



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

GUFF SHEET
17 October 2015

The past week:

Other than the Sunday morning and the mid-week evening runs and walks the past week has been a quiet time for club members.

Forth coming events:

SATURDAYS

This Saturday 17 October –
 A double header this day!



1. First up is the Forest 10km Open Handicap Run or Walk meeting at the Neil Hunt Park clubrooms at 9.30am. The first runner/walker starts at 10.00am on the Long Mile. There is a shorter distance event for younger grades and those not wishing to tackle the longer distance.

The 10km course takes in the Long Mile, Nursery, Red Tank and Pipeline Roads. It then drops down onto the Pipeline Bridge, then uphill to the Tarawera Road water tank to take in the Tank to Town track, and down through the grassed area, over the wooden rail / gate and down the grassed roadside of Tarawera road to the corner Long Mile and Tarawera Roads.

Please note care will need to be taken as there is a mountain bike event on at the same time. Please respect the bikers as they should you. Also obey any instructions from the bikers marshalls. Duty officers: Christine Kerrison (Ph. 345 5709) and Pam Kenny (Ph. 348 8448) and those that offer to help.

2. The Winter Season's prize giving and social function will follow in the evening at the Neil Hunt Park clubrooms. Last Friday you were emailed the details of this function. By now you should have indicated your attendance as instructed in the email.

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.00am at the Neil Hunt

Park clubrooms. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena - 07 346 3289 ah or 027 347 8115

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Children's athletics - 5.15pm at the International Stadium No 2 Ground. Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com Ph/text 027727 773 180 Kerri

Walkers

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

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

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

Evening Track and field (athletics) - more on this in the coming weeks.

THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms. See note below re possible later meeting time for some.

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Walker's Marathon Clinic

- The popular walker's marathon clinic for the 52nd Rotorua Marathon is into its second week
- Start time 7.00am from the Lake City Athletic Club Neil Hunt Park clubrooms
- You must be able to walk for at least 1 and a half hours nonstop at a 10 minute pace
- Come and join our happy group led by experienced pack leaders who know the Forest.

Contacts: Pat Smyth – 027 334 1425
 Sarah Wiwarena - 027 347 8115
 Marieke Wass - 027 462 8572
 Rob Colledge - 07 348 7768



Cross country and Road - 2015 trophy winners

Novice Cup	Chris Bycroft
Veteran Rose Bowl	Phil Gulbransen
Costello Rose Bowl	Charlotte Pearson
Tihi-O-Tonga Trophy (walkers)	Mark Geddes
Foster Shield	Mike Bray
Smyth Trophy	Kathryn Murphy
Lamason Trophy (walkers Foster Smyth)	Mark Geddes
Salt Cup - 12 Boys X/Country	Clay Fookes
Sheaf Cup Youth Men X/Country	Michael Voss
Lord Sports Cup Senior Men X/Country	Carl Fischer
Fenton Cup Snr/Women X/Country	Erin Leahy
Weinberg Wools – Masters Men X/country	Adrian Lysaght
Minster Cup	Dave Cronshaw/Phil Gulbransen
Kerrison Trophy – (runners – 5km)	Steven O'Callaghan
Kerrison Trophy – (walkers - 5km)	Helen Foster
Wild Rose Bowl under12 Boys Road	Luke Crombie
McFetridge Trophy Senior men Road	Steven O'Callaghan
Harris Heating Shield Masters/Wm – Road	Sian Twiddy
Smyth Trophy – Marathon (senior Men)	Stephen Bjamesen
Vice Presidents Trophy Senior Woman – Marathon	Alison Shirley
Club Marathon Trophy Masters Woman Marathon	Melanie Thompson
Club Marathon Trophy Masters Men Marathon	Adrian Lysaght
Murphy Trophy - most improved aged 16 and under	***
Wakelin Trophy - most improved male (Aged above 16)	***

RAC Trophy - most improved female (Aged above 16) ***

Peter Roy Egghead Trophy ***

*** Denotes announced on the evening

As well as the above trophies that will be presented to those in attendance, there is a large number of club championship certificates (some 140) to be presented. These cover the March off road half marathon, the May marathon and the winter cross-country and road championships.

Sorry trophy winners the club's policy is that the trophies do not leave the clubrooms. Bring along your selfie stick to record your presentation.

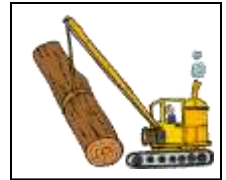


Vacancy filled:

The club's Executive has filled the vacant position of Club captain when they formally appointed Phil Gulbransen to the position at a recent Executive meeting.

Tree felling in Whaka Forest:

This has started in the Pipeline Road region of the Forest.



Timberlands advise this will take approximately 6 - 7 weeks to finish and will be working on one skid site where all the advanced downhill mountain bike tracks finish on Pipeline Road. During harvesting there will be some mountain bike tracks temporarily closed and some permanently closed once started - The Temporarily closed tracks may be closed from 4am to 4.30pm on week days and available after 4.30pm week nights and all day on weekends.

Pipeline Road will be closed 4.00 am to 4.30pm on all week days. Spring Roll, Sweet & Sour and Corners MTB tracks will be closed while tree felling within 100m of these tracks. Once felling within 100m is complete then they will remain open. Permanently closed tracks are Bunny Jugs, Taniwha, Fools Gold, National Downhill and 24 Carat will be closed till notified the operation is finished - approx. mid-November.

Security staff and signs will be in place so please obey this signage and any direction of marshals.

Logging trucks will be using Nice Rd, Pipeline Rd and Hill Rd so stay alert and be safe.

Even though it is mainly mountain bike tracks being affected please respect all closures and obey the Security staff and don't go into any taped off areas.

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

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

Denise Caudwell - Ph 346 8431 (evenings)

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

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday