



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
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Clubrooms: Neil Hunt Park,  
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ROTORUA  
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## **GUFF SHEET**

**13 February 2021**

### **The past week**

The Wednesday evening championship track and field programme at the Field 2 of the Stadium, Devon Street West, continued. Results are below.

Thursday evening saw the third 2021 Trout Fly event held around Sulphur Point on a brilliantly fine evening. Around 80 took part. Results are also below.

The Kia Tu Kia Ora running/walking clinic members putting in time on their feet in preparation for their big day on 8 May (Marathon Day) are having time out in the Forest is gradually creeping up.

### **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. To date there has been one response.

### **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 14 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 back in action from this coming Monday **15 February**. Keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details. Club champs start 1st March (for 5-14yr old's). You must be in full club uniform with an age flash sewn on to participate in our club champs.

#### **Ribbon days**

The next Ribbon Day listed on the Athletics Waikato BOP programme is at Tokoroa Saturday 13 February (this Saturday) 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**



Please note that there has been a reshuffle of the championship programme. It now reads as follows: Distance athletes please note the date change for the 5000 metres champs.

#### **10 February**

6.15pm	60 metres	Non championship
6.30pm	High jump	Championship - all grades
6.45pm	Shot put	Non championship
7.00pm	400 metres	Non championship
7.15pm	5000 metres	Championship - <b>please supply your own lap recorder</b>

#### **17 February**

6.15pm	60 metres	Non championship
6.35pm	Hammer	Championship - Grade 17 plus
7.00pm	200 metres	Non championship
7.20pm	800 metres	Championship - all grades

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

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.

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.

Come and support this event. There's two ways you can.

- (a) As a participant in one of the events on offer, 5,10 or 21 km – note early entry cut off as detailed above. There are events for the littles – The Little Devils 3k and 1.5 km
- (b) As a volunteer on the day. No experience needed to do tasks such as registration, parking, manning drink stations etc. Some of the duties can be done pre-event by those participating.
- (c) How to indicate your assistance can be done by completing the form on the table at the bottom of the clubroom stairs.



Want to be in the middle of the action? Then place your name and contact details on the form.

*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.

## **Athletics Waikato BOP activities**

The next major meet is the Porritt Classic on this Saturday 13 February. The event details are on the Athletics Waikato BOP website. Entries have closed. If you wish to view New Zealand top athletes in action then head to Hamilton.

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. Note club uniform to be worn.

## **Whakarewarewa Forest**

**Logging operations** – these are still continuing within Whaka Forest and will be for some time. Previous guff sheets have details of areas closed to the public.

**Lake Rotokakahi (The Green Lake)** - Recreational users (pedestrians and bikers) are requested not to use the Lake Front Road 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



**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**

18th February

4th and 18th March

## Results

**Senior club track and Field – 3 February 2021  
(Incorporating aged 15 plus club championships)**

*60 metres – non championship*

Gisele Howard	W18	8.3
Chole Vedder	G16	8.7
Lillian Muir	G16	9.2

*200 metres championship – race 1*

Gisele Howard	W18	27.9
Chole Vedder	G16	29.7
Lillian Muir	G16	31.8

*race 2*

Austin Lash	B16	24.9
Heath Lash	B14	28.8
Russell Clarke	M35	30.5
Sam Rossiter	M20	31.7
Phil Gulbransen	M65	41.1

3000 metres championship

Matt Parsonage	M40	9.39.7
Alan Ferguson	M35	10.29.5
Heath Lash	B14	11.06.4
Alan Crombie	M50	11.49.8
Russell Clarke	M35	11.53.4
Austin Lash	B16	12.17.7
Anja Crombie	G16	12.19.4
Richard Burgeroth	M45	12.41.0
Noreen Crombie	W55	12.58.6
Phil Gulbransen	M65	13.25.3

Long jump championship

Lillian Muir	G16	4.05
Gisele Howard	W18	4.65
Chole Vedder	G16	4.43
Anja Crombie	G16	3.74
Russell Clarke	M35	3.13
Sam Rossiter	M20	3.77
Kelly Albrecht	W35	2.37
Heath Lash	B14	4.35

Discus – championship (different weights thrown)

Kelly Albrecht	W35	29.00
Lillian Muir	G16	15.83
Chole Vedder	G16	15.76
Gisele Howard	W18	22.82
Sam Rossiter	M20	20.26
Russell Clarke	M35	13.99

**Trout Fly - 4 February 2021**

(Spelling of names as supplied)

<b>5km</b>			<b>2.55km</b>		
Name	Place	Time	Name	Place	Time
Michael Voss	1	16.18	Ray Shin	1	9.45
Will O'Connor	2	16.31	Leigh Reynolds	2	10.36
Matt Parsonage	3	16.53	Novak Marshment	3	11.14
Adrian Lysaght	4	18.25	James McGreggor	4	12.03
Ian Richardson	5	18.30	Charlotte Barclay	5	12.04
Sue Crowley	6	18.39	Bruce McGreggor	6	12.04
Matt Gare	7	18.53	Emma Hickson	7	12.05
Andy Twiddy	8	18.58	Ben Shield	8	12.19
John Gray	9	19.20	Amber Lysaght	9	12.20
Adam Marshment	10	19.40	Hannah Hickson	10	12.41
Fred Shilton	11	19.48	Joshua Finnerty	11	12.46
Greg Malcolm	12	19.54	Cody Shilton	12	12.59
Dave Cronshaw	13	20.09	Ryder Moke	13	13.36
Alan Crombie	14	20.32	Daniel Shields	14	14.28
Steve Halloway	15	20.37	Rachael Lee	15	14.31
Greame Pearson	16	21.30	Ava Fiske	16	15.07

Clare Barret-Wood	17	21.47	Leigh Barker	17	15.48
Anja Crombie	18	21.48	Helen Marshment	18	16.25
Ian Breadmore	19	21.58	Olivia Groot	19	16.28
Russell Clarke	20	22.30	Samantha Elston	20	17.07
Shayne Hossack	21	22.30	Holly Wilson	21	17.08
Femke Hilbink	22	22.35	Charlie Goldenthal	22	17.08
Greg Shields	23	22.48	Lucy Groot	23	17.25
Noreen Crombie	24	22.49	Geraldine Groot	24	17.26
Jason Finnerty	25	23.18	Jeanene Lysaght	25	18.07
Phil Gulbransen	26	23.23	Jodie Hickson	26	19.08
Erin Jeffrey	27	23.26	Stevie Fiske	27	19.31
Kerryn Barker	28	24.25	Robin Reynolds	28	22.37
Sian Twiddy	29	24.35	Eilidh Ferguson	29	22.59
Michelle Parker	30	25.40	Erica Shilton	30	23.00
Chris Bycroft	31	25.57	Steph Charles	31	24.06
Dee Horne	32	25.57	Alan Ferguson	32	24.24
Faith McGreggor	33	26.07	Euan Ferguson	33	24.24
Campbell Horn	34	26.17	George McGreggor	34	26.07
Megan White	35	26.29	Rob Colledge	35	26.51
George Smith	36	26.29	Rodger Allsopp	36	26.51
Hayley Farmer	37	29.50	Shona Clout	37	26.51
Jodie Williams	38	29.55	Karen Allsopp	38	26.52
Rachael Campbell	39	30.05	Sheryl Morrison	39	26.53
Shaun Syrke	40	31.11	Darren Clout	40	26.58
			Katherine Twiddy	41	29.10
			Brianna Kang	42	29.11
			Liam McGreggor	43	32.22

## 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.