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GUFF SHEET

24 December 2020

The past week

Club activities

Thanks to Jason Cameron and his helpers for organising the Nitro Evening of athletics last Wednesday at Field 2 of the Stadium. Those that could not attend missed out on a great event and the following social time. Three teams were formed and towards the competition end the rivalry was strong.

Thursday evening the final Trout Fly event for 2020 was held, this in rather warm conditions. Thanks to all that have assisted in some way with the four events held so far in the series. Results are below.

Saturday it was off to Tauranga Domain for the last children's ribbon day of 2020. There were some great performances put in by those attending.

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 or the children's facebook page for details.

Tauranga Twilight meet/ ribbon days

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 meet for those heading to the North Island Colgate Games early January 2021.

A huge number from the children's section are heading to the North Island Colgate Games (8 to 10 January) at Inglewood. Enjoy the event – It's not all about getting a placing but the experience and enjoyment of being there.

Ribbon Days resume Saturday 6 February at Taupo.

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



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

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.

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.

Yes, the Kia Tu, Kia Ora Marathon Running/Walking Clinic is back for 2021!

This is the framework for new (and experienced) runners to join the Rotorua Marathon (and associated events) training clinic. This programme is free to Club Members, but participants running in the 10km, 21km or 42km events for the **first time** will be eligible for free Club Membership as well as a significantly discounted entry fee to the Event.

We are looking to kick off this 16-week programme on Tuesday 12th January 2021 with the first grading run on Sunday 16th January. Runners will be sorted into groups based on the event they are looking to enter (10km, 21km or 42km) and rough speed so that groups of individuals at similar speeds will run together. This is all in preparation for the main event on Saturday 8th May 2021.

Registrations can be found on <https://lakecity.co.nz/adults-events/marathon-clinic>

Any queries can be directed to Paul Wollaston the 2021 Clinic convenor.

lakecitymarathonclinic@gmail.com or Ph 021 299 8448

Forthcoming distance events

Copthorne Rotorua off Road half Marathon and associated events. This club owned event is scheduled for Sunday 7 March. For event details head to www.eventpromotions.co.nz Keep an eye out for early entry closing dates.

Rotorua Marathon and associated events. These events are being held on Saturday 8 May. By visiting www.rotoruarunners.co.nz event details and early entry closing dates etc can be found.

Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series. The next event is Thursday 7 January.



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

2021
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.
- The first Open meet of 2021 is on 16 January 3.00pm at Tauranga.

- The 23rd January is the Athletics Waikato BBOP Steeplechase champs at the Porritt Stadium open meet.
- Details of programmes and how to enter these events 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.

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

Trout Fly - 17 December 2020

5km			2.55km		
Name	Place	Time	Name	Place	Time
Ollie Shaw	1	17.22	Ray Shin	1	10.16
Matt Parsonage	2	17.30	Novak Marshment	2	11.28
Bryn Parry	3	18.52	Jackson Matthews	3	11.34
Bruce Edwards	4	18.57	Bruce McGregor	4	12.10
Andy Twiddy	5	19.13	James McGregor	5	12.10
Sue Crowley	6	19.33	Sarah Lei	6	12.24
Ian Richardson	7	19.35	Ashleigh Randell	7	12.28
Kallum Brown	8	19.45	Jonah Funnell	8	12.40
Fred Shilton	9	19.49	Leif Parry	9	13.05
John Gray	10	20.10	Blake Parry	10	13.09
Megan Grant	11	20.18	Anita Roy	11	13.13
Adrian Lysaght	12	20.20	Nathanael Barter	12	13.29
Greg Malcom	13	20.27	Claire Randell	13	13.31
Rich Barter	14	20.35	Justine Randell	14	13.31
Alan Crombie	15	20.44	Arwen Barker	15	13.45
Graeme Pearson	16	21.36	Ava Fiske	16	13.50
Clare Barrett-Wood	17	22.07	Robert Roy	17	13.51
Emma O'Connor	18	22.22	Poppy Petterson	18	14.43
Will O'Connor	19	22.25	Grace Dekker	19	15.11
Russell Clarke	20	22.31	Leah Barker	20	15.12
Peter Roy	21	22.32	Campbell Horn	21	15.16
Anna Longdill	22	22.51	Joshua Finnerty	22	15.37
Noreen Crombie	23	23.09	Anton Harding	23	15.46
Richard Bungeroth	24	23.54	Nikita Harding	24	15.47
Gaine Petterson	25	23.59	Helen Marshment	25	15.54
Steve Fiske	26	24.12	Adam Marshment	26	15.55
Phil Gulbransen	27	24.13	Caleb Finnerty	27	16.27
Jason Finnerty	28	24.56	Michael Harding	28	16.37
Anja Crombie	29	25.05	Katie Roy	29	16.55
Kerryn Barker	30	25.22	Benji Dekker	30	17.31
Erin Jefferey	31	26.05	Raelene Dekker	31	17.31

Faith McGregor	32	26.09	Judy Hewlett	32	17.42
Megan Clarke	33	28.21	Rina Joy	33	17.43
Matt Shearer	34	29.31	Edward Twiddy	34	19.54
Steve Courtezi	35	29.43	Reuben Barter	35	19.58
Matt Pearson	36	30.02	Paddy Marshment	36	20.09
Dee Horne	37	30.08	Catherine Donovan	37	20.09
Craig Howlett	38	31.38	Eli Barter	38	20.26
Jason Chapman	39	33.41	Louisa Barter	39	20.27
Ben Haines	40	33.58	Tori Finnerty	40	21.03
Tiwana Rarere	41	35.29	Amelia Matthews	41	21.06
			Jennifer Harding	42	22.21
			Jessica Martin	43	25.24
			Hannah Hickson	44	25.25
			Julz Parry	45	25.35
			Jody Hickson	46	25.35
			George McGregor	47	28.38
			Willow Parry	48	28.45
			Emma Hickson	49	28.45
			Liam McGregor	50	31.24
			Nick Jeffrey	51	35.44

Please note that the Guff Sheet is taking a holiday until the first week of January. Have a happy festive season. and best wishes for 2021. Stay safe, look after one another, take care out on the roads and keep the exercise regime up!

