



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

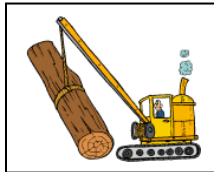
Lynmore – Rotorua

GUFF SHEET
5 November 2016

The past week:

The past week saw the children's Tuesday evening athletics dodging around the showers and the adults taking part in the mid-week and weekend runs and walks.

Some club members headed to Auckland for one of the events on their Marathon weekend. Results can be found by visiting the Auckland marathon website.



Whaka Forest — logging operations

From Monday 31st October to approx. Thursday 22nd December

- Roads and tracks closed **all weekdays** from 4.00am to 5.00pm are Windy Rd, Eagle V's Shark and Te Rua tracks.
- Tracks closed at times between these dates are Tukonohi and Lentil Link tracks.
- The parking area at the Tarawera gate (opposite black house) will be closed off to parking.
- All roads and tracks will be open and available on weekends and weekday evenings.
- Trucking will be mostly in and out of Tarawera Rd with some loaded trucks via Windy, Red Tank and Nursery to 8 Mile Gate Rd.

Forth coming events:

SATURDAYS

Track and field – out of Rotorua

Children

This Saturday 5 November – The Ribbon Day at Whakatane has been **CANCELLED**

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

Adults

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

12 November - Putaruru Bell at Tauranga, 2.00pm start

13 November - Masters met Porritt Stadium 12 noon

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.

20 November – The annual Toi's Challenge in Whakatane - multi terrain 18kmrun/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 – **Track and field** for teens (those aged 12 and older) and adults their weekly Wednesday evening track and field is underway at the Stadium's No 2 Ground (Devon Street West) 6.15pm sharp.

The programme for next week (9 November) is: 60 metres, shot put, 400 metres, and a 1 mile



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

This fortnightly series is 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



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