



LAKE CITY
Athletic Club INC

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

CLUB SHEET
12 February 2011

The week that was:

No competition on the local scene during the past week. It was a good time to get into the training especially those associated with both sections of the marathon clinic.

Track and Field:

The Clubs children's section from now on is reverting back to Tuesday evenings for their weekly activities at the Stadium's No 2 Ground. 5.00pm is the start time. Those 12 and older are into their championship programme on Wednesdays 6.00pm at the No 2 Ground, Devon Street, West.

Events on the local scene:

SUNDAYS

Those that run -

Marathon clinic - meets at 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road). Don't be late, the groups leave on time.

Non clinic runners also meet 7.00am at the clubrooms, many joining in a clinic group. At 8.30am a running group also leaves from TITC on Waipa Mill Road - contact person - Siobhan Griffiths - 021 1289925.

Those that walk -

The walkers marathon clinic group meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are: Colin Smyth 027 499 9471 - Pat Smyth 027 3341425 - Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

Children's athletics - (5 to 11 years) 5.00pm at the No 2 Ground above the Rotorua International Stadium, Devon Street West. Details on this section of the club can be obtained by visiting www.sportsground.co.nz/lakecitykids

Distance athletes

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

Marathon clinic runners - those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

WEDNESDAYS -

Senior track and field (athletics) - for those 12 years and above, 6.00pm at the No 2 Ground, above the International Stadium, Devon Street West. The programme for 16 February sees the club championships continue. Events are: * 6.15pm 60 metres (non-championship), **Long jump (championship)** * 6.30pm **200 metres (championship)** * 6.50pm 1000 metres non championship for those under 16 7.00pm **5000 metres (championship) grade 16 and above.**
Please supply you own lap recorder.

THURSDAYS

Distance athletes

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

Marathon clinic runners - those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm.

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

THURSDAYS (FORTNIGHTLY) - next event 24/2

Trout Fly Summer Series * Meet at the Lake City Athletic Club Clubrooms Neil Hunt Park off Tarawera Road * Run, Walk, Jog either a 5.4km or 3km course * Registration @ 5.45pm * Start @ 6.15pm * PLEASE NOTE children are to be accompanied by adult * Entry fee Adults: \$5.00, Children: \$3.00 (Price includes free beer/wine or soft drink for under 18's) *plus BBQ* * **Dates** - **2011:** 24 February, 10 March * For further details contact: Chris Corney - 021 770366

Forth coming events in Rotorua:

SUNDAY 6 MARCH

The popular Kingsgate Hotel Rotorua off Road 1/2 Marathon, 10km fun run/walk plus something for the kids - the Little Devils 1.5km or 3km fun run is on this day. All events are in the fabulous Whaka Forest. Enter online at www.eventpromotions.co.nz or grab an entry form from the Neil Hunt Park clubrooms. Early entry closes 23 February. After that date the entry fee increases.

This Club owned event requires volunteers from the club to assist with a number of tasks, both on Saturday and Sunday. The list is at the Clubrooms for you to indicate your availability.

SATURDAY 30 APRIL

The 47th Lion Foundation Rotorua Marathon around the shores of Lake Rotorua. Not up to the full marathon, then there's either a 1/2 marathon or a 5 or 10km fun run / walk for you.

Enter on line at www.eventpromotions.co.nz or again grab an entry form from the clubrooms. Early entry closes 17 April.

Events out of Rotorua:

TRACK AND FIELD

Seniors –

This Saturday / Sunday 12/13 February - Tauranga. Please note that on Sunday 13 February there are now open track events for grade 16 and above. No open events on the Saturday.

Saturday 19 February - The Porritt Classic - Hamilton. Entries have closed. Visit www.athletics.org.nz for the programme and entry list.

Weekend 26/27 February - Athletics Waikato BOP senior track and field (including masters) championships at Tauranga. The programme and entry details are in the AWBOP senior handbook. Note that late entries will not be accepted. Entries close noon Friday 18 February with an entry fee of \$7.50 per event – payable at time of entry.

Saturday 5 March - Battle of the Regions, Mt Smart Auckland. Athletes intending to compete at this met note you must enter online no later than midday this Friday 4 March. The link is <http://www.athletics.org.nz/AKL/Article.aspx?ID=768> Pay at the office on arrival.

Children – **This Saturday 12 February** – ribbon day 10.00am at Glenshea Park, Putaruru.

Saturday 19 February – Ribbon Day Herries Park, Te Aroha.

Whaka Forest:

Here is a summary of closures in the forest due to logging: -

The current logging operations will last for 2-3 weeks from 2 February 2011 and affect sections of Gunna Gotta, The Coridoor and Katore Jumps/Katore Link, all of which will be closed until logging is complete and the tracks are reconstructed.

Parts of Tokorangi Pa Rd and Katore Rd will be closed through the logging areas. Signs or banners will notify road and track closures.

Logging trucks will be present on Katore Rd and along Nursery Rd to Waipa. Logging trucks are still operating out of the previously logged areas on Chestnut Rd and the Heath Rd/Dump Rd area

so please be alert for heavy traffic in these areas and give way.

Starting around mid-February logging operations will affect The Tickler, Be Rude Not 2 and the Black and Purple walking tracks and will continue for up to three months. The Katore (Orange) Horse track will also be closed as it passes through the logging area.

There will also be closures to adjacent sections of other tracks and roads when they fall within the felling safety zone, this being an area within 100-120m of the felling areas. These will be closed during logging operations but open outside working hours and at weekends.

Closures will be intermittent and have banners or signs notifying. Mountain bike tracks affected by these closures will be Katore Jumps/Katore Link, K2, Dragons Tail, Bunny Jugs, Sweet and Sour and Hot X Buns. Roads affected by these closures will be Katore Rd, Red Tank Rd, Pipeline Rd, The Wash, Spruce Rd and Direct Rd. There will be further maps closer to the time to detail these closures.

Please read and respect all signage and do not venture into the work areas. We have the privilege of having access to a working Forest. Don't be the person to spoil it for all users!

Hawera Athletics

Athletics in Hawera are celebrating 100 years of athletics in their region on 18 to 19 March 2011. If you know of past members of the Hawera Athletics Club please pass this message on. Contact person is Greg Werder geewerds@xtra.co.nz 36 Camberwell Road Hawera 4610: Ph. 06 2726971

Tip of the week

“Good athletes practice until they get it right. Great athletes practice until they never get it wrong” [Joe Zomar]

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

inquiry@physiotherapyclinic.co.nz
or 07 347 8380

