cooperated, although for some a tad on the hot side. Thank you to all that assisted to make the evening happen - not only this Monday evening but all the other prior evenings plus the Club's ribbon day – a big thank you.

### Club activities

#### Juniors (children) weekly summer athletics

**Monday evening sessions** – from 4.45pm at Field 2 of the Rotorua Stadium, Devon Street West are taking a **rest until Monday 15 February**. There will be training sessions over the holiday period so keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details.

#### Ribbon Day/ Tauranga Twilight meet

The final 2020 ribbon day is this Saturday 19 December at the all-weather track at Tauranga Domain. Ribbon Days resume Saturday 6 February at Taupo.

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](http://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*



**This Wednesday, 16 December** is the Nitro evening. This is a team's event where team members take part in various athletic events (sprints, throws, jumps etc) so the more that attend the more teams. Below is the format of the evening.

### Format

- 6-8 people approx. in a team
- Mixed age, gender and background i.e., distance, field, sprinter. Minimum age to take part is 10.
- 5-6 events to be completed over one hour covering the Nitro Athletics disciplines of power, technique, endurance and teamwork
- Focus on fun, teamwork and spirit of competition and inclusivity
- Every team will be given a team scoring sheet where they will record their performances and keep a tally of their aggregate score along the way. This is to speed up the processing of results and reduce the number of helpers we need to run the night

### Time line

- 6.15pm Muster/roll call/team allocation commences. People wanting to participate need to be there prior 6.15pm to be placed
- 6.35pm Team warm ups
- 6.45pm Nitro athletics commences
- 7.45pm Nitro athletics concludes. Pack-down
- 7.45pm Barbeque & drinks (optional - a couple of people needed to do this. Presentation of prizes for winning teams
- 8.15pm Finish

**Don't think this evening is not for you.** It's a great evening with plenty of rivalry, banter, atmosphere and all abilities catered for. Come along and be part of it. If not wanting to participate there are plenty of tasks that are required to be done to make the evening happen. This is a great way to get involved and you will have the "best seat in the house".

Come and be a cheer leader for one of the teams!

Note 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. It takes a few minutes to walk up so allow a little extra time.

Senior track and field will recommence Wednesday evening, 27 January 2021, with 100 metres, shot put, 400 metres and 1500 metres the programme. Those aged 10-14 are welcome to attend, but cannot not take part in the senior sections championship programme when it recommences on 27 January. For the seasons full programme visit the club's website – [www.lakecity.co.nz](http://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.

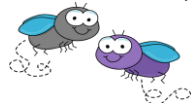
Come along this Wednesday evening to the Nitro event – see above under Senior track and field for location, parking and the evenings programme.

### **Trout Fly summer series**

Below are listed the dates and details of the forthcoming Trout Fly summer series. This **Thursday is the final 2020 event.** Note its Christmas themed dress this evening.



**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

<b>2020</b>	<b>2021</b>
17th December (Christmas themed dress this evening)	7th and 21st January 4th and 18th February 4th and 18th March

## Athletics Waikato BOP activities

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. Online entry is now open
- 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 events can be found by visiting [www.athleticswaikatobayofplenty.org.nz](http://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.

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.

## Results

### Lake City Pentathlon Fun Night Results, 2/12/2020

Name	Grade	100m			Long Jump			Shot Put			Discus			1 mile			Total
		Result	Factor	Points	Result	Factor	Points	Result	Factor	Points	Result	Factor	Points	Result	Factor	Points	
Giselle Howard	G16	13.74	0.9637	688	4.83	1.1241	680	7.87	1.0000	391	26.07	1.0000	389	06:11.0	0.9670	622	2770
Lillian Muir	G15	14.87	0.9540	539	4.22	1.1677	540	6.66	1.0000	313	17.35	1.0000	230	07:35.0	0.9550	275	1897
Chloe Vedder	G15	14.34	0.9540	617	4.43	1.1677	606	6.01	1.0000	272	15.27	1.0000	194		0.9550		1689
Amber Lysaght	G12	16.96	0.9123	364	2.98	1.3477	312	5.44	1.0000	236	13.64	1.0000	166	06:43.0	0.9091	576	1654
Robert Abbel	M40	14.71	0.9578	267	4.44	1.0899	352	8.5	1.1137	454	14.05	1.1014	188		0.9519		1261
Russell Clarke	M35	16.78	0.9869	35	2.96	1.0317	72	6.61	1.0372	299	13.90	1.0143	164	06:00.0	0.9913	390	960
Kelly Albrecht	W35		0.9900			1.0500		8.71	1.0368	466	27.67	1.0368	438		0.9872		904
Jason Chapman*	M45		0.9287			1.1551		6.86	1.2023	381	16.10	1.2049	261	12:07.0	0.9125	105	747
Phil Gulbransen	M65		0.8111			1.5186			1.3607			1.1637		07:18.0	0.7529	520	520
Adrian Lysaght	M45		0.9287			1.1551			1.2023			1.2049		06:43.0	0.9125	342	342

\*: completed the 1 mile as a walk, not run.

### Senior Track and Field – 9 December 2020

#### 60 metres

##### Race 1

Gisele Howard	G16	8.1
Chole Vedder	G15	8.6
Lillian Muir	G15	8.9

##### Race 2

Gisele Howard	G16	7.7
Chole Vedder	G15	8.1
Robert Abbel	M40	8.6
Russell Clarke	M35	9.8
Richard Bungeroth	M45	13.8

#### 800 metres

Russell Clarke	M35	2.40.8
Gisele Howard	G16	2.46.7
Chole Vedder	G15	3.06.7
Lillian Muir	G15	3.34.6

#### 3000 metres

Russell Clarke	M35	12.55.5
Richard Bungeroth	M45	13.04.5
Phil Gulbransen	M65	13.52.2
Robert Abbel	M40	15.23.3
Lillian Muir	G15	17.10.2

#### Long jump

Gisele Howard	G16	4.80
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Chole Vedder	G15	4.17
Lillian Muir	G15	4.23
Robert Abbel	M40	4.40
Russell Clarke	M35	3.35



## 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 or proof that you have made the payment

### Costs

<b>Adults running singlet</b>	\$35.00
<b>Adults short sleeve walker's tee</b>	\$35.00
<b>Junior (children) singlets</b>	
Size 2 to 12	\$30.00
Size 14 plus	\$35.00
<b>Supporting clothing</b>	
Zip hoodie	\$55.00
Track suit	\$90.00
Beanie	\$18.00
Youth pullover hoodie	\$15.00

