



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
4 November 2017

The past week:

Another quite week on the club scene.

Currently no results from the Auckland Marathon have been researched.

Teens and adults track and Field - (Athletics)

This Wednesday (this evening), 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 was in last week's guff sheet.

What's so different? One Wednesday will be the standard weekly programme: The following Wednesday (8 November) is 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 last week's guff sheet to see if you have 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.

Whaka Forest:

Logging operations are happening for 4/5 weeks in the region of Hill Road. Logging trucks will be using Nice and Hill Road and mountain bike tracks like Corners, Red Riding Huck will be out of bounds. A side road near the top of Hill Road is also being closed. Some of the areas will be open during the weekends. Please do no venture into the closed areas and respect any tapes and closures in place.

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: 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) -

Next Wednesday 8 November, 6.00pm at the International Stadium, Ground 2, Devon Street West, Rotorua This evening is first session of the skills and training programme. Come along and see what it's about.

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

- Thursday evenings fortnightly from 9 November – the Trout Fly series – see “advert” opposite
- The children’s Tuesday evening athletics 4.45pm at the Stadium’s No ground Devon Street West, Rotorua.
- The Wednesday evening Teens and Adults Track and Field 6.00pm at the Stadium’s No 2 ground.

Out of Rotorua - (children and adults)

This Saturday November 4 –

Children - Ribbon Day at Whakatane, 10am start

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

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.



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

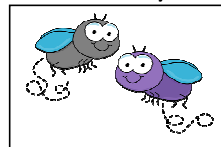
There are other items such as adult and children’s track suits, adult hoodies and beanies – cost of these on request

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