



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

GUFF SHEET

19 December 2015

The past week:

Again the children’s Tuesday athletics evening was well attended, likewise the Teens and Adults Wednesday evening pentathlon. 31 took part in the 1 mile.

Results of the Wednesday evening are attached, but the overall winner of the pentathlon is still being established – membership status. Also attached are the 1 mile series results.

Forth coming events:

Out of the City - over the holidays

Athletics - track and field - competition

Children

Friday 1 January – Tauranga twilight children’s meeting for grade 10 to 14 – 2.30pm to 4.00pm. For the programme details visit www.athleticswaikatobayofplenty.org.nz

Adults

Friday 1 January - Tauranga twilight track and field meet, which incorporates the Athletics Waikato BOP track 3000 metres championships for grades under 18 (15,16,17) and above including masters grades. The programme and entry details can be found at www.athleticswaikatobayofplenty.org.nz

Distance events

Saturday 26 December – King and Queen of the Mountain - Mt Maunganui. This event doubles as the Athletics Waikato BOP mountain race championships. Visit www.athleticswaikatobayofplenty.org.nz for event details.

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 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.

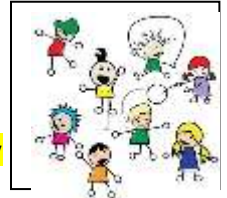
MONDAYS

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 –

This side of the club’s activities will recommence Tuesday 26 January 2016.



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

12 January - The clubs Running Clinic free information evening 7.30pm at the Neil Hunt Park clubrooms. The clinic caters for those wishing to take part on 30 April 2016, in either the 10km (16yrs plus), half marathon (18yrs plus), or the full marathon distance (20yrs plus). Contact is Teresa 0210428759 or 345 4541. . The actual 15 week clinic commences 7.00am, Sunday 17 January from the Neil Hunt Park clubrooms.

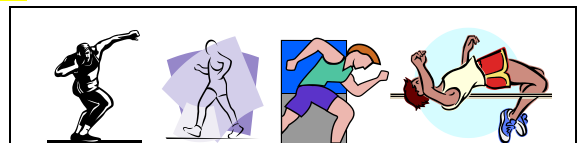
WEDNESDAYS

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

Pm –

Track and field (athletics) –

This section of the club is also taking a break over Christmas and New Year and will resume Wednesday 6 January 6.15pm sharp at the Stadium’s No 2 ground Devon Street West, Rotorua The programme for the 6th is : 60 and 400 metres: a 1mile run or walk plus shot put



You don’t have to be a financial club member to take part in the weekly activities. There is a “Pay and Play” system in place where non-club members pay \$2.00 per person each evening they attend. Please note: Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies.

Naturally we would like you to become a financial member of the Club

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

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

Trout Fly – The first 2016 event is scheduled for Thursday evening 14 January.



This popular 3km or 5km run, jog, or walk is held fortnightly every Thursday evening on a course that winds through the Sulphur Flats area of the City. The entry fee is \$5.00 adults, \$3.00 for children who must be accompanied by an adult. Register at the Neil Hunt Park clubrooms between 5.45pm and 6.00pm and then head to start for a 6.15pm get away. The exercise is followed by BBQ sausages and chips. You do not have to be a club member to take part.

For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz If you can help with this event please contact Chris.

RESULTS

Adults and teens track and field - No 2 Ground, Stadium – 9 December 2015 – pentathlon evening
Please see the attachment.

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

Children's Uniforms

Kerri Lockhead - lakecityca@gmail.com
Ph/text 027 2773180

Adults

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

Lake City Running Clinic

For experienced marathon runners through to complete beginners, the Lake City Running Clinic kicks off mid-January.

Information Evening - Tuesday 12th January

7:30pm at the club rooms

Includes specialist speakers on shoes and foot care/injury prevention. Come along and bring your friends, family, anyone you think would like to give it a go!

First Run – Pace Group Setting

Sunday 17th January, 7am from the club rooms

Follow a 15 week schedule, training in groups of similar pace with pack leaders to help you prepare for the:

Rotorua Off-Road Half Marathon, Quarter Marathon & 5km

Sunday 6th March – Waipa

And

Rotorua Marathon, Half Marathon & Quarter Marathon

Saturday 30th April – Energy Events Centre

Contact Teresa Martin, mb. 021 042 8759

lakecitymarathonclinic@gmail.com

www.lakecity.co.nz

