



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## **GUFF SHEET**

**25 April 2015**

### **The past week:**

No events in the City but the club colours were worn by Adrian Lysaght at the 119th Boston Marathon on a day turned out to be wet and chilly. Adrian recorded a time of 2.41.14 for the 42.195km distance. His splits were: 5km 19.05:10km 37.50: 15km 56.42: 20km 1.15.46: Half 1.19.51: 25km 1.34.43: 30km 1.54.07: 35km 2.13.45: 40km 2.32.50: finish 2.41.14. Adrian placed 325 overall and was 19th in his 40-44 age group and the 310th male to finish.

Well done Adrian. We look forward to hearing your experience of running in this historic event that had in the vicinity of 30000 taking part.

### **The winter months:**

Have you wondered what the Lake City Athletic Club has to offer in the way of exercise during the winter months? The Club's activities don't hibernate. The Tuesday/Thursday evening and Sunday morning distance activities continue.

There's even events on Saturday afternoons. These events are for all abilities and are varied in distance and terrain.

The winter season programme is now on the club's website (under cross-country) but to wet your appetite details of the first few weeks activities are below.

We look forward to your company over the winter months whether you are young, old, in between, fast, slow, in between, a runner or a walker!

#### **APRIL**

##### **This Saturday 25:**

Meet 1.45pm at clubrooms, Neil Hunt Park for a 2.55km or 5km run or walk plus 1.4km option for children - 2.00pm start. Afternoon tea provided courtesy of the Club. Duty officer: Chris Corney (Ph. 348 8775), assisted by the winter Season Sub-Committee.

#### **MAY**

Sat 2: Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. The marathon event incorporates the Club and Athletics Waikato-BoP Marathon Championships.

Sun 10: Cambridge Cross-Country Relays, Cambridge with teams of all abilities taking part from the Waikato-BoP region. This is a perfect event for first timers to cross country especially as it's a team event. As can be seen from the team composition outlined below it's a day where the whole family can take part and is a great event to loosen up the body after the previous weekend's endeavours.

Team make up is:

- 3 person under 15
- 3 person under 18
- 4 person men (open and masters)
- 3 person women (open and masters)
- 3 person family team (Male, Female, mixed)
- Individual Under 11 2000 metres

Event start time is 1.00pm at the Cambridge Athletic Club grounds off State Highway 1 – the road to Hamilton.

In due course there will be a list at the Neil Hunt Park clubrooms to indicate your intention to participate.

Sat 16: This is a Family Day where there are events for all club members – children/ running/walking clinics, etc. Meet 1.45pm for 2.00pm start in the Redwoods for pack runs/walks and children's treasure hunt. Bring a plate for afternoon tea, please. Duty Officer: Adrian Lysaght (Ph. 027 615 3496).

### **Volunteers:**

Volunteers are being sought for the **51st Rotorua Marathon** - pre marathon weeked as well as on the day – Saturday 2 May.

There are a number of areas that club members, their family or friends can be involved with at this special event. Those pounding the pavement can be involved pre event.



#### **Goodie Bag filling**

Goodie bags have to be filled – one for each entrant – something like 4000/5000 bags. **This is happening on Wednesday 29 April from 4.30pm until the job is completed.**

**Just rock up to the Energy Events Centre (Government Gardens) and get stuck in.**

#### **Friday 1 May**

Friday, even if you are taking part you can help. Volunteers are wanted for things like registration, being a general goffer etc. Registration starts 2.00pm on Friday and goes through to 9.00pm but you are not expected to be there all that time. Shifts can be worked.

#### **Saturday 2 May**

Saturday is the day where friends and family can help. Marshalls (adults) are required from 6.00am through to around 5.30pm on this day. Most of the areas to be marshalled are out on the early or the latter part of the course (2 to 3 km from the Government Gardens). This is a great job, as you can see all

your mates, friend's etc taking part. Like Friday shifts can be worked.

The lists are at the Neil Hunt Park clubrooms to indicate your availability – days and times available. Put your name on it and get into the spirit of the weekend.

## Events on the local scene:

### SATURDAYS

#### Distance athletes

This Saturday, 25 April, the clubs 2015 winter season kicks off. Meet at the Neil Hunt Park clubrooms at 1.45pm for a 2.00pm start. There is 2.55km or 5km run or walk plus 1.4km option for children. Afternoon tea provided courtesy of the Club. Duty officer: Chris Corney (Ph. 348 8775), assisted by the winter Season Sub-Committee.

### SUNDAYS

#### Distance athletes

**Running clinic** - Meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest and other regions:

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759): Email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

**Others that run distance** - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

**Those that walk** – Meet just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

### MONDAYS

**Yoga for runners and walkers** – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

### TUESDAYS

#### Walkers

**Am** - Meet at 8.00am at the Neil Hunt Park clubrooms

**Pm** - Meet 5.30pm at the Neil Hunt Park clubrooms

#### Distance athletes

**Running clinic** – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Others that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

### WEDNESDAYS

**All athletes** – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

### THURSDAYS

#### Walkers

**Am** – Meet at 8.00am at Planet Bike, Waipa By Pass Road

**Pm** – Meet 5.30pm at the Neil Hunt Park clubrooms

#### Distance athletes

**Running clinic** – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Others that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

## Upcoming distance events:

#### In our City

**Saturday 2 May** - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz)

#### Out of the City

**Sunday 10 May** - Cambridge cross-country relay.

## Whaka Forest - logging operations:

Logging operations are continuing in the Forest so take care. These are weekdays between 7.00am and 4.00pm. Logging trucks will be using Pipeline, Direct, Red Tank and Nursery Roads and could be operating at any time day or night. Security will be on site to manage the road safety closures. Please respect their instructions.



## Championship Certificates:

The following have championship certificates relating to the Teens and Adults Summer track season. They are available for uplifting from the Neil Hunt Park Clubrooms.

Mere Attwater	Chris Corney	Dave Cronshaw
Sue Crowley	Mark Geddes	Don Morrison
Gaine Petterson	Jason Steyn-Ross	Andy Twiddy
Peter Vyver		

#### **Club uniforms:**

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase.

Payment to be made at time of purchase - please bring along the correct change

**Costs:** Adults running singlets: \$35.00  
Adults short sleeve walker's tees: \$35.00  
Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

**Sarah Wiwarena** – Ph: 348 7674 (evenings):  
Mobile 027 248 3874

**Denise Caudwell** - Ph 346 8431 (evenings)

**Nikki Mitchell** - Ph: 349 2920 (evenings):  
Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.