



Website: www.lakecity.co.nz

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

GUFF SHEET

31 March 2012

The week that was:

Track and field for both the Children's section and the Teens and Adults have wound up for this summer with their prize giving being held this Tuesday and Wednesday evenings at the Neil Hunt Park clubrooms.

These two sections of the Club's activities have only been able to function with assistance from those who have volunteered their time on either evening – some on both. A special thanks is extended to all who assisted at the No 2 ground this season.

Also wound up for this summer is the fortnightly Trout Fly series, when the final event was held last Thursday. Thanks must also be extended to all those that have made this event happen. Well done everyone.

Athletics New Zealand track and field champs:

At the Athletics New Zealand track and field championships held last weekend at Waitakere Stadium, Auckland, Molly Florence attained her first senior title by taking out the women's 17 100 metres. She picked up another title as a member of the Athletics Waikato BOP winning W17 4 x 100 metres relay team. In the 200 metres she was rewarded with a silver medal. Callum Taylor at his first senior championships was 8th overall in the M17 long jump and had the 20th fastest time in his 100 metres. Congratulations and well done!

What we over the winter months:

We move into the Club's winter activities – that is Harriers, (or to use the modern terminology – cross-country and road) activities.

The Club's winter activities take place on Saturday afternoons. This is to allow time for the kids to play team sport in the morning, grab some lunch and come with the rest of the family to our afternoon events.

The earlier winter months is our cross country time with events taking place on farmland, reserves, and the Redwoods. The latter months are the road season

to help get us ready for Relay events. The Relay events are a great way for all Club members to be part of a team, and are ideal for building Club spirit.

During the season there are many events out of town. These are great for all abilities whether you are the faster runners in the club, or take things slower. We encourage you all to go try these this year; you never know how you will go until you've tried them. This year we would like to see more participation by our Club at these events. They culminate with the New Zealand Road Relay Championships in Nelson in October.

Remember we are all members of a club and you only get out of it what you are prepared to put in yourself. Participate and have fun.

Details of the first event on the 14 April are over – see the advert. It tells you what to bring, the time and where to meet etc. etc. See you all on 14/4!

Whakarewarewa Forest: (logging)

There are still a number of tracks, especially mountain bike ones that are closed due to the logging operations. These are mainly in the region of Bakers Hollow and Kotare Road areas. Do not go past road closed signs, banners or tapes. No public access will be permitted through or near the hazard areas until signage is removed. Log removal is continuing via Kotare and Nursery Roads. Be aware of logging trucks and machinery - even on the weekends. Give way to trucks and get off the roadway quickly.

The Marathon Clinic:

Runners and 10k'ers

We had a great run on Sunday. The rain didn't seem to deter anyone. Most of us managed the run to Lake Okareka, Blue and Green Lakes ok, with not much being said once we have gone over 3 hours!! With the first real run in the rain, it was a good opportunity to test running in jackets etc. though a lot were discarded after a while! A big thank you to Mere and Doris who provided a drink stop at the Green Lake picnic area - with smiles on their faces!! The 10km group were out running near Hill Road, for another 70 minutes, doing really well!

This weekend sees us out Ngakuru for a 31km run, and shorter options for those training for the 1/2. Don't forget to check out our photos from Sunday on Facebook!

Any clinic queries can be sent to lakecitymarathonclinic@gmail.com.

Jodie Hickson

Walkers

The marathon walkers had their walk around Lake Rotorua starting off at 6am from Ngongotaha whilst those training for the half marathon got a sleep in and

started at Marama Point at 8.30. Unfortunately the weather gods did not look kindly on us with the drizzle being there for the whole and time finishing with a wild down pour as we were coming down Vaughan Road. Good practice as you never know what the marathon day will bring. Big thank you to Jan's daughter, Catherine, who came and supported us, bringing us lollies and whatever else we needed. We are pleased the road practice is over with one more big walk to come this weekend.

