



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET

15 October 2011

The week that was:

Shaun O'Donnell extends a huge thanks to those club members who volunteered at the Ekiden Relay on Saturday. Should you have any comments, suggestions on the area you "worked" in please contact Shaun on 347 1195 evenings or 0274 966 316 so that he can discuss with the Event Manager.

Forth coming events in Rotorua:

This Saturday 15 October –

(Wanna be track runners) – Head to the Neil Hunt Park clubrooms by 9.00am for an introduction to track running. The session covers drills, stretches, warm-up etc. Bring running gear and warm clothing. Queries to Peter Quax at quax@xtra.co.nz or 345 4033 in the evenings.

(Harriers) - This Saturday 15 October - The final events of the winter months.

No 1: (In the afternoon) - Meet. 1.30pm at 396 Clayton Road for the Jubilee Jaunt. This event is a blood pumping hike up Mt Ngongotaha. Approx. 4.5km climb to the top and then a 3km downhill on the road to the finish on Mountain Road, at the car park above Aorangi Peak restaurant. 7.6km is the total distance. This is a time trail starting at 1 minute intervals with a person's start time determined by the club handicapper. If taking part please contact Moustache on 349 6100 or at a.moustache.v@kinect.co.nz

First up is a shorter 1.75km for the youngsters. Duty officers - Chris and Kerris Browne – 348 0790

No 2: (in the evening) - The end of season prize giving and social is being held. This is at 396 Clayton Road (Arias Farm), starting at 5.00pm and going thru to midnight. Bring a salad or pasta to accompany the meat the Club is supplying. Bring your own refreshments. One complimentary drink supplied on arrival with non-alcoholic punch provided throughout the evening.

Come dressed as your favourite singer and take part in the fun. If singing is not your thing you don't have to.

RSVP: Please ring Kerris on 021 753 691 or email her at swingmills@xtra.co.nz by **Friday noon** at the latest if you are attending. She needs numbers to know how much meat to buy!

An invitation is extended to all – the young and the old.

Other events on the local scene:

SUNDAYS

Those that run - groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some at 8.00am and possibly some in between. Find a group that is compatible with your fitness and head off into the Forest.

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).

For the beginner - Meet 3.00pm at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

TUESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.30am, Smallbone Park, Devon West Street, Rotorua. Led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

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.

THURSDAYS

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.

Logging in Whaka Forest Update:

The crew is making a last dash to try and get harvesting finished...so they will be cutting trees and have machinery operating this weekend. Please steer well clear of Tokorangi Pa Rd, including coming in off Katore Rd. Also remember trucks could be coming down either of these roads onto Nursery Rd, so take care.

Results:

Wairarapa Country Marathon – 9 October 2011

- | | |
|------------------------------|---------|
| 1. Neville Smith (Wairarapa) | 2.29.43 |
| 3. Adrian Lysaght | 2.48.02 |

Looking further ahead – locally:

Summer athletics

The weekly Summer Athletics (Track and Field) sessions will commence at the Stadium's No 2 Ground, Devon Street West:

- **Tuesday 25 October** - for Tiny Tots and children 5-11 years at 5.15pm

Contact – Kerris Browne – 021 753 691, or 348 0790 or swingmills@xtra.co.nz

- **Wednesday 26 October** - 5.15pm teens and beginners (12 years plus) followed at 6.00pm by competition for the teens and adults. Run, jump, throw or walk

Contact – Lindsay Foster – 348 6818 evenings.

The Trout fly series

If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be.

- Commencing fortnightly from Thursday 3 November, 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 event starting at 6.15pm sharp.

Cost \$5.00 for adults and \$3.00 for children.

Contact – Chris Corney – 021 770 366

Distance events out of Rotorua:

Sunday 6 November – 14km Bays and Bridges Challenge - Tauranga

Visit www.taurangaathletics.co.nz for event details and entry form

Sunday 20 November - 18km Toi's Challenge - Whakatane

For entry form and event details visit www.Sportsground.co.nz/whakataneahc or www.whakatane.com

60 marathons in 69 days – read on!

Jup Brown is currently running the length of New Zealand to raise awareness and funds for the Stroke Foundation of NZ.

He is running the equivalent of 60 marathons in 69 consecutive days – he started on Stewart Island on 1 September and is on schedule to finish in Auckland on 7 November.

Jup is keen for a bit of company on his run and would like to invite any runners to come and jog along with him as he passes through Rotorua. On the Wednesday 19th October he will be running from Waitapu through town heading to Mourea. Staying there overnight and then on the 20th October he runs from Mourea to Tauranga.

If any clubs members would like to run with him please contact Siobhan on 021 1289925. Siobhan will get the finalised timetable for this area on the 16th.

**For your physio needs contact
The Physiotherapy Clinic –**

**inquiry@physiotherapyclinic.co.nz
or 07 347 8380**