



Website: www.lakecity.co.nz
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Clubrooms: Neil Hunt Park,
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ROTORUA
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GUFF SHEET

9 January 2021

Welcome to 2021.

The past weeks

Event wise it has been very quiet on the club scene. Many taking time to put in some quite miles under their belt, or taking time out to recharge the batteries after the hectic and unusual past year.

A small number from the club took part in the Mt Maunganui mountain race on Boxing Day and others headed to Tauranga's Twilight track and field meet on New Year's Day. Results of both are below.

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 or the children's facebook page for details.

Ribbon days/North Island Colgate Games

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 podium 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**.

On the programme are: 100 metres, shot put, 400 metres and 1500 metres.

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. If you did not complete the event when it was postponed to September 2020, then this would be your first time!

We are looking to kick off this 16-week programme with the introductory meeting on **Tuesday 12th January 2021**, 6.00pm at the Lake City Athletic Club, Neil Hunt Park clubrooms. The first grading run is on Sunday 17th 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.

If you are remotely keen or know someone who may be, 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 8488

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.

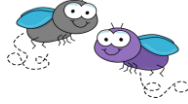
Rotorua Marathon and associated events. These events are being held on Saturday 8 May. By visiting www.rotorumarathon.co.nz event details and early entry closing dates etc can be found.

Trout Fly summer series

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

2021

7th and 21st January

4th and 18th February

4th and 18th March

Athletics Waikato BOP activities

Forthcoming events are:

- The first Open track and field meet of 2021 is 16 January 3.00pm at the Tauranga Domain.
- 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 the 5000m AWBOP Champ event has been moved from the main championships programme to on 30 January 2021.

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

King and Queen Mt Maunganui – 26 December 2020

Daniel Jones	Wellington	MO	19.00	1st overall in race
Sjors Corporaal		1st M35 to 49	19.23	2nd overall in race
Adrian Lysaght		9th M35 to 49	24.52	19th overall in race
Alan Crombie		3rd M 50 plus	25.58	24th overall in race
Olivia Burne	Auckland	WO	21.42	1st overall in race
Sue Crowley		1st W 50 plus	24.34	2nd overall in race
Conor Lysaght		5th Boys 14	11.50	11th overall in race
Anja Crombie		3rd Girls 15	11.38	10th overall in race
Amber Lysaght		4th Girls 15	13.35	16th overall in race

Tauranga Twilight meet – 1 January 2021 – Tauranga Domain

Gisele Howard – Women 18

200 metres	2nd	28.44
400 metres	2nd	66.82
Discus	1st	25.03
Long jump	3rd	5.12

Hannah Gapes – Women 18

1500 metres	1st	4.42.58
3000 metres	1st	10.05.30

Will O'Connor - Men 20-34

3000 metres	4th	9.45.87
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Ephraim Sisay – Men 20-34

3000 metres	5th	9.53.33
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Iain MacDonald – Men 35

3000 metres	1st	9.38.79
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Adrian Lysaght - Men 45-49

3000 metres	3rd	10.51.40
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Kelly Albrecht – Women 35-39

Discus	1st	25.64
Shot put	1st	8.05

Keira Burborough-Murphy – Girl 9

100 metres	1st	16.04
200 metres	1st	36.17
High jump	1st	1.10
Long jump	2nd	3.82

Amber Albrecht – Girl 9

100 metres	2nd	17.31
200 metres	2nd	37.92
Shot put	1st	7.56

Tyla Albrecht – Girl 11

100 metres	4th	16.96
Shot put	3rd	6.40

Amber Lysaght – Girl 12

800 metres	5th	3.00.29
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Trelise Howard – Girl 13

100 metres	2nd	13.61
200 metres	7th	31.37
Long jump	3rd	4.21

Declan Albrecht – Boy 10

100 metres	3rd	18.64
Long jump	3rd	3.14
Shot put	2nd	6.72

Dominic Dube – Boy 11

100 metres	1st	13.82
200 metres	1st	28.77
High jump	2nd	1.25

Conor Lysaght - Boy 14

High jump	2nd	1.40
Long jump	3rd	4.39