An update on Alby, who had his car broken into last week. The thieves were caught and some of Alby's belongings were returned but not all. The thieves had stolen a car and were looking for cash to put petrol in it to take them to Auckland. Remember everyone to keep your belongings out of sight in the car if possible.
Marieke Wass

Weekly / fortnightly events on the local scene:

SUNDAYS

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Find a group that is compatible with your fitness and head off into the Forest.

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

Clinic 10k'ers - Meeting time and venue will vary, but you will be advised the times and venue via email.

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).

TUESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street, Rotorua. Sessions 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.

Marathon Clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving at 5.30pm.

Clinic 10k'ers - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz or 07 347 8380

On Mondays they have a free sports injury drop in clinic between 4.00 and 5.00pm at their Eruera Street clinic

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.

Marathon Clinic – Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm.

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LAKE CITY
Athletic Club INC

www.lakecity.co.nz

Winter Running

(Running and walking over cross-country, in the Forest and on the road)

OPEN DAY

1:45pm Saturday 14 April

Lake City Clubrooms, Neil Hunt Park (off Tarawera Rd)

Start with us now..... for a short walk or jog with club members

Bring your running/ walking shoes plus a warm jersey for afterwards.

Groups for Kids, Walkers, Joggers and Runners

All abilities catered for

Don't hibernate over the winter months!

Get fitter for your other sportsHelp the kids for school cross country and athletics

Winter athletics is for everyone

Complimentary afternoon tea afterwards

Come to our Neil Hunt Park clubrooms on Saturday 14 April at 1.45pm

or

Ph. Siobhan Griffiths 021 1289925 for more information or email lakecity@xtra.co.nz

For your massage needs contact
Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002
Take your Lake City membership card to obtain the discount on offer

A special note – Day light savings:

Day Light Savings finishes this **1st April** - that's this Sunday - and clocks go back 1 hour, so that's an extra hour's sleep - enjoy!

Rotorua Marathon and associated events – early entry cutoff date:

The early bird entry cutoff date for entry to the Lion Foundation Rotorua marathon and associated events is **8th April**. After this date entry fees go up approx. \$10 - \$16 depending on the event. Details can be found at: <http://www.rotoruarunners.co.nz> or entry forms are available at the club rooms.

Teens and adults track and field 2012 trophy winners:

Keith Hay Homes – Men's middle distance

Awarded on a point's basis - Points accumulated in the 800, 1500 and 3000 metres championship events.

Nic Portas

Sprint trophy – women's sprints

Awarded to woman who has amassed the greatest number of points over 100,200,400 metres championship events.

Paige Satchell

President's Trophy

Awarded on a points basis from athletes 12, 13, 14 years (male and female) for overall points attained in the championship programme

Paige Satchell

Cool Spring Trophy

Best all round performances by an athlete aged 15 to 19 years in the championships

Molly Florence

Dorothy Malcolm Memorial Trophy

Person who has made the greatest contribution to Wednesday evening's senior track and field

Pam Kenny

Champion of Champions - Seniors 15 years plus

Awarded on a point's basis from athletes 15 years plus (male and female) for overall points attained in the championship programme

Kerris Browne

Results:

Athletics New Zealand Track and field championships - Waitakere, Auckland - 23-26 March 2012

Molly Florence – Women 17

| | | |
|------------|-----|-------|
| 100 metres | | |
| Heats | 1st | 12.24 |
| Semi final | 1st | 12.45 |
| Final | 1st | 12.18 |

| | | |
|------------|-----|-------|
| 200 metres | | |
| Heat | 5th | 25.48 |
| Semi final | 5th | 26.19 |
| Final | 2nd | 25.21 |

Athletics Waikato BOP 4x100 metre relay team 1st

Callum Taylor - Men 17

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|------------|-------------------|-------|
| 100 metres | 20th fastest time | 11.93 |
| Long jump | 8th | 6.25 |

