



Website: www.lakecity.co.nz
 Email: info@lakecity.co.nz
 Clubrooms: Neil Hunt Park off Tarawera Road
 Lynmore – Rotorua

GUFF SHEET
2 May 2015

The past week:

A busy past weekend. Saturday was the first event of the winter season. This was well attended and was based on the summer Trout Fly course with many of those taking part putting their final touches to their marathon preparations. Results are still to come.

Sunday saw the annual pre marathon champagne breakfast held at Skyline Skyrides with some 140 in attendance. Who said that Lake City's talent is only running or walking? There's some great entertainment talent within the Club.

For an extremely generous price Skyline put on a great breakfast spread – thank you.

A big thanks to those that brought the morning together, especially Elvis – aka “Tony da Pony” Broadhead, Jodie and Teresa.

This weekend:

Friday 1 May – Those of you that have volunteered to assist this afternoon head to the Energy Events Centre in the Government Gardens. When you get there ask for Charlotte or Pam.

Saturday 2 May – The big day! Rob Colledge will be contacting those that have indicated they can assist with marshall duties.

Good luck to all taking part in one of the events on this day. Wear your Lake City singlet and you will get great support from the locals – even more if they see your name on your race number.

On the social Scene:

**Saturday 9 May –
 Post marathon social event –
 7.30pm start**



To celebrate our successes, share our achievements, catch-up with everyone, look back at how far we have come, and plan the next big thing to tick off – there is a Saturday night social function at the Neil Hunt Park clubrooms.

This is for everyone!! Runners/walkers half marathoners and 10kers. Like previous years there is a dress theme (so you can start planning your outfit now):

Virgin - If this was your first attempt at this distance, wear **WHITE**.

Race Car - If you got a PB this year (faster time), wear **RED**.

Downhill - If you were slower this year, wear **BLUE**.

Damaged - If you did not run or had to pull out due to injury, wear **PURPLE**.

Hi Vis - If you are family/friends/supporters, wear **YELLOW** or **ORANGE**.

It is **BYO**; the bar will not be open. Please also bring a plate of finger food.

Events on the local scene:

SATURDAYS

Distance athletes

This Saturday 2 May: 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.

Sunday 10 May: 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.

The list is now at the Neil Hunt Park clubrooms to indicate your intention to participate or contact Adrian Lysaght on 027 615 3496.

Saturday 16 May: 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).

SUNDAYS

Distance athletes

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 City Focus, Tutanekai Street

Distance athletes

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 City Focus, Tutanekai Street

Distance athletes

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:

Sunday 10 May - Cambridge cross-country relay. See under Saturdays for details

Whaka Forest - logging operations:

Logging operations are still 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 day or night. Security will be on site to manage the road safety closures. Please respect their instructions.



Please read below – it's a new operation

Scion will be undertaking tree felling of 5 gum trees within the Dodzy Skills Park at the end of Long Mile Road from the 28th of April until the 1st of May.

During this time Nursery Hill will have controlled closures, which means from time to time the public may be allowed through, providing it is safe to do so, as directed by the marshal at each end.

Tree felling will take place between 8am and 4pm. Nursery Hill will be open outside of these hours. Obviously the Skills Park will be closed entirely.

Please take note of all signage and direction from marshals.

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.