



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,  
Rotorua

## GUFF SHEET

1 November 2014

### The past week:

A quite week on the local scene. Other than going for a pack run or walk the only organized club activity was the children's Tuesday summer athletics. Unfortunately their evening was rained out earlier this week.

### Events on the local scene and out of town:

#### SATURDAYS

##### This Saturday 1 November -

###### Track and field -

**Adults** - An open meeting 2.00pm at Tauranga Domain incorporating the Putaruru Bell Trophy. For the days programme visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz)

**Children** - A ribbon day at Matamata, 10.00pm

This Sunday 2 November - The Auckland marathon and associated events. Good luck to those wearing the Club's colours in one of the events on the programme

##### Saturday 8 November -

###### Track and field -

**Adults** - An open meeting 3.00pm at Tauranga Domain. For the days programme visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz)

**Children** - Please note the ribbon day at Kawerau has been cancelled

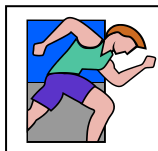
Sunday 16 November - Whakatane Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. Don't want to do the full distance then make up a 2 person relay team - walk or run. There's also a 6km fun run/walk. Visit [sportsground.co.nz/whakataneahc](http://sportsground.co.nz/whakataneahc) for entry details

##### Saturday 22 November

Children's Ribbon Day - here in Rotorua at the Stadium's No 2 Ground. If you can assist on this day contact Wendy at [wmoess@actrix.co.nz](mailto:wmoess@actrix.co.nz)

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](http://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

##### Walkers

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

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

**Children's summer athletics** - The weekly Tuesday sessions are at the International Stadium, No 2 ground, Devon Street West, and commence at 5.15pm. Wendy Monk is convening this section of the club and can be contacted at [wmoess@actrix.co.nz](mailto: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

#### WEDNESDAYS

##### Am

**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.

##### Pm

The weekly track and field (summer athletics) for those 12 and above are underway at the Stadium's No 2 Ground, Devon Street West. If not there last Wednesday come and see what it's all 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 next Wednesday 5 November is

**6.15pm** 1200 metre walk - all grades

Javelin

Triple jump/Long jump

**6.30pm** 60 metres

**6.45pm** 100 metres

**7.00pm** 400 metres

**7.15pm** 2000 metre - run/walk all grades. 2km. Modified steeplechase (grade 16 and above)



**THURSDAYS**

### **Weekly**

#### **Walkers**

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

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

#### **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 at the Neil Hunt car park. Session will include techniques to reduce knee injury, as well as the conventional running techniques. The 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 improver runners - nobody is left behind! Contact Kerris 021 753691, email [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz), or check out Jogging the Power pole facebook page: <https://www.facebook.com/groups/joggingthepowerpole/>

### **Fortnightly - from 6 November**

#### **The Trout fly series – 5.45pm registration**

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series is.

You have a choice of 3km or 5.0km run, jog or walk on a flat course.

This series commences Thursday 6 November. Registration is at 5.45pm at the Lake City Athletic Club, Neil Hunt Park clubrooms (off Tarawera Road) with the event starting at 6.15pm sharp. Cost \$5.00 for adults and \$3.00 for children.

Contact – Chris Corney – 021 770 366



### **Neil Hunt Park clubrooms:**

There have recently been a number of occasions where people have headed out from the clubrooms for their exercise and others coming in to the building at a later time have found lights on.

One of the offending areas is the female toilet area.



If you are the last to leave the clubrooms, please ensure all lights are out, as well as windows and doors closed. It only takes a few minutes to check out the building.

### **Club certificates:**

There is a huge number of championship certificates on the table of the Neil Hunt Park clubrooms. Check through them to see if you have won a championship place in the half marathon, marathon or the winter months cross-country or road events.



Placings in these events are broken down into the various age groups for runners and walkers.

### **Tree felling Whaka Forest:**

The section of Nursery Road from the top of the tar seal at Nursery Hill to the junction of Nursery Road and Radio Hut Roads will be closed on FRIDAY 31st OCTOBER to allow for tree felling. Please also keep off the roads/tracks that exit into these 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

**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.