



Website: www.lakecity.co.nz
Email: lakecity@xtra.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

18 October 2014



THE FINISH

The end of the winter season social and prize giving

This Saturday 18 October 2014

At the Neil Hunt Park clubrooms

Join club members at 6.00pm for drinks followed by a hot dinner that will be served at 7.00pm
(A vegetarian dinner is available so please tell us if you require this option)

This is followed by prize giving and desert

Please bring finger food for dessert

Entry fee is \$10.00 per person

Contact Siobhan - ring or text on 021 128 9925 now, as we need numbers for catering purposes.

Sorry for the late notice

The past week:

Saturday saw in brilliant weather the club's Amazing Race. There was 7 families plus one other team in attendance. Winners were: 1. The O'Callaghan family: 2. Lysaght Family: 3. The Lang family. Thanks to Siobhan and her helpers for putting the event on.

Walker's marathon clinic:

The walkers clinic for those that wish to train in the company of others for the 51st Rotorua Marathon, 2 May 2015 is underway. Meeting times are:

Sundays 7.00am at Neil Hunt Park clubrooms, off Tarawera Road

- Tuesday 8.00am and 5.30pm at Neil Hunt Park clubrooms



- Thursday 8.00am at Planet Bike at Waipa Mill By Pass Road and 5.30pm at clubrooms

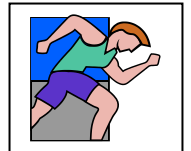
All welcome, but note it is preferred that you can walk an hour at your pace. If in doubt about your ability contact one of: Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

Events on the local scene and out of town:

SATURDAYS

This Saturday 18 October – the final event of the clubs winter programme. Note that meeting time is **9.30am** at the Neil Hunt Park clubrooms, with the 10km open handicap event starting at 10.00am. This is 10km in the Forest over a fairly tough course, with the person that the club handicapper considers will take the longest time to complete the course leaving first, with others following at intervals. In the evening is the season's prize giving and social.

Track and field - Adults open meeting 3.00pm Porritt Stadium, Hamilton:
Children's ribbon day, Whakatane. 10.00am



Sunday 16 November – Whakatane's

Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. Don't want to do the full distance then make up a 2 person relay team – walk or run. There's also a 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details

Sunday 30 November – The Hidden Trails town and country half marathon, 11km fun run walk and junior 4km run. This Kawerau based event winds its way through the trails of the native bush, farm roads to finish by a stream reserve. The course is different from previous years.

Visit www.kawerauharrierclub.co.nz for further information.

SUNDAYS

Distance athletes

Those that run distance - 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. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

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 summer athletics - The weekly Tuesday sessions at the International Stadium, No 2 ground, Devon Street West, is underway at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at wmoess@actrix.co.nz



Distance athletes

Runners

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Walkers

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

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

WEDNESDAYS

Am

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

Pm

The 29 October sees the weekly track and field sessions (summer athletics) for those 12 and above commence at the Stadiums No 2 Ground, Devon Street West. Some new ideas are being introduced this season, so come and see what they are about. The action kicks off at 6.15pm. These evenings are where you can have lots fun while adding to your fitness base. All welcome, runners, walkers, throwers, jumpers. Don't be shy – come and try some new skills - there's something for everyone!

The programme for the 29 October is

- 6.15pm** 60 metres
Long jump
- 6.40pm** 800 metres
- 7.00pm** 100 metres
- 7.20pm** 3000 metres run or walk for grades 16 and above.



THURSDAYS

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road

5:45pm

Running techniques run by ANZ Coach Kerris Browne at the Neil Hunt car park. Session will include introduction to Chi and POSE running techniques to reduce knee injury, as well as the conventional running techniques. How and Why of hill reps, springs, speed work, fartlek, tempo runs and time trials (will include the Trout Fly). Suitable for beginner joggers to improve runners - nobody is left behind! Contact 021 753691, email swingmills@xtra.co.nz, or check out Jogging the Power pole facebook page:

<https://www.facebook.com/groups/joggingthepowerpole/>

Walkers

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

Pm – Meet 5.30pm at the Neil Hunt Park clubrooms

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

Nikki Mitchell - Ph: 349 2920 (evenings):

Mobile 027 464 8546

Sarah Wiwarena – Ph: 348 7674 (evenings):

Mobile 027 248 3874

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.

Sport Bay of Plenty: Sports injury management workshop

Sport BOP is holding the above workshop on Tuesday 28 October, 6.00pm to 8.00pm at the Rotorua United Clubrooms, Neil Hunt Park. Cost is \$10.00. To register email tommm@sportbop.co.nz 07 578 0016 ext 844

Neil Hunt Park clubrooms:

The old problem is back. Lights are being left on in the clubrooms –

They can be found on in any part of the building. If you are the last to leave the clubrooms, please ensure lights are out, as well as windows and doors closed. It only takes a few minutes to check out the building.

