



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**  
**13 January 2018**

## The past week:

The past week was quite for activity by club members. The North Island Colgate Games are still needed to be researched for results.

## The Club's running clinic:

### Thursday 18 January:

Come along bringing a friend(s) to our Running clinic information evening, Thursday 18 January, 7.00pm at the Neil Hunt Park clubrooms. If you have not noted this on your calendar please do so! Also and spread the word.

### Video:

Have you seen the video relating to the Running Clinic that Annemarie has made and placed on the club's website? If not visit [www.lakecity.co.nz](http://www.lakecity.co.nz)

Annemarie Gallagher is the clinic convener this year.  
027 6229688 or email  
[lakecitymaratahonclinic@gmail.com](mailto:lakecitymaratahonclinic@gmail.com)

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

### **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](mailto:lakecityca@gmail.com)

Only Online membership registration available at [www.lakecity.co.nz](http://www.lakecity.co.nz)

### **WEDNESDAYS**

#### **Teens and adults track and field** (athletics) –

- **This Wednesday 10 January** is the last skills and training evening at Ground 2 Devon Street West from 6.00pm.
- 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. To take a championship placing current financial membership of the Lake City Athletic Club is required

### **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 fifth event in the fortnightly Trout Fly series is this **Thursday 11 January**. Further information in the “advert” in this publication

## Whaka Forest:

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 to get to the operations area off Fern Drive by Five Mile Gate. Please do not venture into the closed areas and respect any tapes and signage in place.

With the native falcons nesting in the region of the Hemo Gorge track it is advisable to run or bike along the gorge's road side to get into the Forest proper.

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 towards the Taupo end of 8 Mile Gate Road.

## Looking ahead:

### *Out of Rotorua –*

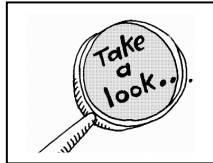
#### *Children:*

Your next ribbon day is some weeks away – 10 February at Te Aroha.

#### *Adults:*

**This Saturday 13 January** - Open meeting at Porritt Stadium (3.00pm) **which includes Athletics Waikato BOP 3000 metres track championships scheduled to start 4:50pm.** No details on champ's entry available. Note club uniform to be worn.

Saturday 20 January – open meeting at Porritt Stadium 3.00pm start.



## Club uniform:

Please note that should you be involved in any publicity photos relating to the Club the wearing of your club uniform will be appreciated. Your Club name is the Lake City Athletic Club



## 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:

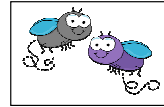
**Denise Caudwell** - Ph 346 8431 (evenings)

**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

## The Trout Fly series



**This Thursday 11 January**

**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

### 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](mailto: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