



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

GUFF SHEET

6 March 2021

Covid 19

The Government has moved the Auckland region into Level 3 and those living outside of Auckland to Level 2 for 7 days as from 6.00am this past Sunday.

During this period the Lake City clubrooms will remain open, but please adhere to the Level 2 guidelines, and use the sanitizing products in the building.

It is respectively suggested, that you scan the QR “poster” each time you are at the clubrooms, whether inside or outside the building.

The past week

Although there was a slight drizzle at the start of the adults last Wednesday’s track and field evening the final two field championships events, plus a mile and 60 metres were held. Results are below.

Saturday, saw a number from the Children’s section head to Cambridge for their Pentathlon day. Back to Rotorua, came 9 medals across the 7-14yr old age groups: 5 x gold, 1 x silver, 3 x bronze. Their results are below. Well, done all the participants and their supporters.

Meanwhile club captain, Matt Parsonage, was in Inglewood competing the New Zealand Masters track and field championships, and winning his M40 - 800, 1500, 3000 and 5000 metre events. To top off his 4 wins he set a New Zealand Masters championship record in the 3000 metres in a time of 9.13.14. Well done Matt.

It was out to the Waipa mountain bike carpark on Sunday for the packs relating to the Kia Tu Kia Ora running/walking clinic. This to have another look at the courses being used for the Copthorne off Road 21km,10km or 5.7km this Sunday (7 March).

The call was made to cancel Monday evenings children’s activities – Covid and the weather.

Who won the cricket on Sunday week ago? Facebook tells me it was 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. It is vital that Mums and Dads keep in touch via lakecitychildrensathletics@gmail.com or the children’s facebook page for details of future activities.

Many changes to the next few weeks activities are happening especially around the Club champs for 5-14yr olds.

Ribbon days / AWBOP championships

Paeroa's ribbon day this weekend has been cancelled. The Athletics Waikato Bop championships are at the Tauranga Domain on 13 March. Entries have closed and there is no late entry.

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.

3 March – this Wednesday - This evening has been cancelled.

10 March

6.15pm: Pentathlon event – run, jump, throw and score points

17 March

10,000 metres championship - run or walk

5.30pm: Start for walkers and runners likely to take over 60 minutes to complete the event.

6.00pm: Start for runners likely to complete the event under 60 minutes.

Please supply your own lap recorder. It is important that you have someone to count your laps.

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 or Ph 021 299 8488.

Forthcoming distance events in Rotorua

Copthorne Rotorua off Road half Marathon and associated events. This club owned event

scheduled for this Sunday 7 March has been

postponed

 to 28 March.

Hopefully, all that generously offered their time to be a volunteer on 7/3 will be available on 28/3.

Rotorua Marathon and associated events. These events are being held on Saturday 8 May. By visiting www.rotoruarunners.co.nz event details

Trout Fly summer series

Please keep in touch with updates on this event via Facebook etc. Because of Covid restrictions this Thursday's event could be cancelled.

Whakarewarewa Forest – update

Logging operations – these are still continuing within Whaka Forest and could be for another 8 weeks or so. Roading machinery will be working in the Hill Road, Moerangi Road and Chestnut Link area from Wednesday 24th February until the end of the month carrying out post-harvest earthworks. All roads will be open during this operation however please use caution when in this area and obey all signage and instructions.

Most of the operations are out the Green Lake way until at least the end of March with logging trucks using 8 Mile Gate and Green Lake Roads. Harvesting and trucking will be active between the hours of 4am-4pm Monday to Friday. The following tracks/ roads will continue to be affected by this operation:

Baja – lower section closed (alternative exit open):

Stop/Go in place during operational hours on: 8 Mile Gate Road, Green Lake Road/ Forest Loop/ Black Walking Track (intermittent closures possible) SH5/ Te Ara Ahi Cycleway.

Timberlands requests that forest users please obey all signage, instructions and restrictions and respect the security officers – they are there for your safety.

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. Bikers note that the Te Kōtukutuku track has been re-opened. The trail has been redirected with an exit up to Tikitapu Rd and no longer goes down to Lake Front Road. Sorry no pedestrians on this track.

Results

Senior club track and Field – 24 February 2021 (Incorporating aged 15 plus club championships)

Triple jump – championship

Robert Abbel	M40	9.14
Gisele Howard	W18	9.74
Lillian Muir	Girl 16	8.55
Adrian Lysaght	M45	7.11
Russell Clarke	M35	6.70

Javelin throw – championship (different weights thrown)

Robert Abbel	M40	24.92
Russell Clarke	M35	13.79
Sam Rossiter	M20	24.50
Gisele Howard	W18	17.05
Rob Colledge	M70	13.50
Adrian Lysaght	M45	19.26
Lillian Muir	G16	10.17
Matt Parsonage	M40	25.65

1 Mile - Non championship

Adrian Lysaght	M45	5.44.8
Russell Clarke	M35	5.56.1
Gisele Howard	W18	6.08.9
Richard Bungereoth	M45	6.29.3
Phil Gulbransen	M65	7.13.6
Sam Rossiter	M20	8.13.5
Lillian Muir	G16	8.48.0

60 metres – Non championship

Gisele Howard	W18	8.5
Robert Abbel	M40	9.00
Russell Clarke	M35	9.3
Lillian Muir	G16	9.5
Adrian Lysaght	M45	9.8

Children's Pentathlon Day - Cambridge - 27 February 2021

Nevaeh Beazley	8 Girls	Gold
Carter Smith	7 Boys	Bronze
Marcus Ryan	8 Boys	Gold
Gabriel Temara	8 Boys	Silver
Amber Albrecht	9 Girls	Gold
Lachlan Mead	9 Boys	Bronze
Jackson Hepi	10 Boys	Gold
Dante Temara	10 Boys	Bronze
Cooper Simes	13 Boys	Gold

Sir Graeme Douglas Track and Field meet – Auckland 27 February 2021

Triple Jump

Anna Thomson	Wellington	1st	12.86
Sarah Cowley-Ross		3rd	11.61



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