



**LAKE CITY**  
*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

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

## GUFF SHEET

3 March 2012

### The week that was:

Last week saw the first cancellation of the teens and adults Wednesday track and field for many a year. The Children's Tuesday evening activities escaped the rain and went ahead.

The last day of the senior Athletics Waikato BOP track and field champs were contested at Hamilton's Porritt Stadium, on Saturday while the children headed to Tauranga for a Ribbon Day.

After rain for most of Thursday the fortnightly Trout Fly evening event was held attracting around 80.

Those in the marathon clinic, runners and walkers, are gradually increasing the time on their feet although they have cut back slightly in preparation for the Kingsgate Rotorua Half Marathon this coming Sunday. Good luck for Sunday.

### The Marathon Clinic:

#### Runners and 10k'ers

The groups started tapering on Sunday for this weekend's Off-Road 5km, 1/4 and 1/2 marathon, which is part of our training programme.

The weather is looking good for Sunday and we are looking forward to all the fantastic support we receive from the Lake City marshalls on the course. See you out there.

Any clinic queries can be sent to [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com).

*Jodie Hickson*

#### Walkers

Our walkers had another great walk on Sunday. Approx 4 hours for those doing the Half Marathon on Sunday and 5 hours for the rest.

We walked from the clubrooms and headed for Blue Lake. One of our new members could not believe she had just walked from town to the Blue Lake. Shows what can be done when you are training in a group situation.

Whilst walking around the Blue Lake we came across Pam Kenny with the 10km group. All looked happy on another one of Rotorua's lovely scenic tracks.

Vicky thought all her Christmas's had come at once when Colin told the group the half marathoners could turn back and then let them off doing hills on Tuesday.

Good luck to all the walkers (and other club members) for Saturday.

*Pat Smyth*

### 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. Some at 7.00am: some a bit later. 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.

**Summer athletics:** For Tiny Tots and children aged 5-11 years.

This weekly section of the Club is at the Stadium's No 2 ground, Devon Street West, at 5.15pm

Should the weather be inclement cancellations will be on the hotline - 349 2994 then dial 5924 or on the cancellation notices of [www.lakecity.co.nz](http://www.lakecity.co.nz)

Contact - Kerris Browne - 021 753 691, or 348 0790 or [swingmills@xtra.co.nz](mailto: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.

**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.

### **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.

Wednesday **8 March** sees the club championship programme continue. The amended programme is:

- 6.15pm - Hammer – **championship**
- High jump – **championship**
- 60 metres – non championship
- 6.30pm - 200 metres- non championship
- 6.45pm - 1200/ 2000m walk – **championship**
- 7.00pm - Hurdles - **championship**

Please note that a person needs to be an actual financial club member at the time of the event is taking place. That is having paid a subscription to the Club prior to the event commencement.

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.

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### **THURSDAYS - fortnightly**

**The Trout fly series** - The next event in this fortnightly series is **8 March**.

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

### **Events out of Rotorua:**

#### **Track and field:**

##### **For children:**

**This Saturday 3 March** – Ribbon Day at Paeroa

**Saturday 10 March** - Athletics Waikato BOP children's championships – Porritt Stadium, Hamilton - 9.30am start

##### **For adults:**

**This Saturday 3 March** – Open meeting – Tauranga

**This weekend 3-6 March** – Masters National track and field championships, Auckland

#### **Distance:**

**This Saturday 3 March** - Good luck to those from the club heading to the New Plymouth Marathon and associated events. Chris Corney, Bruce Edwards and Dave Cronshaw are doing the individual full marathon distance, while two teams have entered the half marathon event (each person runs a half marathon) These Steven O'Callaghan and Nic Pannett and Tony Broadhead and Nic Portas.

### **Results:**

#### ***Local track and field - 22 February 2012***

\* Denotes an athlete under Grade 12 – up graded to Grade 12

No teens and adults results – rained out last Wednesday

#### **Athletics Waikato BOP Track and Field**

#### **championships – Porritt Stadium – 25 February 2012**

##### **Callum Taylor – Men 15-17**

200 metre heats 7th 24.47

High jump 2nd 1.65

Long jump 2nd 6.15

##### **John Kirkland Men 75-79**

Hammer throw 1st 20.80

For your physio needs contact

The Physiotherapy Clinic

[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz) or

07 347 8380

They have a free sports injury drop in clinic

between 4.00 and 5.00pm Mondays at their

Eruera Street clinic

For your massage needs contact

Toni of Touch Massage

(1317 Eruera Street)

07 349 6621 or 021 2971002

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