



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

## **GUFF SHEET**

**27 February 2021**

### **The past week**

The fortnightly Thursday evening Trout Fly event saw a change of course due to the underpass at the Te Ngae/Sala Street junction being closed. The shorter, new course will be used for the remainder of the series.

Most of the packs relating to the Kia Tu Kia Ora running/walking clinic headed out to the Waipa mountain bike carpark to take in a portion of their respective course for the events on the 7 March

Sunday, saw a number from the Children's section head to Te Aroha for a ribbon day.

After a number of weeks without their Monday evening activities the children are back at Field 2 of the Stadium and are building towards the commencement of their championships.

Both Saturday and Sunday club members attended the Athletics Waikato BOP track and field championships at Porritt Stadium Hamilton with a number of medals coming back to Rotorua.

Who won the cricket on Sunday – the Under 40's or the 40 pluses?

### **Club activities**

#### **Juniors (children) weekly summer athletics**

The Monday evening sessions are from 4.45pm at Field 2 of the Rotorua Stadium, Devon Street West. 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 champs. Keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details.

#### **Ribbon days**

The Pentathlon day at Cambridge is on this Saturday 27 February. Refer to the club's children's page facebook post (8/2) for details. Saturday 6 March is Paeroa's ribbon day, the final for this summer.

The Athletics Waikato Bop championships are at the Tauranga Domain on 13 March. Keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for entry details. Note no late entries accepted.

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**



This Wednesday's programme is below.

#### **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.

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. Some of the activities are now leaving from the Waipa Mountain Bike carpark so 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)

As early entry has closed you are now on the late entry fee.

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. 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.



Want to be in the middle of the action? Then place your name and contact details on the form at the Neil Hunt park clubrooms or email - [thekennys.nz@gmail.com](mailto:thekennys.nz@gmail.com) (07 348 8448) no later than Thursday, 25 February with where you can assist. **Any one associated with the Club can assist – Mums, Dads, those not competing etc. For the event to proceed all positions must have volunteers. Other words volunteers are being begged for.**

Registration: 7.00 to 11.00am - this area is filled.

Parking: 7.00am to 10.30am

Marshalling 8.30 to 1.00pm

Drink Stations 9.00am to 1.00pm

Finish line 9.00 to 1.00pm

Some of the areas you can leave to run, others it's the full-time frame.

*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***

Due to the underpass on the course being closed for an upgrade an alternative course has been set and was used last Thursday. The new course is only 4.00km but has a slight hill in it. Register as usual at the Neil Hunt Park clubrooms.

## **Athletics Waikato BOP activities**

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 could be for another 8 weeks or so. Most of the operations are out the Green Lake way.

**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

## **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.

## Results

Trout Fly - 18 February 2021			New Courses		
4km			3km		
Name	Place	Time	Name	Place	Time
Ephrain Sisay	1	13.59	Ray Shin	1	10.54
Michael Voss	2	14.04	Novak Marshment	2	12.43
Leigh Reynolds	3	14.26	Tommy Sharp	3	13.05
Adrian Lysaght	4	14.50	Teddy Sharp	4	13.05
Andy Twiddy	5	15.15	James McGregor	5	13.16
Greg Malcolm	6	15.40	Bruce McGregor	6	13.28
Adam Marshment	7	15.41	Cody Shilton	7	13.55
Megan Grant	8	16.04	Amber Lysaght	8	14.01
Steven Holloway	9	16.14	Ashleigh Randell	9	14.29
George Allan	10	16.15	Arwen Barker	10	14.31
Alan Crombie	11	16.15	Ben Shiels	11	15.08
Fred Shilton	12	16.37	Claire Randell	12	15.11
Lance Shilton	13	16.56	Fraser Barclay	13	15.14
Russell Clarke	14	16.59	Kiera Murphy	14	15.49
Hannah Gapes	15	17.02	Ava Fiske	15	16.01
Daniel Gapes	16	17.03	Ryder Moke	16	16.24
Graeme Pearson	17	17.51	Helen Marshment	17	17.44
Emma O'Connor	18	17.54	Jack McLean	18	18.07
Anja Crombie	19	18.12	Jared McLean	19	18.09
Richard Bungeroth	20	18.14	Leah Barker	20	18.15
Stevie Fiske	21	18.17	Aaron Randell	21	18.16
Noreen Crombie	22	18.18	Daniel Shiels	22	18.22
Charlotte Barclay	23	18.19	Patrick Donovan	23	18.27
Emma Hickson	24	18.21	Catherine Donovan	24	18.27
Jason Finnerty	25	18.24	Judy Hewlett	25	19.47
Sian Twiddy	26	18.48	Erica Shilton	26	24.48
Erin Jeffrey	27	19.05	Eilidh Ferguson	27	28.15
Kerryn Barker	28	19.40	Alan Ferguson	28	28.22
Phil Gulbransen	29	19.43	Euan Ferguson	29	28.27
Sarah Lei	30	20.18	Max Ward	30	31.27
Faith Barber	31	20.41	Kathy Jackson	31	31.27
Colin Earwaker	32	22.26	Darren Clout	32	32.23
Hannah Hickson	33	22.47	Rob Colledge	33	32.43
Bec Princess	34	23.13	Shona Clout	34	32.48
Jodie Hickson	35	23.56	Liam McGregor	35	33.04
Sam Shiels	36	24.20			
Greg Shiels	37	24.20			
Rach Wright	38	25.15			
Dee Horne	39	25.58			

