



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

GUFF SHEET

23 January 2021

Club rooms users please note

Water: The leak has been fixed, therefore all facilities in the building are available to use.

Parking: Because of the large number attending club-based events on Tuesday and Thursday evenings parking is becoming a problem for other cul du sac users. There is a group of elderly (mainly ladies) that meet at the Vintage Car clubrooms just prior to 6.00pm on Tuesday and Thursday evenings and it would be appreciated if all the car parks on the right-hand side (basically opposite the Vintage Car club building) are left free as they arrive later than we do and then have the likes of spinning wheels etc to unload and to be carried into the building. You are encouraged to park on the grass area closer to the Rugby fields and then walk over to the clubrooms – thank you.

The past week

Other than training sessions and pack run or walks the highlight of the week was the first run/walk of the 2021 Kia Tu, Kia Ora Wellness running and walking clinic. An impressive number assembled at the Neil Hunt Park clubrooms on Sunday morning and after being briefed they headed off down Long Mile for their first step towards an event on Marathon Day – 8 May.

A contingent of club females headed to Tauranga Domain on Saturday to take part in the open track and field meet there. Results are below

Whakarewarewa Forest

Lake Rotokakahi (The Green Lake)

Word has come thru to the Club that recreational users (pedestrians and bikers) are requested not to use Lake Front Road by the above Lake. This is to reduce the numbers close to the lake and remove the temptation of encroaching on private property. Access at both ends of the road have been closed off. Please respect this closure.

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!

Meet times are – Tuesdays and Thursdays just prior 5.45pm at the Neil Hunt Park clubrooms. Sunday mornings just prior to 7.30am at the clubrooms. As time rolls on not all groups will meet at the clubrooms. Keep in touch with your pack leader re meeting places.

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. Former members of past clinics and current club members are welcome to join, but if you have been in rest mode don't leave it too long as time on one's feet increases quickly over the weeks.


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.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 second 2021 event is this Thursday. Please note there will be a large number of cars in the carpark.



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 – this Thursday
4th and 18th February
4th and 18th March

Athletics Waikato BOP activities

Forthcoming events are: The next Open track and field meet of 2021 is this Saturday, 21 January 3.00pm at the Porritt Stadium, Hamilton. The programme follows.

Track

3.00pm- 80/100/110m Hurdles

3.20pm - 3000m/2000m Steeplechase WBOP Champs (762mm Height)

3000m – Senior W/U20 W

2000m – U18 W/U16 M/U16 W/Masters W/Master M60 plus

3.40 pm 2000m Steeples 838mm (U18 Men)

3.50pm 3000m Steeples WBOP Champs (914mm Height)

Senior Men/U20 Men/MM35-59

4.10 400m

4.25 100m

4.45 800m

5.00 200m

Field

3.00 Javelin/Triple Jump

4.00 High Jump/Hammer

This Saturday 23rd January is the Athletics Waikato BBOP Steeplechase champs at the Porritt Stadium open meet. 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

Open Track and Field meet - 16 January 2021 - Tauranga Domain - (all grades/ages competed together)

Trelise Howard

100 metres	2nd	13.70 (Race 1)
200 metres	5th	28.83
400 metres	6th	80.22
Long jump	8th	4.18

Gisele Howard

100 metres	7th	13.45 (Race 2)
400 metres	4th	68.85
Long jump	5th	4.97
Discus	4th	23.22

Chole Vedder

High jump	3rd	1.45
Long jump	6th	4.55

Kelly Albrecht

Discus	2nd	28.58
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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

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