



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

## **GUFF SHEET**

**6 February 2021**

### **QR Code**

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**

The results of club members that attended the Masters Waikato BOP track and field meet at Tauranga on Sunday 24 January are now to hand and are below.

On Wednesday evening at the Field 2 of the Stadium, Devon Street West, there was some great performances in the first session of the 15 plus track and field championships. The men’s 1500 metre was tussle between Iain Macdonald, Ephraim Sisay and Matt Parsonage. All three tracked each other until the last 300 metres when Matt broke away to win. Grade 14 athlete, Bella Wyatt, dominated the female 1500 metres.

Matt continued his good form when he won the Athletics Waikato BOP 5000 metres track champs at Tauranga Domain on Saturday. The Howard girls also headed to Tauranga and took part in various events. At the Cooks Gardens Classic, Para-athlete Lisa Adams, competed in the shot put with a performance 1cm short of her world record. All results are below.

On the local scene pack runs and walks for club members and those associated with the 2021 Kia Tu, Kia Ora Wellness clinic went ahead. Great numbers are attending the clinic get sessions.

### **Coaches call out!**

We want to hear from any club member that is a coach in any of the areas that the club offers. We would like to have a ‘Coaches Corner’ on our website that lists coaches and their specialties. This is a great way to promote the coaches within our club, and be able to share their details with members when looking for specialist coaching. You do not need to have any specific qualifications as such, you may be someone that has many years of experience and passion for the sport and would like to continue helping out where you can.

If you are interested in being added to this section of the website, can you please send an email to [info@lakecity.co.nz](mailto:info@lakecity.co.nz) with your name, contact details, specialties and even a photo so we can proudly put these up on our website.

### **Wanted - a Club volunteer**

After many years, President Rob, has retired from getting volunteers for the Copthorne Off Road Half Marathon (7 March this year) and arranging their duties. This means a replacement is required to do this task, of which the greater part of the “work” is pre-event. If interested in taking on this “task” please contact Rob at 07 348 7768 or [rob.colledge@slingshot.co.nz](mailto:rob.colledge@slingshot.co.nz) to discuss what is involved. A response by the 7 February to Rob would be great.

## 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](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details.

### Ribbon days

Sorry to advise the Taupo Ribbon Day scheduled for **6 February has been cancelled**. The next Ribbon Day listed on the Athletics Waikato BOP programme is at Tokoroa Saturday 13 February followed by Te Aroha on 21 February.

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**



The following championship events this Wednesday are:

**Discus, Long jump (both 6.35pm), 200 metres (7.00pm) and 3000 metres (7.20pm) plus a non- champs 60 metres (6.15pm).**

Don't leave it to the last minute to arrive. If the programme runs ahead of time some events could be moved forwarded.

Those aged 10-14 are welcome to attend Wednesday evenings, but cannot not take titles in the senior championship programme. Please visit the children's section of the club's website for details of when your championships will commence.

Please 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***

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.

Any queries can be directed to Paul Wollaston the 2021 Clinic convenor. [lakecitymarathonclinic@gmail.com](mailto: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](http://www.eventpromotions.co.nz) Early entry closes 23 February and the late entry fee kicks in the next day – 24 February.

*Rotorua Marathon and associated events.* These events are being held on Saturday 8 May. By visiting [www.rotorumarathon.co.nz](http://www.rotorumarathon.co.nz) event details

### ***Trout Fly summer series***

Below are listed the dates and details of the forthcoming Trout Fly summer series. The next one is this Thursday.

## **Athletics Waikato BOP activities**

The next major meet is the Porritt Classic on Saturday 13 February. The programme and entry details are on the Athletics Waikato BOP website. Note that entries close 7 February and are to be made on line.

Sunday 14 February is a Masters meet at Porritt Stadium starting at 12 noon.

The weekend of 20-21 February is the Athletics Waikato BOP track and field champs at Porritt Stadium. Visit AWBOP website for entry and programme details. Entry is online with no late entry.

## **Whakarewarewa Forest**

### **Logging operations**

Timberlands have recommenced 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.

Recreational users (pedestrians and bikers) are requested not to use Lake Front Road by Lake Rotokakahi (The Green Lake) at any time. Access at both ends of the road have been closed off. Tikitapu Road is the alternative to get to and from the Blue Lake region.

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

## Results

### Masters Waikato BOP Track and Field – Tauranga Domain - 24 January 2021

#### *Kelly Albrecht – W35*

Shot put	1st	8.49
Discus	2nd	23.39
Javelin	1st	16.92
Hammer throw	1st	23.98
Weight throw	1 <sup>st</sup>	7.60

#### *Matt Parsonage – M40*

1500 metres	1st	4.34.15
5000 metres	1st	16.26.31

### Senior club track and Field – 27 January 2021 (Incorporating Grade 15 plus club championships)

#### *100 metres – Race 1*

Ephraim Sissay	M20	13.2
Robert Abbel	M40	14.2
Russell Clarke	M35	14.4
Adrian Lysaght	M45	15.0
Iain Macdonald	M35	16.8

#### *100 metres – Race 2*

Gisele Howard	W18	13.2
Trelise Howard	G13	13.9
Lillian Muir	W16	14.8

#### *400 metres – Race 1*

Adrian Lysaght	M45	67.13
Russell Clarke	M35	72.7
Phil Gulbransen	M65	97.8
Rachael Wright	W20	1.49.6

#### *400 metres - Race 2*

Gisele Howard	W18	66.3
Bella Wyatt	G14	73.0
Trelise Howard	G13	75.9
Lillian Muir	W16	84.5

#### *1500 metres – Race 1*

Matt Parsonage	M40	4.22.9
Ephraim Sisay	M20	4.24.6
Iain Macdonald	M35	4.26.1
Adrian Lysaght	M45	5.00.3
Russell Clarke	M35	5.47.5
Phil Gulbransen	M65	6.35.4

#### *1500 metres – Race 2*

Bella Wyatt	G14	5.37.2
Morgan Ball	W20	6.02.8
Gisele Howard	W18	6.35.7
Lillian Muir	W16	7.30.8
Rachael Wright	W20	8.06.1

#### *Shot put (different weights thrown)*

Adrian Lysaght	M45	5.80
Russell Clarke	M35	6.66
Tuandre Mare	M16	10.87
Robert Abbel	M40	8.24
Kelly Albrecht	W35	8.25

Gisele Howard	W18	7.65
Lillian Muir	W16	6.52
Matt Parsonage	M40	5.81

**Open Track and Field meet – 30 January 2021 -  
Tauranga**

*Trelise Howard*

100 metres	3rd	13.78
Long jump	4th	3.96

*Gisele Howard*

100 metres	5th	13.63
Long Jump	3rd	4.72
Discus	2nd	24.59

**Waikato BOP 3000 metres track championships**

Matt Parsonage	M40	1st	16.20.49
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**Cooks Gardens Classic (Whanganui) 30 January 2021**

*Lisa Adams - Para athlete F37*

Shot put (3kg)	1st	15.49
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**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 (this Thursday)** and 18th February  
4th and 18th March