



LAKE CITY
Athletic Club INC

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

GUFF SHEET
23 April 2011

The week that was:

On Saturday 30 plus took part in the 3rd event of the winter's programme. This was a 4km-run/walk in the Redwoods with a novel starting procedure. All hats were "pooled" and then a hat was drawn out by Tony, the owner then collecting their hat and heading off around the course. Thanks to Tony and his helpers for making the event happen.

Forth coming events in Rotorua:

We have a busy weekend of Club happenings this Easter weekend.

This Saturday 23 April (Easter Saturday)

Two events on the agenda this day.

No 1

A General meeting of club members will be held a 1.00pm with the business being the Clubs annual subscriptions. It is important that all members attend this meeting. **See the advert elsewhere in this publication for fuller details.**

No 2

2.00pm will see a 3k or 5km event being held. This is a good final blow out over a shorter distance for all those taking part in the Lion Foundation Rotorua Marathon the following weekend. **Plate for afternoon tea please.** Duty officer is Chris Corney 348 8775.

Sunday 24 April (Easter Sunday)

This is the morning of the popular Champagne Breakfast at the Clubrooms. For catering purposes you need to have your name on the list at the clubrooms by Friday 22 April. **No name on the list - no breakfast on the morning. So don't rollup expecting a feed if your name is not there.** The cost is a cheap \$5.00 per person.

Bring some spare cash (at least \$5.00) with you as Tony and his mates are organising some breakfast entertainment that you may need some funds for.

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 ½ marathon or a 5 or 10km fun run / walk for you. Full marathoners note that the 2011 Athletics NZ and Athletics Waikato BOP marathon championships are included in the Rotorua Marathon. To be eligible for a title or placing in these championships you must be Athletics NZ registered member before the event.

Early entry to the various events has closed. If still needing to enter then get an entry form from the clubrooms or enter on line at www.eventpromotions.co.nz.

SATURDAY 7 MAY

Meet 1.45pm at the Neil Hunt Park clubrooms for the Redwoods Ramble and Rave - 2.00pm start. All welcome with a special invite to marathon clinic members - runners and walkers. Join in a social time (after exercising) to rave about your previous weekends efforts. Please bring a plate for afternoon tea. Duty officers: The Committee.

Marathon weekend - 28 April to 1 May - volunteers:

People are still required for the Goodie Bag packing on Thursday evening – 28 April. With some 4000 to 5000 bags needing to be filled it will be all hands on deck from 5.00pm at the Government Gardens Energy Events Centre. Just head to the Centre after 5.00pm on the 28th

Volunteers for Friday has taken care of itself, but the Saturday marshalling still requires members (or their friends) to fill positions.

The list is at the clubrooms to indicate if you are available as a volunteer. If you can't get to the clubrooms then give Pam Kenny a call on 348 8448.

Other events on the local scene:

SUNDAYS

Those that run -

This Sunday the final Sunday run of the Marathon clinic – meet at 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road).

Non clinic runners also meet 7.00am at the clubrooms, many joining a clinic group.

Those that walk –

The walker's marathon clinic also has their final pre marathon Sunday walk. Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are: Colin Smyth 027 499 9471 – Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

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

Whaka Forest:

Logging operations are still happening in Whaka Forest so please be alert and give way to trucks and don't enter into the work areas.

Events out of Rotorua:

SATURDAY 14 MAY

This is the day of the annual Cambridge cross-country relay based at the Cambridge Athletic Grounds adjacent to SH 1 to Hamilton. The event is over flat 3000 metre per lap cross-country course with the first runner heading off at 1.00pm. As well as senior grade teams events there is an individual race over 2000 metres for those 12 and under, this to be run after the conclusion of the Senior relays.

In due course a list will be at the Neil Hunt Park clubrooms for members to indicate their availability.

This is a great event for beginners to introduce themselves to inter club cross-country participation. All abilities, all ages take part in these events.

Forthcoming championship events:

Over the next few weeks and months there are number championship events on the programme.

The Huntly ½ Marathon on Sunday 22 May incorporates the Athletics Waikato BOP 1/2 marathon championships, whilst the Athletics Waikato BOP marathon championships are in conjunction with the Lion Foundation Rotorua Marathon

on 30 April.

Athletics NZ have confirmed that their cross-country championships will be in Christchurch on 23 July over the Halswell Quarry Park course.

The Athletics New Zealand ½ marathon championships are incorporated with the Auckland marathon, Sunday 30 October. As entries for this event fill quickly you need to get your entry in now if you want to take part in the 1/2. We have been advised that the Auckland field is already 80% full. Don't delay.



Notice is given that a

GENERAL MEETING

of the Lake City Athletic Club Inc
is to be held

1.00pm, Saturday 23 April 2011

at their Neil Hunt Park Clubrooms
Tarawera Road, Rotorua

BUSINESS: Club annual subscriptions

The Secretary
Lake City Athletic Club Inc

Congratulations:

To Ryan Howe, our sprinter, who has been included in the Athletics NZ gold squad targeting the 2016 Rio Olympics. This is the result of the excellent sprint times Ryan has turned in over the summer months and his performances at the recent National Track and field championships in Dunedin, where he won his Men 19 100 metres.

Wanted:

A Volunteer to be photographer at the marathon finish line from 11.00am - 4.30pm to take photos of club members completing the marathon etc. Kerris Browne has a nice Canon SLR camera she can provide, but she'll be too busy running to get pictures herself. Training provided. If you can assist contact Kerris at 348 0790 or swingmills@xtra.co.nz

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

inquiry@physiotherapyclinic.co.nz
or 07 347 8380

