



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**  
**27 January 2018**

## The past week:

Another week of on and off weather called summer - Fine on minute, raining the next with wind.

The 2018 Rotorua Marathon running clinic is underway with the first out and back run to sort the various packs etc being held on Sunday.

## The Club's running clinic:

### 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)

More on the fund raising aspect of the Clinic over the coming weeks

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

There are another couple of weeks for people to join the clinic, but don't delay as the programme increases the time on ones feet each week.

## 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. This includes those that are running with the clinic. Some groups leave a bit latter and sometimes from different venues. Clinic members keep in touch with your "pack leader" for any changes

**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. This includes those associated with the Running Clinic.

**Children's athletics** - Note this section is recommencing this coming Tuesday - 30 January. Meet just prior to 5.00pm at the No 2 field of the Rotorua Stadium. The Council have erected signs on Devon Street West to direct you to the venue.

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 24 January** at Ground 2 Devon Street West from 6.00pm is the first 2018 session of the club championships for those grade 12 and above.

- 6.15pm - 100 metres
- 6.35pm - Shot put
- 7.00pm - 400 metres
- 7.20pm - 1500 metres

To take a championship placing current financial membership of the Lake City Athletic Club is required

**Wednesday 31 January**, is the following programme  
60 metres - non champ: Discus, long jump, 200 and 3000 metres championships

### **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. This includes those associated with the Running Clinic.

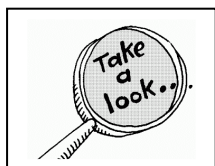
➤ The sixth event in the fortnightly Trout Fly series is this **Thursday 25 January**. Further information in the "advert" in this publication

## Whaka Forest:

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 coming summer months there are a large number of events scheduled in the Forest so please respect the participants in these events. This weekend is the Multisport Festival at the Blue Lake – Saturday and Sunday.

**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 a few weeks away – 10 February at Te Aroha.

### **Adults:**

Please note that the Tauranga track is still under repair and that any future events scheduled there could be moved to Porritt Stadium. Refer to Athletics Waikato BOP website for changes.

Upcoming events in the Waikato BOP region are the Porritt Classic (10 February): Athletics Waikato track and field champs (24/25 February): Athletics New Zealand track and field champs (9/ 11 March) at Porritt Stadium. Refer to the respect websites for entry details etc.

Out of the region are a number of meets over the coming weeks:

- 27 January – Potts Classic (Hastings)
- 10 February – Porritt Classic (Hamilton) – ANZ 3000 metres championships on the programme
- 24 February – Athletics NZ 10000 metres champs at Inglewood.

## 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



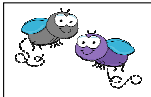
## RESULTS

Local Teens and Adults Track and Field – 17 January	(windy)	
* Denotes upgraded to Grade 12		
<b>100 metres - Run</b>		
Race 1		
Ryan Howe	M20	11.2
Luke Hewitt	M20	12.9
Apache Davidson	M17	13.5
Allan Ure	M35	14.6
Race 2		
Anna Phillips	G13	17.6
Corey Davidson	G13	18.0
<b>100metres - walk</b>		
Denise Caudwell	W60	32.8
<b>200 metres - Run</b>		
Race 1		
Ryan Howe	M20	24.5
Luke Hewitt	M20	27.5
Apache Davidson	M17	29.1
Allan Ure	M35	32.6
Race 2		
Anna Phillips	G13	37.5
Corey Davidson	G13	38.6
<b>1mile - run</b>		
Tony Broadhead	M50	5.14.2
Brendon Keenan	M40	5.21.7
Apache Davidson	M17	5.24.8
Adrian Lysaght	M40	5.25.7
Rusty Clarke	M20	6.16.9
Karyn McCready	W45	6.28.9
Tracey Hay	W20	6.49.1
Sam Rossiter	M20	7.22.1
Corey Davidson	G13	7.39.8
Anna Phillips	G13	7.42.2
Allan Ure	M35	8.39.0
<b>1 mile walk</b>		
Denise Caudwell	W60	10.51.8
<b>Javelin (different weights thrown)</b>		
Karyn McCready	W45	15.80
Sam Rossiter	M20	28.85
Ryan Howe	M20	18.60
Luke Hewitt	M20	12.30
Allan Ure	M35	13.70

Athletics Waikato BOP 3000 metres championships -  
13 January 2018 – Porritt Stadium, Hamilton

Graeme Adams	M65	1st	13.08.0
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## The Trout Fly series



**This Thursday 25 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

**2018**

**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

## 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