



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

GUFF SHEET

28 March 2015

The past week:

Local track and field – Both sections of the club's track and field have wound up for this summer their activities at the No 2 Ground. The results from the adults 10000 metres held last week are below.

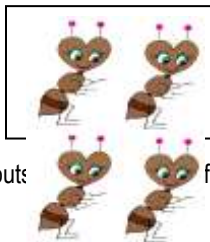
Out of town Track and Field

At Porritt Stadium on Saturday Alec Johnson was rewarded for the training and travel he and his Dad have put over the summer months when he hurled his 1.25kg discus 42.81. He backed this performance up with 10.68 5kg shot put. Well done Alec.

Neil Hunt Park clubrooms:

Next Tuesday 31 March - The club's 5-11 year children's section are holding their prize giving from around 4.30pm to 7.00pm at the Neil Hunt Park clubrooms. This means that parking in the cul du sac will be at a premium. It is suggested parking be down in the car park by the soccer grounds or up on the grassed area at the corner of Tarawera/Long Mile Road. Please leave nothing valuable in the clubrooms or in sight in your vehicle.

While on the subject of the clubrooms, the plague of ants are still in residence. Please don't leave the likes of milk and food on the bench. This has happened recently. Also should there be food scraps in the rubbish bin empty it into the drum out the kitchen.



And you have guessed it. Lights are still being left on in the toilet areas.

Whaka Forest - logging operations:

Logging operations are continuing in the Forest. These are in the region of Nursery Road and if you also mountain bike the Lentil Link, Sidewinder, Frontal Lobotomy, 24 Carat, Fools Gold, the River, and Lower National Downhill tracks are affected.



Operations are weekdays between 7.00am and 4.00pm. Note that log haulage trucks will make use of Pipeline Rd, Direct Rd, Red Tank Rd and Nursery Rd and could be operating at any time day or night.

Security will be on site to manage the road safety closures. Please respect their instructions.

Renewal of club membership:

Last week a separate email and its attachments relating to renewal of club membership for the forthcoming year (1 April 2015 to 31 March 2016) was forwarded to all those members with an email address.

Before returning the form by which ever method you choose, please ensure all the necessary details have been completed. If paying direct into the Club's bank account make sure a reference to the payment is entered, and that the actual form is forwarded to the club. All this is necessary to allow your membership to be processed.

The fee paid entitles you to take a placing in events conducted by the club and unlike previous years Athletics Waikato BOP and Athletics New Zealand championship events.

Paper copies of the membership form are at the Neil Hunt Park clubrooms.

Events on the local scene:

SUNDAYS

Distance athletes

Running clinic - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions: 10kers meet at 7.25am at a venue to be advised.

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759); Email lakecitymarathonclinic@gmail.com

Others 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 at the Stadium's No 2 Ground has finished for this summer. There's just the final prize giving on Tuesday 31/3 at the Neil Hunt Park Clubrooms off Tarawera Road



to go.

Distance athletes

Running clinic – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Others that run distance - 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

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 for this summer have wound up.

THURSDAYS

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

Running clinic – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

Others that run distance - 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

Upcoming distance events:

Saturday 2 May - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via www.rotorumarathon.co.nz

Note that the late entry fee kicks in from 1 April

RESULTS

Teens and Adults Track and Field – 18 March 2015 (fine)

Championship

10000 metres

Steven O'Callaghan	M20	35.05
Jason Finnerty	M20	45.04
Andy Twiddy	M35	40.03
Craig Pollard	M35	49.04
Adrian Lysaght	M40	35.06
Gaine Petterson	M40	41.04
Chris Lord	M45	45.05
Colin Davis	M45	50.02
Wayne Cameron	M50	47.05
Lindsay Foster	M55	45.06

Max Bragg	M70	52.01
Peter Vyver	M70	59.39

Amy Bray	W20	50.01
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Luanna George	W50	52.01
Louise Rickard	W50	61.09

Kaye King	W55	51.04
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Rinus Adriaansz	M55	78.02 (w)
Dianne Barratt- Kendell	W55	71.06 (w)

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: 348 7674 (evenings):

Mobile 027 248 3874

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.