



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
28 October 2017

The past week:

The children's Tuesday evening athletics are now underway with a large number fronting up on the first night – last Tuesday

Mid-week a number from the club took part on the Pink Walk – runners and walkers.

During the week days and Sunday morning it's the customary pack runs walk some of them without rain.

Teens and adults track and Field – (Athletics)

Next week, 1st November, is the first Wednesday evening of the new track and field venture, so come along at 6.00pm to the Stadium's No 2 ground (Devon Street West) to see what it's about. The evenings programme is opposite.

What's so different? One Wednesday will be the standard weekly programme: The following Wednesday a skills and fitness evening covering sprints, distance running, throws and jumps finishing with a match-racing series of relays. These evenings will alternate.

Incorporated in the programmes will be the 1 mile series which will have prizes for the most improved across the series.

Bear in mind these evenings will only be a success if there is participation from club members as well as the public. Come along and see what it's all about: bringing friends, work mates or family members. It's as non-competitive or competitive as you wish to make it. There will be plenty of fun.

Club certificates:

Those club members that was unable to attend the winter season prize giving please check below to see if there is a certificate(s) in your name for your uplifting at the Neil Hunt Park clubrooms. These are on the table to your left on entering the clubrooms.

Local regular events:

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave later and from various venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to **7.00am**.

Note that the 2018 walker's marathon and associated events training is now underway. Contacts are listed above.

Contacts are: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115: Rob Colledge 07 348 7768.

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

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

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Children's athletics – meet.4.45pm for weekly activities from 5:15pm to 6:15pm at the International Stadium, Ground 2, Devon Street West, Rotorua for 2yrs to 11yrs. *Only Online registration available at www.lakecity.co.nz*

Contacts: Sarah Mb. 027 3478115; Maureen Rolfe Mb. 021 146 4578; Email: lakecityca@gmail.com

WEDNESDAYS

Teens and adults track and field (athletics) –

1 November, 6.00pm at the International Stadium, Ground 2, Devon Street West, Rotorua. The programme is:

Warm up

60 metres

Long jump

800 metres

3000 metres run or walk

The first session of the skills and training programme will be 8 November

THURSDAYS

Walkers

Am – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm – Meet 5.30pm at Neil Hunt Park clubrooms.

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Looking ahead:

Locally

We are now heading into the summer activities of the Club which are commencing:

- Wednesday evenings from 1 November - teens and athletics (track and field)
- Thursday evenings from 9 November – the Trout Fly series – see “advert” opposite

Out of Rotorua - (children and adults)

This Saturday 28 October

Children – Ribbon Day at Matamata, Start time 10.00am

Adults – open track and field met, Porritt Stadium, Hamilton, 3.00pm start. The programme is on www.athleticswaikatobayofplenty.org.nz

Saturday November 4 - Children’s Ribbon Day at Whakatane, 10am start

Sunday 12 November – the 25th anniversary Tois Challenge at Whakatane. Details of event are on the Whakatane Harrier Club’s website. Early entry closes 4 November. From then on it’s onto the late fee.

Auckland marathon and associated events – this Sunday 29 October

Those club members taking part in an event have a good run/walk. Enjoy the sights from the Harbour Bridge

Certificate winners:

Graeme Adams (2)	Kerryn Barker
Erin Billing	Stephen Bjarnesen (2)
Doris Bragg	Max Bragg
Jenny Burns	Oliva Burman
Christine Butler	Neil Butler
Jason Cameron	Wayne Cameron
Anja Crombie (2)	Noreen Crombie
Chris Corney	Dave Cronshaw
Sue Crowley	Scott Curran
Apache Davidson (2)	Colin Davis



Jeannette Dekker	Erin Dender
Bruce Easton	Bruce Edwards
Annemarie Gallagher	Hannah Gapes
Luanna George	Anita Gibb
Ally Gibbons	Natalie Graham
Megan Grant (2)	Siobhan Griffiths
Phil Gulbransen	Glennis Hennessy
Emma Hickson	Hannah Hickson
Bryn Hoffman	Campbell Horn
Dee Horne	Giselle Howard
Trelise Howard	Andrew Jamieson
Brendon Keenan	Charlotte Lankshear
Sarah Lei	Trevor Ogilvie
Matt Parsonage (2)	Art Pingol
Sheryl Pearson	Kirsty Peterson (2)
Gaine Petterson	Craig Pollard
Debbie Raymond	Marion Roberts
Kerry Robinson	Sam Rossiter
Peter Roy	Gillian Shapley (2)
Dawne Sharplin	Robyn Skelton
Pat Smyth	Ana Tahana
Barbara Tucker-Jamieson	
Alan Twiddy	Andy Twiddy (2)
Edward Twiddy	Sian Twiddy
Gavin Voss	Paul Wollaston
Peter Vyver (2)	

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 2 to 8 - \$25.00
Size 10 to 12 - \$30.00
Size 14 - \$35.00

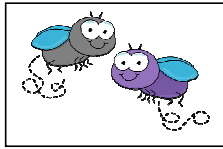
There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)
Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase

The Trout Fly series



This popular runners and walker's summer fortnightly, Thursday evening series commences

9 November

Registration: is at the Neil Hunt Park clubrooms 5.45pm with the event starting 6.15pm on the dot.

Fees: \$5 for adults, \$3 for children – Includes free refreshment and BBQ sausages after you have exercised

The distance: Your choice of 3km or 5km either running, jogging or walking

The Course: winds through the picturesque Sulphur Flats area

This is a great family event [young children must be accompanied though] and is a good starting point towards January's 10km, ½ or Marathon Clinics

Dates: 2017

9th and 23 November

7th and 21 December

2018

11th and 25th January

8th and 22nd February

8th and 22nd March

Contacts: Chris Corney – 021 770 366:

Email chris-donna@xtra.co.nz

Come and take part in this casual "drop-in" event every 2nd Thursday.

All welcome: club members bring your family, friends or work-mates along

Attendees don't need to be club members