



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**  
**31 March 2018**

### The past week:

The Teens and adults track and prize giving was last Wednesday evening at the Neil Hunt Park Clubrooms. This section of the club will resume late October/early November. Thanks are extended those who made the evenings happen by participating and especially those who volunteered their time - Thank you

The Children's competition evenings have also drawn to a close with the last evening on 27 March. Unfortunately they have had four Tuesdays of rain checks – the whole month of February. This caused attendance numbers to drop off. See under Tuesday for prize giving details.

The final Trout Fly was held on Thursday evening. Look at the club face book pages for the photos taken. Thanks are also extended to those people that have brought the fortnightly series together. Results are below.

### Daylight saving:

.....leaves us this coming Sunday 1 April, so in a couple of weeks' time the Hi Vis vests and head lamps will need to be dusted off or purchased for those running or walking in the evenings.

Put your clocks back on Saturday evening so that you arrive at your Sunday morning run or walk on time.

### Shoes left behind:

A pair of blue Asics shoes was left behind at the conclusion of the AWBOP Children's Champs on Saturday. Did someone pick them up by mistake? The shoes contain orthotics insoles (bright blue insole with green underneath) and are urgently required for athletics training.

The shoes were either left at long jump at the conclusion of the Girls Grade 14 competition, or handed in to the Commons Room as part of the tidy up at the end of the day.

If anyone knows anything about the shoes, could they please contact me at this email address, or contact the child's mother, Diana Astwood 021566780

### Whakarewarewa Forest:

There is ongoing forestry work happening within Whaka Forest. Please respect any closures in place and watch for vehicles moving around.

There are still still a large number of events happening within the Forest. Respect the participants.

### 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 please 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** - Prize giving is being held Tuesday 10 April 6.00pm at the Lake City Athletic clubrooms Neil Hunt Park (off Tarawera Road). Please bring a plate. There are still a number of trophies outstanding, even one from the 2016 season. Please return these to Sarah promptly. Contact is Sarah at 027 347 8115.

##### 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.



Claire Roy	50	30:06	
George McGregor	51	31:51	
Faith McGregor	52	32:04	
Jodie Hickson	53	32:06	
<b>5000 metres</b>			
Matt Parsonage	1	18:22	
Andrew Twiddy	2	18:55	
Ben McHale	3	18:57	
Gaine Petterson	4	19:06	
Sue Crowley	5	19:08	
Megan Grant	6	19:12	
Steven Holloway	7	19:33	
Alan Crombie	8	19:05	
Alan Ferguson	9	20:21	
Russell Clarke	10	20:43	
Shayne Hossack	11	20:45	
Clare Barratt-Wood	12	21:01	
Lance Shilton	13	22:01	
Rhys Downes	14	22:13	
Scott Curran	15	22:26	
Jason Finnerty	16	23:59	
Kerryn Barker	17	24:10	
Noreen Crombie	18	24:11	
Campbell Horn	19	24:12	
Philip Gulbransen	20	24:13	
Cody Shilton	21	24:30	
Fred Shilton	22	24:31	
Jonah Furnell	23	25:08	
Peter Roy	24	25:17	
Dee Horne	25	25:21	
Graeme Pearson	26	26:33	
Ben Shiels	27	27:57	
Helen Mossman	28	28:55	
Jemmel Ruland	29	29:31	
Tracey Dender	30	29:32	
Mel Marshall	31	29:33	
Peter Bloore	32	30:13	
Luca Garrood	33	30:30	
Rina Joy	34	31:37	
Ray Hewlett	35	31:37	
Kasper Grunwell	36	32:16	
Peter Vyver	37	32:47	
Sheryl Pearson	38	34:05	
Angela Grunwell	39	35:24	
Daniel Shiels	40	36:59	
Sam Shiels	41	37:07	
Greg Shiels	42	37:08	

## 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

**Annemarie Gallagher** – Ph 027 6229688 (adults)

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase