



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

GUFF SHEET

16 January 2021

Club rooms users please note

Currently there is a water leak inside the Neil Hunt Park club rooms and repair is awaited. As the water to the building is turned off please do not use facilities related to water access - that is both inside and outside the building. Thank you.

The past week

Last weekend it was off to Inglewood for the North Island Colgate Games for a huge number of members from the Club's children's section. Visit the children's facebook page to see the list impressive of results, or Athletics New Zealand website for all results. No doubt all enjoyed themselves and will have gained from the experience. There is a great spread of photos in the Daily Post.

The first of the 2021 Trout Fly series was held last Thursday. Results are below.

Tuesday evening was the introductory evening for the Kia Tu, Kia Ora Marathon Running/Walking Clinic at the Neil Hunt clubrooms with a very pleasing attendance - some former faces and a lot of new faces. See below for details of the clinic.

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

Ribbon Days resume Saturday 6 February at Owen Delany Park, 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 (for the Kia Tu, Kia Ora Running/Walking Clinic see below)

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.

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. For participants running/walking in the 10km, 21km or 42km events for the **first time** there will be a significantly discounted entry fee to one of the events on 8 May. If you did not complete the event when it was postponed to 26 September 2020, then this would be your first time!

The first grading run is this Sunday 17th January meeting just prior to 7.30am at the Neil Hunt Park clubrooms. Runners and walkers 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. With the huge number that have indicated interest in the Clinic please bear with the organizers as it will take time to sort attendees in their respective areas.

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 in Rotorua

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.

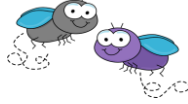
Rotorua Marathon and associated events. These events are being held on Saturday 8 May. By visiting www.rotorumarathon.co.nz event details and early entry closing dates etc can be found.

Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series. The results of last Thursday'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

2021

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 this Saturday, 16 January 3.00pm at the Tauranga Domain. The programme follows.

Track	Field
3.00 300/400m hurdles	3.00 Shot/Long Jump
3.20 200m	4.00 High Jump/Discus
3.45 800m	
4.00 100m	
4.30 400m	

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

Trout Fly - 7 January 2021

5.00km			2.55km		
Name	Place	Time	Name	Place	Time
Michael Voss	1	15.55	Ray Shin	1	9.47
Ollie Shaw	2	16.48	Leif Parry	2	12.15
Iain MacDonald	3	16.51	Blake Parry	3	12.24
Ephraim Sissay	4	16.56	Willow Parry	4	12.26
Matt Parsonage	5	26.58	Rachael Wright	5	15.56
Will O'Connor	6	17.17	Rachael Lee	6	16.05
Bryn Parry	7	18.34	Julz Parry	7	16.36
Sue Crowley	8	18.34			
Ian Richardson	9	19.02			
Andrew Twiddy	10	19.09			
Tony Broadhead	11	20.22			
Megan Grant	12	20.26			
George Allan	13	20.45			
James Harvey	14	21.09			
Dave Cronshaw	15	21.14			
Megan Ball	16	22.18			
Russell Clarke	17	22.25			
Iain Breadmore	18	22.28			
Richard Bungereoth	19	23.40			
Gavin Voss	20	23.54			
Phil Gulbransen	21	24.05			
Jason Steyn-Ross	22	24.12			
Shayne Hossack	23	24.41			
Erin Jeffrey	24	25.04			
Kerryn Barker	25	25.53			
Graeme Pearson	26	26.14			
Sian Twiddy	27	26.33			
Megan Clarke	28	27.52			
Bec Francis	29	28.29			
Peter Bloore	30	31.03			
Mikayla Corboy	31	33.04			