



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

2 January 2016

Welcome to 2016.

The past week:

The results of the small contingent from the Club that took part in the King and Queen of Mt Maunganui on Boxing Day are below.

Long Mile Road:

Over the summer months this road gets very, very busy and care must be taken when using it. When running or walking on it avoid more than two abreast – watch for traffic (vehicles, bikes and other pedestrians etc). Not all users respect the speed limit allocated to the road.

Extreme care also needs to be taken when crossing Tarawera Road.

Keep your eyes and ears open for other users.

Ipods and the like:

The club's policy is that Ipods etc are not worn in club events. This includes all events – the track, the Trout Fly, the running and walking clinics, the off road half marathon etc. If a wearer if these devices start the New Year off with a resolution – "I'm going to run or walk and hear what is going on around me".

The Stadium's No 2 ground Track:

Please note the following dates that the track is not available to the Club.

From Monday 11 January to Monday 18 January inclusive as the ground has been allocated to the National Rugby Sevens competition. This means there is no club track and field on Wednesday 13 January.

Whaka Forest:

Forest harvesting is commencing 5 January off Moerangi Road. Time Warp Mountain bike track will be permanently closed and Splitenz bike track from 11 January. From 11 January Moerangi Road will be closed to all public between Tuhotu Ariki track and Buchanan



Road. Trucks will be using Tikitapu, Moerangi and 8 Mile gate Road. Please respect the signage and security in place.

Forth coming events:

Out and in the City

Athletics - track and field - competition

Children

8 - 10 January – The Colgate Games – Palmerston North. Good luck to those from the clubs children's section that are taking part in this annual competition.

Saturday 6 February – Tokoroa ribbon Day 10.00am

Adults

Saturday 16 January – Potts Classic – Hastings –Includes U20 New Zealand 3000 metre championships

Tuesday 19 January – Cooks Classic – Whanganui

Friday 22 January - Capital Classic – Wellington - includes senior 3000 metres championships.

Distance events

Tuesday 12 January - The clubs Running Clinic free information evening 7.30pm at the Neil Hunt Park clubrooms - See Tuesday below for more details

Sunday 17 January - The first run of the 2016 clubs running clinic 6.55am from the Neil Hunt Park clubrooms

Sunday 6 March - The Copthorne Off Road half Marathon in Whaka Forest. Visit www.eventpromotions.co.nz

Saturday 30 April – The 52nd Rotorua Marathon around Lake Rotorua. Visit www.rotoruarunners.co.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.

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

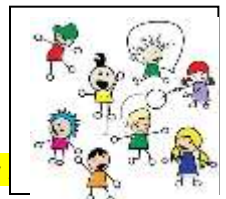
TUESDAYS

Children's athletics –

This side of the club's activities will recommence Tuesday 26 January

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 at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

12 January - The clubs Running Clinic free information evening 7.30pm at the Neil Hunt Park clubrooms. The clinic caters for those wishing to take part on 30 April 2016, in either the 10km (16yrs plus), half marathon (18yrs plus), or the full marathon distance (20yrs plus). Contact is Teresa 0210428759 or 345 4541. The actual 15 week clinic commences 7.00am, Sunday 17 January from the Neil Hunt Park clubrooms.

WEDNESDAYS

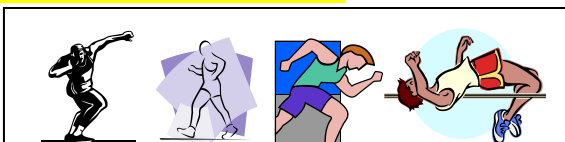
Am - For those over 15 years is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

Pm –

Track and field (athletics) –

This section of the club is also taking a break over Christmas and New Year and will resume Wednesday 6 January 6.15pm sharp at the Stadium's No 2 ground Devon Street West, Rotorua. The programme for the 6th is:

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



You don't have to be a financial club member to take part in the weekly activities. There is a "Pay and Play" system in place where non-club members pay \$2.00 per person each evening they attend. Please note: Only those who are current financial members of the Club will be able to take podium placings in the club championships and win trophies.

Naturally we would like all attendees to become a financial member of the Club

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

Groups leave from the Neil Hunt Park. Some meet at 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Trout Fly – The first 2016 event is scheduled for Thursday evening 14 January.



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.

For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz If you can help with this event please contact Chris.

RESULTS

King and Queen Mount Maunganui - 26 December 2015

Overall winner was Daniel Jones, Whakatane in 18.32 (Record).

Masters men – 35-49

1. James Richardson	Wellington	19.56
10. Alan Crombie		26.55
15. Chris Browne		28.45

Junior women

1. Ella Fookes		26.42
----------------	--	-------

Master women – 35-49

1. Emily Solsbery	Wellington	26.14
4. Sarah Manders		29.30
9. Kathryn Murphy		33.44
11. Kerris Browne		40.25

Junior boys – under 15

1. Harrison Fountain	Te Aroha	9.14
16. Luke Crombie		13.13

Junior Girls – under 15

1. Charli Miller	Hamilton	9.52
3. Tegan Fookes		11.14

Junior girls – under 11

1. Mikaela Salmon	Katikati	12.39
3. Anja Crombie		13.19

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

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



LAKE CITY
Athletic Club INC

RUNNING CLINICS
For 10km, Half and Full Marathon

- Never jogged a whole 10km before? 16yrs+
- Working towards a Half Marathon? 18yrs+
- Considering the full Marathon in April 2016? 20yrs+

FREE INFO EVENING
7.30pm Tuesday 12th January

Venue: Lake City Athletic Clubrooms,
Neil Hunt Park (off Tarawera Road)
No obligation, no running on the night!

15 week Clinic starts **7am Sun 17th Jan**

Contact: Teresa 0210428759, 3454541
lakecitymarathonclinic@gmail.com
www.lakecity.co.nz