



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
24 February 2018

The past week:

The past week saw the cancellation of the Children's Tuesday evening athletics and a shorten teens and adults athletics programme on Wednesday evening. The championship high jump that was not held will be held at a later date.

Tuesday/Thursday and Sunday the club's distance athletes braved the weather and headed off on their scheduled runs/walks.

Volunteers – required from the club:

This is for the club owned Copthorne off Road Half Marathon on Sunday 4 March in our fabulous Whakarewarewa Forest.

The list is now at the Neil Hunt park clubrooms for club volunteers to place their name on - Saturday course set up – Sunday registration, parking, marshalling etc.

If you can't get to the clubrooms please call Rob on 07 348 7768. Don't wait to be shoulder tapped – give him a call to discuss when you are able to help. Even if you are participating in one of the events you can assist with registration, parking, course clean up etc.

Local regular events:

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. 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 that are

training for the full and half marathons need to arrange their own start times.

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

Children's athletics - Meet just prior to 5.00pm at the No 2 field of the Rotorua Stadium.

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

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.

WEDNESDAYS

Teens and adults track and field (athletics) –

This Wednesday 21 February at Ground 2 Devon Street West from 6.00pm the club championships for those that are grade 12 and above continue.

- 6.15pm – 1mile - non championship
- 6.35pm - Javelin – championship
- 6.35pm – Triple jump - championship
- 7.00pm - 100 metres – non championship
- 7.20pm – Steeplechase. Assistance is required to set up the steeplechase jumps and to restore them.

To take a championship placing current financial membership of the Lake City Athletic Club is required. It would be great to see club uniforms being worn on this evening.

Wednesday 28 February – Championship high jump – non championship 100 metres, shot put, 1 mile

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 next event in the fortnightly Trout Fly series is **this Thursday 22 February**. Further information in the "advert" in this publication

The Club's social scene:

When: Thursday 1st March
meet @5.30pm

Where: Blue Lake – meet at first
grass carpark by BBQ

What: casual run with BBQ
afterwards sausages & bread provided. All welcome!



Clubrooms key pad holders:

After the 31 March 2018 the Lake City Athletic Club Inc Executive will be making their annual review of those who currently have access to the Neil Hunt Park Clubrooms via the key pad.

It is noted there are a number of names on the current access list that have not actively supported the Club in recent times through participation and /or volunteering at the various events the Club promotes and organizes.

Unfortunately failure to continue with regular participation and / or volunteering within in the Club will result in the loss of privilege to have access to the clubrooms via the key pad.

The granting of an access number, which is viewed as a privilege and not a right, is at the discretion of the Club Executive. Just being a current financial Club member is not a right to have an access number.

Should your access be removed you have the right to apply for reinstatement. The current application form can be viewed by visiting the Club's website – lakecity.co.nz under documentation. The decision made by the Executive on a future application will be final.

Whaka Forest:

Over the coming summer months there are a large number of events scheduled in the Forest so please respect the participants in these events. Some are on a Saturday others a 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:

Please note that the Bellevue ribbon Day (24/2) at Tauranga Domain has been cancelled, because the resurfacing of the track will not be completed until early March.

Saturday 3 March – Paeroa Ribbon Day. The Athletics Waikato BOP Triple jump champs have been transferred to this day.

Adults:

This weekend - Saturday / Sunday 24/25 - The Athletics Waikato track and field champs are at Porritt Stadium, Hamilton. Entries have closed but for on the weekend details (checking in on arrival etc.) please visit www.athleticswaikatobayofplenty.org.nz

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

Athletics New Zealand track and field champs (9/ 11 March) are at Porritt Stadium. Refer to the Athletics NZ website for entry details etc.

At Inglewood this Saturday (24 February) are the Athletics NZ 10000 metres track championships. Refer Athletics NZ website for details.

Parks Week:

As part of Sport BOP and the Rotorua Lakes Council parks week promotion the Club is organizing a family fun/run walk on the Thursday evening 15 March, 5.45pm in Whakarewarewa Forest. This is an untimed 1.8km or 3.6km run or walk on the Mokopuna Tracks.

Meeting place is the concrete pad at the Tarawera Road end of Long Mile Road. Parking is on the large grassed area on the right hand side of Long Mile Road.

Entry fee is a gold coin donation to the First response Unit based at the Waipa Mountain Bike carpark.

Wear suitable clothing and footwear and don't forget your drink bottle. The event will be cancelled should there be high wind or severe weather.

Mark this date on your calendar and bring the whole family - Mums, Dads, Grandma, Granddad, Aunts and Uncles plus the youngsters.

RESULTS

Teens and adults track and field – 14 February 2018 Club championships

5000 metres - run		wet
Tony Broadhead	M50	17.49.1
Adrian Lysaght	M40	18.19.6
Andrew Twiddy	M40	19.33.1
Russell Clarke	M20	21.15.4
Jason Finnerty	M35	21.58.2
Sam Rossiter	M20	23.02.3
Chris Bycroft	M45	25.12.8
Karyn McCready	W45	22:14.2
Annemarie Gallagher	W45	30.42.0

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

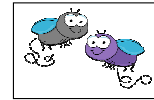
There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

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 Thursday 22 February

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

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