Kathryn Murphy	40	26.00			
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**Senior club track and Field – 17 February 2021**  
**(Incorporating aged 15 plus club championships)**  
*Hammer throw (Different weights thrown)*

Adrian Lysaght	M45	9.47
Russell Clarke	M35	12.68

Sam Rossiter	M20	16.00
Elliot Castle	B11	9.61
Gisele Howard	W18	8.77
Lillian Muir	G16	11.46

*High jump*

Adrian Lysaght	M45	1.15
Sam Rossiter	M20	1.20
Russell Clarke	M35	1.10
Lillian Muir	G16	1.30
Gisele Howard	W18	1.30
Robert Abbel	M40	1.50

*800 metres*

Ephraim Sissay	M20	2.11.3
Alan Ferguson	M35	2.15.4
Adrian Lysaght	M45	2.32.4
Russell Clarke	M35	2.41.7
Gisele Howard	W18	3.02.1
Sam Rossiter	M20	3.14.1
Elliot Castle	B11	3.20.4
Phil Gulbransen	M65	3.28.8
Lillian Muir	G16	3.49.0
Rachael Wright	W20	3.50.5

*60 metres – non championship*

Gisele Howard	W18	8.4
Robert Abbel	M40	8.6
Lillian Muir	G16	8.8
Russell Clarke	M35	9.4

*200 metres – non championship*

Gisele Howard	W18	28.8
Robert Abbel	M40	30.9
Lillian Muir	G16	31.6
Elliot Castle	B11	37.5

**Athletics Waikato BOP track and field champs –  
Porritt Stadium – 20/22 February 2021**

*Trelise Howard – under 16 Women*

100 metres – Heat 2	4th	13.80
100 metres - Final	8th	13.64
200 metres	6th	29.31
Long jump	7th	3.92

*Gisele Howard – under 18 women*

100 metres	5th	13.85
200 metres	3rd	27.82
Triple Jump	1st	10.38
Long jump	1st	4.88
Discus (under 20)	2nd	23.71

*Hannah Gapes – under 20 women*

1500 metres	1st	4.32.74
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*Matt Parsonage – M45-49*

1500 metres	1st	4.19.0
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*Kelly Albrecht – W35-39*

Shot put	1st	8.98
Discus	1st	28.69
Hammer	1st	23.34
Weight throw	1st	8.29

*Makarita Nikora – W45-49*

Shot put	1st	8.28
Discus	1st	25.03
Hammer	1st	17.76
Weight throw	1st	7.56

*Lisa Adams – 20-34 women - Para F37*

Shot put	1st	15.38
Discus	1st	28.95

*Koro Nikora – M40-44*

Shot put	1st	8.41
Discus	1st	29.42



**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 March