



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

GUFF SHEET
7 November 2015

The past week:

Another quiet week on the local running / walking scene. A number attended the Auckland Marathon and associated events. Results are still to be researched.

The weekly Tuesday evening children's athletics at the Stadium's No 2 ground have huge numbers in attendance. See below re assistance at their evenings and also at the club hosted Ribbon Day on Saturday 14 November.

Forth coming events:

SATURDAYS

Athletics – track and field – Weekend competition out of the City

• **Children**

This Saturday 7 November – Ribbon Day 10.00am at Tauranga

Saturday 14 November – right here in Rotorua is the Club's Ribbon Day -10.00am at the Stadium's No 2 Ground. It will be really appreciated if you could help on this day. The day for helpers will start at 9.00 am till 3.00pm approx. You don't need to help all day, even a couple of hours would make a difference.

If you are willing to lend us a Gazebo to help shade officials/helpers at each event that would be welcomed.

If you can help can you please contact Wendy Monk wmoess@actrix.co.nz or 349 1812 promptly

• **Adults**

This Saturday 7 November – meeting at Tauranga Domain 3.00pm. For the programme of events visit www.athleticswaikatobayofplenty.org.nz

Saturday 14 November – Putaruru Bell team event at Porritt Stadium, Hamilton.

Entry details at www.athleticswaikatobayofplenty.org.nz

SUNDAYS

Distance athletes

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 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 - 07 346 3289 ah or 027 347 8115

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

Children's athletics – are at 5.15pm at the International Stadium No 2 Ground, Devon Street West. Club nights include running, jumping throwing for the whole family, from 2 years to 11 years. Contact: lakecityca@gmail.com or Ph/text 027 2773180 Kerri especially if you can assist with the evenings as a volunteer. Some 250 children have registered and 3 to 4 extra helpers per age group will give the children the chance to get the most out of the evening activities.



Walkers

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

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

Distance athletes

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

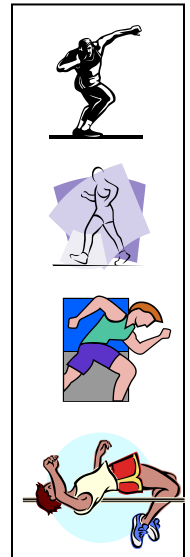
Pm –

Track and field (athletics) –

On the programme next Wednesday (11/11) at the Stadium's No 2 Ground, Devon Street West is:

- 6.15pm 60 metres
- 6.30pm Shot put
- 6.45pm 400 metres
- 7.00pm 1 mile run or walk

The 1 mile is a new fortnightly event. By taking part each fortnight you can judge how your fitness levels are coming along, challenge a running or walking colleague, learn pace judgment; increase your speed base, all while enjoying something different.



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

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.

Trout Fly - This popular 3km or 5km run, jog, or walk is held fortnightly every Thursday evening on a course that winds



through the Sulphur Flats area of the City. The entry fee is \$5.00 adults, \$3.00 for children who must be accompanied by an adult. Register at the Neil Hunt Park clubrooms between 5.45pm and 6.00pm and then head to start for a 6.15pm get away. The exercise is followed by BBQ sausages and chips. You do not have to be a club member to take part.

The first two events are scheduled for 5th November and 19th November

For further details:

Chris Corney - 021 770 366, email chris-donna@xtra.co.nz

Tree felling in Whaka Forest:

This is now well underway on the hill side adjacent to Pipeline Road. There's another 4 to 5 weeks to go.



The temporarily closed tracks may be closed from 4.00am to 4.30pm on week days and available after 4.30pm week nights and all day on weekends. Pipeline Road will be closed 4.00am to 4.30pm on all week days

Logging trucks will be using Nice Rd, Pipeline Rd and Hill Rd so stay alert and be safe.

Security staff and signs will be in place so please obey this signage and any direction of marshals.

Even though it is mainly mountain bike tracks being affected please respect all closures and obey the Security staff and don't go into taped off areas.

Two messages from: Athletics Waikato BOP

Athletics Waikato BOP children's section - Ribbon days and Children's incentive Scheme

As part of the levy contribution to AWBoP for running costs, \$1.00 from each contribution has been set aside for the various sectors of the sport to use as an incentive scheme to encourage athletes to stay in the sport. With this in mind, the Children's Committee have developed the following incentive scheme, targeting athletes 10 years and over, approved at the recent Children's Committee Meeting.

"That athletes aged 10 and over, attend a minimum of three Ribbon Days prior to the Relay Champs.

That these athletes have competed in at least one field event at these Ribbon Days".

Names will be drawn at the Children's Relay Champs

To draw two names from each age group and gender, i.e. Gr 10 girl x 2, Gr 10 boy x 2 etc.

If more than one child per family in these age groups, all children entitled to be in draw, as all pay levies.

After New Year the Ribbon Days and the Children's Champs will be included in a second draw, following the same

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guidelines as above. Names will be drawn at the Children's Champs.

Prizes will be petrol vouchers - \$40 per draw.

Please encourage your registered athletes to attend ribbon days, and be in the draw for petrol vouchers.

Colgate Games Entry forms and Information

Club registered athletes aged 7 and up to 14 years, are eligible to attend the Colgate Games in January. Information on the Colgate Games, both North Island and South Island, can be found on the NZ Children's Athletics website - go to Athletics NZ www.athletics.org.nz

On the Menu Bar - GET INVOLVED, go to the drop down box and click on Children's Athletics NZCAA. This will take you to their website. On that menu bar is COLGATE - go into the North Island one (or South Island one) and on the right under Notices is the Entry Forms, Rules and Conditions of Entry.

Entry form and the appropriate entry fee is to be with Wendy Monk (wmoess@actrix.co.nz or 07 349 1812) no later than Friday 27 November. **All entries must go through the Club. Individuals cannot enter direct**

Volunteers wanted:

On Tuesday 10th November the Lynmore School are running their Athletics day during the day. If there is a club member, caregiver or grand parent who would be willing to help them on the day please contact Stacey Macdonald stacey.macdonald@lynmore.school.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

Children's Uniforms

Kerri Lockhead - lakecityca@gmail.com

Ph/text 027 2773180

Adults

Sarah Wiwarena – Ph: 346 3289 (evenings):

Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):

Mobile 027 464 8546