



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

GUFF SHEET

30 January 2021

Club rooms users - please note

Parking: Because of the large number attending club-based events on Tuesday 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 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 to 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.

QR Code

Just a note that at the Neil Hunt Park clubrooms there is a QR code scanning “poster”. It is respectively suggested, that you scan it each time you are at the clubrooms.

The past week

Two club members headed to the annual Potts Classic track and field meet at Hastings, while others travelled to Porritt Stadium, Hamilton and the Waikato BOP masters meet at Tauranga. The Club captain, Matt Parsonage, headed to Porritt Stadium on Saturday to win his age group of the 3000m AWBOP steeplechase championship in a time of 11.03.12. Matt had a busy weekend as it is known that he attended the Masters Waikato track and field champs at Tauranga on Sunday, together with Kelly Albrecht. At the time of going to print no results were available.

On the local scene were pack runs and walks for club members and those associated with the 2021 Kia Tu, Kia Ora Wellness running and walking clinic. Impressive numbers are turning out for the clinic. Thursday evening was the second 2021 Trout Fly which had an increase in the number attending. 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.

Logging operations

From Wednesday 27th January 2021 Timberlands will be recommencing harvesting within Whaka Forest. These operations are expected to take approximately 2 months. Harvesting is in the Moerangi area as well as the area off the southern end of 8 Mile Gate Road (where you could drive into the Green Lake Picnic area). Logging trucks will be using Moerangi, Chestnut and Hill Roads between the hours of 4am - 4pm Monday to Friday with trucking and loadout also occurring 4pm – 4am Sunday. Trucks will be also be using 8 Mile Gate and Green Lake Roads.

The following mountain bike tracks will be closed during the operations.

- Riff Raff • Frankin Furter • Dammit Janet • Rocky Horror • G-Rock • Pondy New • Pondy Elevator • Baja – lower section (alternate exit open)

The following roads and tracks will have stop/go in place during operational hours:

- Moerangi Road • Tawa Road • Chestnut Road & Chestnut Link (intermittent closures at time) • Ring Road • Sandy Skid Road • 8-Mile Gate Road • Green Lake Road/ Forest Loop/ Black Walking Track • SH5/ Te Ara Ahi Cycleway.

Please obey all signage, instructions and restrictions, respecting these closures, and any instructions given by the security people on site

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 **this 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!

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 (packs) 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 clinic 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.rotoruaramarathon.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.

Athletics Waikato BOP activities

The next track and field meet is this Saturday, 30 January 3.00pm at the Tauranga Doman. This meet included the 5000m AWBOP track championships. The programme is:

Track	Field
3.00pm 300/400m Hurdles	3.00pm High Jump/Discus
3.20pm 800m	4.00pm Long Jump/Shot
3.40pm 100m	
4.10pm 400m	
4.30pm 4x100m Relay	

4.50pm 5000m WBOP Championships. 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

Potts Classic - Track and field – Hastings – 23 January 2021

New Zealand 3000 metres championship

Samuel Tanner	1st (Tauranga)	7.54.16
Will O'Connor	20th	9.18.07
Sisay Ephraim	21st	9.39.75

Trout Fly - 21 January 2021

5km

2.55km

Name	Place	Time	Name	Place	Time
Michael Voss	1	15.24	Ray Shin	1	9.48
Sam Osbourne	2	16.02	Dave Cronshaw	2	10.09
Matt Parsonage	3	16.35	Shayne Hossack	3	10.47
Hannah Gapes	4	17.35	Jason Finnerty	4	11.22
Leigh Reynolds	5	18.16	Stevie Fiske	5	11.26
Adrian Lysaght	6	18.35	Connor Lysaght	6	11.27
Andy Twiddy	7	18.54	Cody Shilton	7	11.27
Ian Richardson	8	19.01	Novack Marshment	8	11.28
Fred Shilton	9	19.28	Chris Browne	9	12.04
Laurence Lickfold	10	19.32	James McGregor	10	12.25
Bryn Parry	11	19.47	Ryder Moke	11	12.32
Adam Marshment	12	19.53	Arwen Barker	12	12.32
George Allan	13	19.54	Leif Parry	13	12.55
Allan Ferguson	14	19.54	Jayda Moke	14	13.02
Andy Hickson	15	20.05	Bruce McGregor	15	13.25
Megan Grant	16	20.09	Blake Parry	16	13.43
Mark Challoner	17	21.00	Ava Fiske	17	14.16
Anja Crombie	18	21.03	Lily Miller	18	14.31
Alan Crombie	19	21.05	Campbell Horn	19	14.49
Graeme Pearson	20	21.08	Rach Wright	20	15.02
Steve Holloway	21	21.12	Franca Helmich	21	15.22
Emma O'Connor	22	21.28	Rachael Lee	22	15.39
Amy McMahon	23	21.51	Gareth McHale	23	16.09
Kobe Stranks-Rose	24	21.52	Alana Miller	24	16.12
Russell Clarke	25	21.52	Julz Parry	25	16.21
Noreen Crombie	26	22.38	Judy Hewlett	26	17.34
Jake Benson	27	23.06	Ella Baird	27	17.36
Esther O'Sullivan	28	23.32	Leah Barker	28	17.37
Moana Billot	29	23.33	Noah Baird	29	17.38
Kerryn Barker	30	23.34	Sheryl Pearson	30	18.39
Erin Jeffery	31	23.45	Sandra Engert	31	19.10
Adam Baird	32	23.46	John Wilkinson	32	21.09
Blake Burgess	33	24.07	Steph Charles	33	25.03
Phil Gulbransen	34	24.13	George McGregor	34	26.33
Michaela Harris	35	24.16	Xavier Bruce	35	26.49
Colin Davis	36	25.15	Angela Jensen	36	27.00
Scott Curran	37	25.16	Liam McGregor	37	29.42
Faith McGregor	38	25.45	Hannah Hickson	38	29.48
Dee Horne	39	25.45	Jody Hickson	39	29.48
Michelle Parker	40	25.57	Shana Clout	40	30.06
Warrick Stranks-Rose	41	26.05	Rob Colledge	41	30.06
Chris Bycroft	42	26.14	Morgan McCormick	42	32.53
Megan White	43	26.56	Emma Hickson	43	32.53
Matt Ensor	44	26.56	Willow Parry	44	32.54
Megan Clarke	45	27.18	Eilidh Ferguson	45	36.45
Shyloh Bell	46	28.00	Euan Ferguson	46	40.04

Mark Harman	47	28.13	Jane Ferguson	47	40.06
Bec Francis	48	28.37	Janice Gulbransen	48	40.15
George Smith	49	28.59	Willie Gulbransen	49	40.28
Matt Shearer	50	29.55			
Hayley Farmer	51	30.45			
Jodie Richards	52	30.56			
Rachael Campbell	53	30.57			
Hayley Richards	54	30.58			
Peter Bloore	55	31.45			
Judith Meek	56	36.32			
Rachael Catley	57	37.29			
Tegan Richards	58	38.34			
Paul Wollaston	59	38.35			



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]
- 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

4th and 18th February
4th and 18th March