



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 March 2021**

### **The past week**

Track and field wise, the children's second championship Monday evening was held in brilliant weather. A very small number attended the adult's session last Wednesday evening.

The mid-week runs and walks of the Wellness Clinic saw Tuesday evening sessions held, while Thursday evening a number of attendees watched the lightning and then headed home, while others braved the downpour and headed off for their scheduled run/walk.

The Thursday evening Trout Fly event went ahead with a small attendance. The results are below.

Saturday saw the Athletics Waikato BOP children's track and field champs on the all-weather track at Tauranga Domain. A huge haul of medals coming back to Rotorua. To see who were the winners go to the club's facebook page. Well done all – the athletes, the coaches, the caregivers and supporters of this side of the Club

At Porritt Stadium, Hamilton on Saturday three from the Club competed. Their results are below.

The second post Park Run breakfast hosted by the Club was on Saturday morning. Thanks to those that brought this function together.

### **Rotorua Walking Festival** **this Friday/Saturday/Sunday**

This weekend the annual Rotorua Walking Festival is being held, with our neighbours building, the Netherland Society, the events headquarters. The festival organisers have been given permission by the Club to use our clubrooms toilet and shower facilities. If you are using the clubrooms Saturday or Sunday please don't leave valuables there. Note that the carpark will be fairly crowded on Saturday and Sunday.

### **Club activities**

**Juniors (children) weekly summer athletics**

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

It is vital that Mums and Dads keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details of future activities especially relating to the championship programme and prizegiving.

Congratulations to five lads from the Club that have been selected to wear Athletics Waikato BOP colours at the Grade 12/13 Easter Interprovincial team contest being held at Palmerston North.

### **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.

#### **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. This is important.

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

**Wednesday 24 March - Adult's track and field prize giving at Neil Hunt Park club rooms**

6.00pm

For catering purposes please RSVP to  
Adrian Lysaght 027 6153496 or [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz)  
no later than Monday evening 22 March



#### ***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. Sunday mornings meeting times and venue vary so please keep in touch with your pack leader.

#### ***Walkers***

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 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. Not all groups (packs) are meeting at the clubrooms so keep in touch with your pack leader re meeting places. This Tuesday its out to the Blue Lake for a pre-St Pats dress up and a lap or two around the Lake. The exercise will be followed by a complementary BBQ.

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 now on Sunday 28 March. **The late entry cut off has been extended out to 17 March.**

As a number of those that volunteered to assist on 7 March are now unavailable the call is being made for others to fill the gaps – some 7 to 8 required. Please contact Pam at – [thekennys.nz@gmail.com](mailto:thekennys.nz@gmail.com) or 07 348 8448 if you can assist. It is vital that all positions requiring volunteers are filled so let's have your name on the list. Don't leave it to others to put their hand up, put yours up! Thank you. There are still some gaps to be filled.

*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. Note on 1 April the entry fees increase.

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

There are two more events scheduled, these on the 18 and 25 March. Keep in touch with updates on this event via Facebook etc. Come and check out the new course.

## **Athletics New Zealand track and field championships - rescheduled**

Athletics New Zealand is pleased to confirm a modified version of the Jennian Homes New Zealand Track and Field Championships will take place over two days in Hawke's Bay on Friday 26 and Saturday 27 March. This will feature senior and U-20 athletes but U-18 entrants will unfortunately not be able to take part they say due to logistical challenges.

Please note that entries will not re-open and that fields will be drawn from the original entry lists. For further information visit Athletics NZ website.

## **Whakarewarewa Forest**

Logging operations – these are still continuing within Whaka Forest and could be for another 6 weeks or so. 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. Please respect this closure.

## Covid 19

It is respectively suggested, that you scan the QR “poster” each time you are at the clubrooms, whether inside or outside the building. We are back to Level 1, but care still needs to be taken.

## Results

### Trout Fly - 11 March 2021

4km			3km		
Name	Placing	Time	Name	Placing	Time
Ephraim Sisay	1	14.03	Ray Shin	1	10.58
Andy Twiddy	2	15.01	Ryder Moke	2	13.49
Adrian Lysaght	3	15.17	Keira Murphy	3	14.35
Sue Crowley	4	15.44	George McGregor	4	16.3
Dave Cronshaw	5	16.41	Campbell Horn	5	16.4
Russell Clarke	6	17.15	Rachael Wright	6	17.35
Emma O'Connor	7	17.2	Steph Charles	7	17.56
Esther O'Sullivan	8	17.24			
Femke Hilbink	9	18.04			
Anja Crombie	10	18.09			
Alan Crombie	11	18.1			
Noreen Crombie	12	18.55			
Michaela Harris	13	19.16			
Michael Voss	14	19.17			
Sian Twiddy	15	19.21			
Phil Gulbransen	16	19.24			
Scott Curran	17	19.47			
Faith McGregor	18	19.54			
Adam Baird	19	20.01			
Colin Davis	20	20.1			
Shiloh Bell	21	20.38			
Dee Horne	22	21.16			
Michal Mudroncik	23	21.17			
Kirsty Peterson	24	22.38			
Michelle Parker	25	23.09			
David Parker	26	23.1			
Rina Joy	27	24.1			
Kathryn Murphy	28	24.47			

### Athletics Waikato BOP track and field meet – Porritt Stadium – 13 March 2021

*Sarah Cowley-Ross*

Triple jump	1st	12.13
-------------	-----	-------

*Hannah Gapes*

800 metres	1st	2.16.32
1500 metres	1st	4.32.05

*Lillian Muir*

100 metres	6th	14.61
------------	-----	-------

200 metres	6th	29.79
High jump	1st	1.40



**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 and 25th March