



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**

**20 February 2021**

### **QR Code**

Now that we have moved to Level Two, hopefully for only a couple of days, we need to heed the guidelines relating to this level. 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 wet evening last Wednesday only allowed the club 5000 metres track champs to be held. Results are below. Championship events not held have been incorporated into this coming Wednesday's programme – weather and Covid 19 permitting.

The annual Porritt Classic track and field meet was held on Saturday with only one club member taking part. This was Hannah Gapes who ran the woman's open 1500 metres to finish 9th overall in a time of 4.31.66

Time on their feet for the Kia Tu Kia Ora running/walking clinic members is increasing, with many being introduced to hills within the Forest.

50 youngsters from the club headed to Tokoroa on Saturday for their first ribbon day of 2021. One of the highlights of the day was the two teams of mums and dads participating in the adults 4 x 100 relay. Top place went to one of the teams.

Within excess of 100 attending the children's club scheduled Monday evening activities these were cancelled this past Monday- Covid.

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

This "situation" is still vacant. 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. – urgently. Also see below for the request for on the day volunteers.



### **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. 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 the club champs. Keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details.

#### **Ribbon days**

The next Ribbon Day listed on the Athletics Waikato BOP programme is at Te Aroha on 21 February. Note this is a Sunday. The pentathlon day at Cambridge is on the 27 February. Refer to the club's children's page facebook post (8/2) reentry details.

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 another reshuffle of the championship programme. It now reads as follows: The high jump champs that were scheduled for last week are now on this coming week.

#### **17 February**

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

#### **24 February**

6.15pm	1mile	Non championship
6.35pm	Triple jump	Championship
6.35pm	Javelin	Championship
7.00pm	60 metres	Non championship

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.

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***

*Cophorne 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.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) event details

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

The next event in the series is coming Thursday, 18 February and is likely to be on a revamped course. Due to the underpass on the course being scheduled to be closed for an upgrade an alternative course has been set if the under pass is closed. The new course is only 4.00km but has a hill in it. Register as usual at the Neil Hunt Park clubrooms. Keep in touch via the club's facebook page re any instruction relating to the event and Covid 19.

## **Athletics Waikato BOP activities**

This weekend (20-21 February) is the Athletics Waikato BOP track and field champs at Porritt Stadium. Note club uniform to be worn. Please note that the open meet at Tauranga on 27 February has been cancelled.

## **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

## **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.



### **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**

**This Thursday 18th February**

4th and 18th March

# Results

## Porritt Classic track and field meet, Hamilton – 13 February 2021

*Open women's 1500 metres*

Camille Buscomb (Hawks)	1st	4.13.47
Hannah Gapes	9th	4.31.66

## Senior club track and Field – 10 February 2021 (Incorporating aged 15 plus club championships)

*5000 metres – championships (wet evening)*

Matt Parsonage	M40	16.39.6
Adrian Lysaght	M45	18.17.3
Bruce Edwards	M55	18.31.5
Alan Ferguson	M35	18.37.7
Andy Twiddy	M40	18.38.4
Megan Grant	W20	19.53.7
Jessica Lamb	U20	20.32.0
Russell Clarke	M35	21.15.6
Noreen Crombie	W55	22.24.1
Richard Burgeroth	M45	23.06.0
Phil Gulbransen	M65	23.18.3

*3000 metres – Non championship*

Jason Cameron	M45	10.41.8
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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

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