



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
29 October 2016

The past week:

Other than the children’s Tuesday evening athletics activities the club is in a “lull” period with the just the customary mid-week and Sunday morning group run/walks happening.

Pink walk:

Congratulations to the club’s walking fraternity who took out the group prize at the above walk held last Wednesday.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

Children

5 November - Ribbon Day at Whakatane
10.00am start

12 November - Ribbon day at Porritt Stadium,
Hamilton, 10.00am start

Adults

5 November - Open track and field meeting
Porritt Stadium, Hamilton 3.00pm

12 November – Putaruru Bell at Tauranga,
2.00pm start

SUNDAYS

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Note that some of the groups leave at 7.30am and not always from the clubrooms.

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 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115.

30 October - good luck to those from the club taking part in one of the events on the Auckland Marathon

20 November – The annual Toi’s Challenge in Whakatane - multi terrain 18krun/walk; 18k relay run/relay; 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details etc.

TUESDAYS

Walkers

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

Pm - Meet 5.30pm at the Neil Hunt Park clubrooms

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Children’s athletics – their weekly Tuesday evening sessions are underway. Arrive 4.45 to 5.00pm at the International Stadium No 2 ground Devon Street West. Contacts Sarah 027 347 8115 or Jessica 027 602 1396



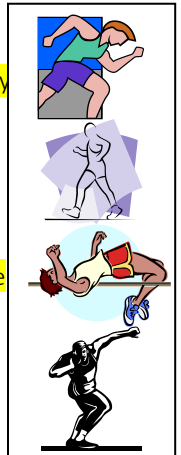
WEDNESDAYS

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

Pm – for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is scheduled to commence next week **2 November** at the Stadium’s No 2 Ground (Devon Street West) 6.15pm sharp.

The weekly programme has been put together and like last season there will be a 1 mile event on a regular basis, this to supplement the other run, jump throw events.

The programme for 2 November is:
60 metres, long jump, 800 metres, 100 metres, 2000 metres



THURSDAYS

Walkers

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

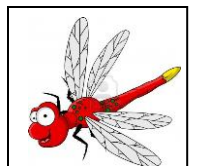
Pm – Meet 5.30pm at the Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Trout Fly

The 3rd November (next week) sees the first of this summer’s trout fly series



getting underway. Register at the Neil Hunt Park clubrooms around 5.45pm and then head to the start line for a 6.15pm getaway. Costs: Adults \$5.00, children \$3.00 who must be accompanied by an adult. Contact Chris Corney 021 770 366 or email chris-donna@xtra.co.nz

Safety vests:

If you were a volunteer at the recent Athletics New Zealand road relay and have not returned the safety vest and flag issued to you, please return them to the Neil Hunt park clubrooms.

2016 club certificate winners:

If your name is below there is a certificate for you at the Neil Hunt Park clubrooms. Please up lift it.

Diane Barratt-Kendell
Clare Barrett-Wood (2)
Stephen Bjarnesen
Steve Bradley
Doris Bragg
Max Bragg
Mike Bray
Tony Broadhead
Kerris Browne
Jenny Burns
Neil Butler
Denise Caudwell
Chris Corney
Sue Crowley
Dave Cronshaw
Scott Curran (2)
Erin Dender
Colin Earwaker
Bruce Easton
Bruce Edwards
Carl Fischer
Deborah Gamman (2)
Luanna George
Ally Gibbons
Tracey Hay
Glennis Hennessy
Rhonda Herring
Christine Hocking
Bryn Hoffman
Campbell Horn
Lauren Keaney (2)
Brendon Keenan
Phil Kerrison
Kaye King
Leanne Leggett
Ray Litchwark
Aaron Miller
Faith McGregor
James McGregor

Johanna Ottosson (2)
Matt Parsonage (3)
Art Pingol (2)
Debbie Raymond
Maureen Rolfe
Peter Roy (2)
Dawne Sharplin
Alby Schuster
Fred Shilton (2)
Robyn Skelton
Ana Tahana
Megan Twist
Peter Vyver
Nenah Wano
Paul Wollaston
Neil Yardley

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)
Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546
Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase