



Website: www.lakecity.co.nz

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

GUFF SHEET

5 May 2012

The past week:

The 15 weeks of training ended on Saturday after either the completion of the 5km, 10.5km, the half marathon or the full marathon around Lake Rotorua.

Congratulations to all to who took part. Many PB's were turned in, some by a large margin. Unfortunately there were some performances that would rather be forgotten.

To view the results head to the marathon website – www.rotoruarunners.co.nz Also the Daily Post has a write up on Adrian and Sue! <http://www.rotoruidailypost.co.nz/news/marathon-adrian-lysaght-shows-locals-way-home/1362497/> and this one that mentions Peter Bloore <http://www.rotoruidailypost.co.nz/news/minor-blip-in-magic-rotorua/1362494/>

A big thanks to those who volunteered their time in some way to the weekend – some from Thursday through to the Sunday morning cleanup, others only for a short time. This was appreciated.

Exercise from now on:

Exercise after Saturday does not stop. The club has a comprehensive winter programme drawn up with events on the local scene over grassed areas, in the Forest and in the latter part of the winter on the roads. See below for what is happening on a Saturday.

Also there are informal runs based from the Neil Hunt Park clubrooms on Tuesday and Thursday evenings as well as Sunday mornings.

Note that on Tuesdays and Thursdays the walkers meet opposite the Meat Shoppe in Tutanekai Street at 5.30pm.

Continue running or walking with those who have been in your group the last 15 weeks. Arrange within the group the time you wish to meet etc.

With the dwindling light in the evenings it would be wise to wear reflective clothing or at least light or

bright coloured clothing. If venturing into the Forest the wearing of head torches, if you have them, is recommended. Take care if out on the streets.

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

Last week an email with the club's 2012/2013 membership form attached was forwarded to those on the club's email membership list as at 31 March. Those not on email will be posted a membership form.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2012 to 31 March 2013. To do this please print off the form attached to the email and correctly fill in all required details.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz.

If paying by internet please use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf.

Also all members listed on the form aged 16 years plus must sign the declaration on the reverse.

The Marathon Clinic:

Runners

Well it's all over and it was a fantastic day. There were some great runs, times and stories. But I think the one thing that has come out of the clinic is how much support each group has given each other and how everyone has enjoyed the training. Everyone did really well and I know the first timers have found it a great experience. Many plan to keep running with the club throughout winter and will be back in training next year to do even better and tackle even bigger goals!

Well done to the Lake City club for taking out the club titles for men's marathon, men's 1/2 marathon and women's 1/2 marathon teams event!

It was great to see all those Lake City singlets, t-shirts out there and the supporters and marshals were awesome too!!!

Jodie

Walkers

Congratulations to all who completed the Rotorua Marathon. Once again we had a 100% finish. We have held this record for 20 years now with both running and walking groups we have worked with. Nobody is keen to be the first to pull out, what a motivator to carry on! Denise did a PB and now realizes all the extra work she has been doing has paid off. Well done Denise. Well done also to Vicky and Janet who did their first marathons and both finished in grand style. We also had two complete their first half marathon and 1 complete his first 10km event.

We start walking from town from this week until daylight saving starts again. Our programme now is to keep training so that we can do some half marathons and see if we can improve our times.

Pat and Colin Smyth

Out of town event: (Cambridge cross-country Relay)

Saturday 12 May is the first winter event out of town. This is the annual Cambridge cross-country relay where all abilities of athletes take part. The details of the various teams/grades are now at the Neil Hunt Park clubrooms. The day's activities commence at 1.00pm at the Cambridge Athletic Club grounds. This is a great introductory event for those that have not run cross-country before. Each person in a team runs a flat 3km lap, with a few jumps thrown in. Place your name on the list should you wish to take part. There are individual races over 2km for those 12 and under. There is no local event this day.

Weekly events on the local scene:

SATURDAYS

This Saturday 5 May - Meet 1.45pm at the Neil Hunt Park clubrooms: Pack run/walks for adults and events for children. Please bring a plate for afternoon tea. Duty officers: Adults: Peter Quax - Ph. 345 4033 - Children: Siobhan Griffiths - Ph. 349 1379.

Saturday 12 May – No event locally. Out of town is the Cambridge cross-country relay, which the club will be entering teams into. See above for the event details etc.

Saturday 19 May - This is the day of the Haggis Hustle which is a 6km or 3km approx. cross-country run or walk over farmland at top Utuhina Road, leaving 1 Haratua Place, at 2.00pm sharp. Please bring a plate for afternoon tea. Duty officer: Lindsay Foster - Ph. 348 6818.

Yes, there are some hills (and they are hills) but the climb is well worth it, when you turn to view the City and the Lake – that is providing it's a sunny day.

Come and run or walk over countryside that we can use only once a year and enjoy the hospitality of our Scottish host and his partner.

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. The first group heads off at 7.00am.

Those that walk – Meet 7.30am 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 for this group is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm

Walkers - Meet 5.30pm opposite the Meat Shoppe in Tutanekai Street

THURSDAYS - weekly

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person for this group is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm.

Walkers - Meet 5.30pm opposite the Meat Shoppe in Tutanekai Street

Other Events out of Rotorua:

Sunday 20 May – Huntly Half Marathon, which incorporates the Athletics Waikato BOP half marathon championships. Entry forms are at the clubrooms or visit www.HuntlyHalf.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

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 4.00pm and 5.00pm at their Eruera Street clinic

