



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

GUFF SHEET

22 November 2014

The past week:

What have we done with the weather? Last week the Tuesday evening children's section took another "rain check", while the teens and adults Wednesday evening also had a partial "check". 3 athletes plus a number of helpers tuned up. The 5000 metres results are below.

Out of town on Saturday was a children's ribbon day and adult's competition at Te Awamutu and on Sunday Whakatane's off road Tois challenge. Results from Whakatane can be viewed by googling Whakatane Harriers

Club email address:

Should you wish to communicate with the club via email please note that the club's address is now info@lakecity.co.nz

Events on the local scene and out of town:

SATURDAYS

This Saturday 22 November

Track and field

Children -

Ribbon Day here in Rotorua at the Stadium's No 2 Ground. See elsewhere in this publication re assistance required on this day.

This is a big event for the children's committee, all of them new and feeling their way.

Adults

Open meeting Tauranga - 3.00pm. For the days programme visit www.athleticswaikatobayofplenty.org.nz

Saturday 29 November -

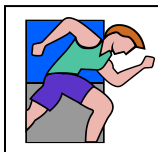
Children -

Relay championship day at the Tauranga Domain 9.30am

Distance

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

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



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 is at the Stadium's No 2 Ground, Devon Street West. The action kicks off at 6.15pm sharp. Don't be shy - come and try some new skills - there's something for everyone! All welcome, runners, walkers, throwers, jumpers

The programme for next Wednesday 26 November 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

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 - (will include the fortnightly Trout Fly). Suitable for beginner joggers to improve runners - nobody is left behind! Contact Kerris 021 753691, email swingmills@xtra.co.nz, or check out Jogging the Power pole facebook page: <https://www.facebook.com/groups/joggingthepowerpole/>

Fortnightly

The Trout fly series

Next event 20 November - You have choice of 3km or 5.0km run, jog or walk on a flat course.

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



The Club's Children's Ribbon Day – a request for assistance

Friday 21 November 4.30pm (approx.)

Saturday 22 November 9.45am

Can you please assist the Children's committee to operate the Lake City ribbon day. This is a big event for us and we need a lot of people to make the day run as smooth as possible.

We especially need people to act as **Chiefs** for the different Track and Field events. In addition helpers to operate the BBQ/Shop/equipment set-up & pack-up etc. would be great.

Gear & Equipment:

Does anyone have a trailer and will be willing to:

- Collect the temporary fencing for the second Discus (pick-up Friday 21st & return – day TBC)
- Collect 10 trestle tables, 20 chairs & club tent from the Neil Hunt Park club rooms (prefer Friday 4.30pm but early Saturday (8.30 at latest))

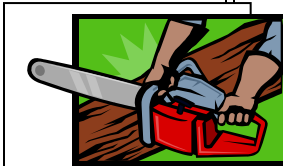
Personal equipment:

- Tents/Gazbos we can set-up around the grounds to provide cover for officials/helpers

If you are able to help can you please contact either Wendy or Kerri: Wendy Monk: wmoess@actrix.co.nz Kerri Lohead: lakecityca@gmail.com

Whaka Forest – tree felling

During working hours tree felling is still happening in the region of Radio Hut Road and Nursery Road. Should be you be lucky



enough to run / walk or mountain bike in the Forest during working hours please keep clear of this area. Do not enter any closed off areas.

Free Info Evening - Round Rarotonga 2015

Wednesday 26th November 7:30pm at the Lake City Athletic clubrooms, Neil Hunt Park

To find out what this running holiday is all about, when, where, who is going, and how much it costs. If you've never done a running holiday before, this is very interesting! Stories from those who have been - place getters, back of the pack, and kids in the relays. Real variety of running, walking and fun relay events on an awesome little paradise where you don't even need a visa and can take your own meat on the plane. We need to place our \$100 deposits very soon to get our discounted group accommodation before the Aussies take over!! Contact Kerris Browne for more info email swingmills@xtra.co.nz , 021 753691 or facebook group: <https://www.facebook.com/groups/RotoruansRaro/>

Christmas stocking fillers:

In the last 12 months there have been a couple of excellent books published, that you may wish to put on your Christmas list. The first is Simon Earle's "Take on the Lake" the story of the Rotorua Marathon. Simon can be contacted at 07 347 0519 or the book can be purchased for McLeod's Booksellers, Pukuatua Street. The second book is Vern Walkers "Peter Snell and the Kiwis that Flew". Paper plus are the stockiest of Vern's book.

RESULTS

Lake City Athletic Club teens and Adults Track and Field – 12 November 2014 (wet evening)

5000 metres

Andy Twiddy	19.23.3
Lindsay Foster	23.40.8
Teresa Martin	25.18.0

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.