



LAKE CITY Athletic Club^{INC}

Website: www.lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET

29 October 2011

The week that was:

It was very quiet on the athletic scene this past week.

Forthcoming events on the local scene:

SATURDAYS

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

SUNDAYS

Those that run distance - 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. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Summer athletics - for Tiny Tots and children 5-11 years at 5.15pm

- Weekly Tuesday Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West:

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

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.

WEDNESDAYS

Summer athletics - for teens and adults (12 years plus)

- Weekly Summer Athletics (Track and Field) sessions are at the Stadium's No 2 Ground, Devon Street West - 5.15pm training for teens and beginners followed at 6.15pm by competition for teens and adults. Come run, jump, throw or walk with us.

The programme for next Wednesday (2/11) is:

- 6.15pm - 1200 / 2000 metres walk, javelin, triple jump, long jump
- 6.30pm - 100 metres,
- 6.45pm - 2km steeplechase for grade 16 and above
- 7.00pm - 400 metres
- 7.10pm - 2km run

Contact – Lindsay Foster – 348 6818 evenings.

THURSDAYS - weekly

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 - fortnightly

The Trout fly series

As from next Thursday – 3 November – the fortnightly Trout Fly series will be held. If summer athletics is not to your liking then maybe the fortnightly Trout Fly series will be.

- 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 the event starting at 6.15pm sharp.

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

Contact – Chris Corney – 021 770 366

Please read the following Logging in Whaka Forest

Timberlands have advised that they will be undertaking Gravity Roller Crushing in the harvested area off Katore Rd. This is a clearing process where a roller connected to independently controlled winch drums is rolled down a slope clearing vegetation in its path. Needless to say you wouldn't want to be in its path! **The work will start on 31 October for two weeks, week days only.** MTB tracks closed are Gunna Gotta, Katore Jumps, A Trail, K2 and The Tickler. Horse Track closed is Katore Wash Trail (still to be reinstated anyway) Walk tracks closed are Tokorangi Pa Track and Whakarewarewa Circuit. Spruce Rd and Katore Rd will also be closed.

Please put the word out and stay clear! Thanks

Julianne Wilkinson

Manager, the Redwoods, Whakarewarewa Forest

The Flying Trout Mud 'n Slide Family Race Day - Lake Okareka - Saturday 12 November:

The most action packed family event is on its way! There are 7 races so that every age can take part - from the open age 5k trail and Killer Mountain run, to the primary school age Terminator events and preschoolers Fairies and Superheroes Scamper.

Don't let the kids have all the fun, join in with the Mad Mums Gumboot run and Fathers Frocking Frolics races.

Get all wet and frothed up on the massive water slide to collect your chocolate trout at the finish line - yeeha!!

Register your whole family online now at www.theflyingtrout.co.nz and tell your friends and family about it.

Awesome location, fantastic prizes and good old belly-laughing fun!!!

It is a really fun event that encourages the whole family to get involved. This is a fundraising event for Lake Okareka Preschool but is professionally run. I would appreciate your help in getting it out to likeminded people

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

inquiry@physiotherapyclinic.co.nz
or 07 347 8380

Events out of Rotorua:

Distance events:

This Sunday 30 October – Auckland marathon and associated events. Good luck to those from Rotorua taking part

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

Track and field:

For children:

Saturday 5 November - Ribbon Day, Strathmore Park, Tokoroa, 10.00am

Saturday 12 November – Ribbon Day, Porritt Stadium, Hamilton, 10.00am

For Adults:

This Saturday 29 October – open meeting Porritt Stadium, Hamilton, 3.00pm. 2000/3000m walk, 300 hurdles, 80, 1000, 300 metres and, 2000 steeplechase. High jump, pole vault, hammer, long jump and shot put are on the programme.

Saturday 5 November - open meeting, Tauranga Domain, 3.00pm

Saturday 12 November – Putaruru Bell open meeting, plus Athletics Waikato BOP 10000 metres track championships) for grade 19 and above. Tauranga Domain, 4.00pm.

For master graded athletes: - Oceania Masters Athletics championships – Tauranga - 5 -12 February 2012

Any master graded athlete looking at taking part in the above championships please note that you need to be a member of NZ Masters Athletics (via Waikato BOP Masters Athletics - email them at wktovetath@xtra.co.nz to request a sub form) and that entries close 15 December with no late entry accepted. Visit nzmastersathletics.org.nz and click on the Oceania 2012 link

PS: Please note that the No 2 Ground is not available for training purposes this Saturday (29/10) and Sunday (30/10).