



Website: www.lakecity.co.nz
 Email: info@lakecity.co.nz
 Clubrooms: Neil Hunt Park off Tarawera Road
 Lynmore – Rotorua

GUFF SHEET
15 October 2016

The past week:

The last scheduled event on the club's winter programme was a very quiet affair. The results will show this. Thanks are extended to those that turned up either as a participant or volunteer.

Forth coming events:

SATURDAYS



This Saturday 15 October – This is the evening of winter season's prize giving and social at the Neil Hunt Park clubrooms. You should have your name in for catering purposes by now. See the attached flyer venue, costs, time frames etc. Cut off for catering is 9.00am this Thursday 13 October.

SUNDAYS

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115.

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Children's athletics – their weekly Tuesday evening sessions are underway. Arrive 4.45pm at the



International Stadium No 2 ground Devon Street West. Registration is now available – online at www.lakecity.co.nz. Contacts Sarah 027 347 8115 or Jessica 027 602 1396

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

Pm – for teens (those aged 12 and older) and adults weekly Wednesday evening track and field is schedule to commence 2 November at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Notice from Timberlands:

re tree felling in Whaka Forest.



Some tree felling / road clearing has started last Monday on Windy Rd near the Tarawera gate entrance.

Roads / tracks won't be closed but they will have people on the ground to stop public going through the operation when unsafe and allowed to pass when safe, possibly held up for a few short minutes. The crew should be finished by the end of the week.

Trucks will enter and exit out onto Tarawera Rd.

Road construction will soon follow but shouldn't impact on the public wanting to go through.

All Whaka Forest users: This is the last week

this notice is being published so please read again it and respect it.



Eight Mile Gate Road (from the gate at the Hill Road carpark to the intersection with SH5 near Tumunui) in Whakarewarewa

Forest will be closed to all non-forestry use **at all times.**

This means no bicycles, running, walking or horse riding on the road, even during weekends. The gates will be open all days and at all times for logging trucks

carting to Red Stag Timber. Signage has been erected at each end of the road to advise people not to enter and locked gates installed on the side roads. This is a permanent change. Timberlands Limited's security Contractor, First Security, will be monitoring the road.

The mountain bike and running/walking track crossing points along Eight Mile Gate Road will remain open.

Safety vests:

If you were a volunteer at the recent Athletics New Zealand road relay and have not returned the safety vest and flag issued to you please return them to the Neil Hunt park clubrooms.

RESULTS

Forest 10km open handicap and Magic Mile – 8 October 2016

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|------------------------------------|---------|-------|---------|
| <i>Magic Mile</i> | | | |
| Lance Shilton | 6.14 | | |
| Conor Lysaght | 6.31 | | |
| Cory Shilton | 6.50 | | |
| James McGregor | 7.31 | | |
| Amber Lysaght | 7.31 | | |
| Bruce McGregor | 8.22 | | |
| Keira Murphy | 11.30 | | |
| <i>Forest 10km – open handicap</i> | | | |
| Christine Hocking | 1.41.52 | 13.00 | 1.28.52 |
| Sue Crowley | 1.43.38 | 58.00 | 45.38 |
| Luanna George | 1.43.52 | 41.00 | 62.52 |
| Fred Shilton | 1.45.01 | 58.00 | 47.01 |
| Adrian Lysaght | 1.46.16 | 62.30 | 43.46 |
| Chris Bycroft | 1.46.16 | 39.30 | 66.46 |
| Andy Twiddy | 1.46.53 | 58.30 | 48.23 |
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Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase

Payment to be made at time of purchase - please bring along the correct change

Costs: Adults running singlets: \$35.00
 Adults short sleeve walker's tees: \$35.00
 Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
 Mobile 027 464 8546

Sarah Wiwarena – Ph: 346 3289 (evenings):
 Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase