



# LAKE CITY Athletic Club INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera  
Road, Lynmore, Rotorua

## GUFF SHEET

4 February 2012

### The week that was:

No track and field last Wednesday because of the Ragamuffin concert.

The Thursday fortnightly Trout Fly attracted a huge number – 127.

### Weekly / fortnightly events on the local scene:

#### SUNDAYS

**Those that run distance** - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some a bit later. Find a group that is compatible with your fitness and head off into the Forest.

**Marathon Clinic** – Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

**Clinic 10k'ers** - Meeting time at the Neil Hunt Park clubrooms will vary, but you will be advised this via email.

**Those that walk** – Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Sarah Wiwarena 027 248 3874 (348 7674 home).

#### TUESDAYS

**All athletes** – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street, Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

**Summer athletics:** For Tiny Tots and children aged 5-11 years

**This section of the Club will have their first 2012 evening on 7 February**

Contact – Kerris Browne – 021 753 691, or 348 0790 or [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)

**Runners** – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms.

**Marathon Clinic** – Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm

**Clinic 10k'ers** - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

#### WEDNESDAYS

##### Summer athletics:

For teens and adults (12 years plus)

Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West – 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults.

Wednesday **8 February** sees the club championship programme commence. The programme is:

- 6.15pm - 100 metres – **championship**
- Shot put - **championship**
- 6.30pm - 200 metres – non championship
- 6.50pm - 1500 metres **championship**

**Please note that a person needs to be an actual financial club member at the time of the event is taking place. That is having paid a subscription to the Club prior to the event commencement.**

Contact - Lindsay Foster – 348 6818 evenings

#### THURSDAYS - weekly

##### Distance athletes

**Runners** – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

**Walkers** - Meet 5.30pm at the Neil Hunt Park clubrooms.

**Marathon Clinic** – Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm

**Clinic 10k'ers** - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

#### THURSDAYS - fortnightly

##### The Trout fly series

The next event in this fortnightly is **9 February**

- You have a choice of 3km or 5.4km 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

## Events out of Rotorua:

### Track and field:

#### For children:

**Saturday 11 February** – The first ribbon day of 2012 at Putaruru.

#### For adults:

**Saturday 4 February** – Open meeting Porritt Stadium, Hamilton, 3.00pm start. The programme is 2000 metres walk, 80/100/110 hurdles, 100, 200, 800 and 2000 metres, pole vault, hammer throw, triple jump and shot put.

**5-12 February** – Masters Oceania Games, Tauranga Domain. All the best to Mel Martin, Trevor Ogilvie and Karyn McCready who have entered a number of events. Some 480 athletes have entered the Games, 260 from New Zealand.

**Saturday 11 February** – Porritt Classic – Porritt Stadium, Hamilton. For the programme and entry details etc. visit [www.athletics.org.nz](http://www.athletics.org.nz) Click on Calendar/events and scroll down until event date is found. Note entries close Friday 3 February.

**18 February - Waikato BOP championships** – The first day's entries close Friday 10 February. Check out the Athletics Waikato BOP handbook for entry details etc. Late Entries are \$20.00 per event. Athletes must be fully registered, i.e. No Club Only Entrants. Minimum Age 13 years.

**2-5 March – NZ masters championships - Auckland** - Entries close 5 February. Note that you must be a financial member of the NZ Masters Association for the year 2011/12 to enter. Enter online at [www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz)

## The Marathon Clinic:

### Runners and 10k'ers

The clinic is now into week three and there are 96 people in groups training for the 10km, 1/2 or full marathon on 28th April. Of these 68 are new members to the club!

Last Sunday Dean from Stirling Sports talked to clinic and club members about the importance of getting the right shoe fit for your running style. They can do a full assessment of your feet and running style, with a treadmill and video system analysis. Stirling Sports offers a discount to Lake City Athletic Club members.

This Sunday 5th February, Innes Graham from Foot Mechanics (podiatrist) will be at the clubrooms at 9.30am to talk feet. All clinic and club members welcome.

Any clinic queries can be sent to [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com).

## Walkers

Out in the Forest on Sunday mornings and during the week are a huge group of club members preparing to walk either one or both of the half marathons coming up or the full marathon distance around the Lake on 28 April. Currently Sundays sees them on their feet for around 4 hours. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Sarah Wiwarena 027 248 3874 (348 7674 home).

For your massage needs contact  
Toni of Touch Massage  
(1317 Eruera Street)  
07 349 6621 or 021 2971002  
Take your Lake City membership card to  
obtain the discount on offer

For your physio needs contact  
The Physiotherapy Clinic  
[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz) or 07  
347 8380

## Club social scene:

Keep from midday Sunday 12 February free!

This is the afternoon of the Club's "Mix and Mingle" picnic at Lake Okareka, open to all club members from the children's section, track and field, distance runners, walkers, the marathon clinic plus their families. Other words all welcome.

Everyone is encouraged to bring finger food to share. BYO refreshments.

Come and socialize with fellow members and their families in a fun filled afternoon by either taking part in at water activity, volleyball, cricket etc. or just soaking up the sun (not too much of this).

## Results