



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
23 December 2017

The past week:

Another week of fine weather has allowed the Club's various activities to go ahead.

Note the following:

This publication is taking its annual holiday from 23 December through too early in the New Year.

To keep up with what is happening over the holiday period please read below. Some areas are taking a break; others are where club members can make their own arrangements for runs/ walks etc.

The Club's running clinic:

With the club's Running Clinic for the 2018 Rotorua Marathon and associated events commencing on Sunday 21 January 2018, pack leaders for the various packs and disciplines are being sought. The ideal situation is to have two leaders for each pack. Some members have already made themselves available but more are needed -

For the marathon for those looking at 3 1/2 hours to 4 hours or 5 to 5 1/2 hours

For the half marathon leaders are required for a number of time frames.

Please contact Annemarie at 027 6229688 or email lakecitymaratahonclinic@gmail.com if you can assist.

Some knowledge of Whakarewarewa Forest is required. Watching those in your pack can very rewarding in seeing their improvement over the weeks.

Come along bringing a friend(s) to our Running clinic information evening, Thursday 18 January, 7.00pm at the Neil Hunt Park clubrooms. Mark it on your 2018 calendar now!

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 **8.00am**. **Note:** Those who might need to walk for longer times when in training for an event can still leave at 7am if that suits them better.

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 - Please note this section is taking a break until the 30th of January.

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

Only Online membership registration available at www.lakecity.co.nz

WEDNESDAYS

Teens and adults track and field (athletics) -

This Wednesday (20 December) is the last skills and training evening for 2017

This section of the Club will be resuming its programme on Wednesday 10 January - a skills and training evening. The 17 January is 100, 200 metres, a 1 mile run or walk and a javelin throw. The 24 January sees the championship programme commence

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

The fourth event in the fortnightly Trout Fly series is this **Thursday 21 November** and is Christmas theme so dress up. Further information in the "advert" in this publication

Whaka Forest: (new area being harvested)

Logging operations have moved across to the western side of the Forest in an area off Fern Drive by Five Mile Gate. Work will be between 4.00am and 4.00pm Monday to Friday with logging trucks entering the area via Fern Drive opposite Planet Bike on the Mill Bypass Road. Please do not venture into the closed areas and respect any tapes and signage in place.

Over the summer months there are a large number of events scheduled in the Forest so please respect the participants in these events.

8 Mile Gate Road - remember that this road is out of bounds at all times to all. Please use the couple of crossing points – one opposite Poplar Avenue and the other at Sandstone Road.

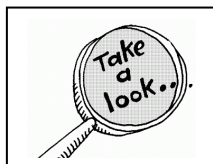
Looking ahead:

Out of Rotorua – Children:

The out of town ribbon days are taking arrest until 10 February. In between for those that have entered are the North and South Island Colgate Games: and for those selected interprovincial competitions and the Trans-Tasman Challenge

Adults:

Tuesday 26 December - The King and Queen Mt Maunganui mountain races - For adults this event doubles as the Athletics Waikato BOP Mountain race championships. Enter online via Athletics Tauranga website. Note that the events start 10.30am and 11.00am



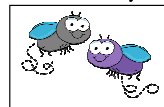
RESULTS

The pentathlon results from last week's track and field are attached.

Enjoy the festive season and the New Year celebrations, but drink and eat in moderation. Drive with care and keep up the exercise.



The Trout Fly series



This Thursday 21 December

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

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

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