



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 22 September 2018

The past week:

A quite week on the club scene these past few days with only the mid-week and weekend pack runs and walks happening.

A small number took part in the Cambridge half Marathon on Sunday. This event doubled as the Athletics Waikato BOP half marathon championships. Congratulations to those that took a championship placing. Google Cambridge Athletic and Harrier club for the results.

Events: Local and out of Rotorua

SATURDAYS

This Saturday 22 September - The club road championships out a Hannahs Bay, Rotorua. See below for the afternoon's programme, noting the start times of events. Marshalls are required, so if you can assist please contact Matt on 021 0586 189

Other week day Club happenings

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave a bit latter and sometimes from different venues.

Those that walk - Meet at the Neil Hunt Park clubrooms just prior to 8.00am. 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 old City Focus, Tutaneikai Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Children's athletics

LAKE CITY Athletic Club INC

Childrens Athletics

Starts: Tuesday 16th October 2018
Time: 4.45pm - 5.45pm
Where: International Stadium, ground 2, Devon St West, Rotorua.

Running, jumping and throwing for ages 2yrs-14yrs
This is fun, entry-level based training for beginners with lots of practical coordination skills.

Registration online NOW
www.lakecity.co.nz

Join our facebook page to keep up to date with events, weather cancellations and important dates and information
Lake City Children's Athletics

Contact: Kelly Albrecht - 027 8826484
Email: lakecitychildrensathletics@gmail.com

THURSDAYS

Walkers

Am - Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm - Meet 5.30pm at the old City Focus, Tutaneikai Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm.

Out of the City: distance running

Sunday 18 November - This is the day of the popular Toi's Challenge in Whakatane.

For more information and online entry visit www.sporty.co.nz/whakataneahc

Athletics Waikato BOP - officials training days - 2018

Sunday 7th October, 9:30am, Track events - Tauranga Domain

Sunday 14th October, 9:00am, Jumps and Throws - Tauranga Domain

If you wish to attend, please contact Heather O'Hagan (ohagan@visique.co.nz)

Club Road championships programme

This Saturday - 22 September 2018

Waingaehe Park, Hannahs Bay, Rotorua

Order of events

Race one:

1.30pm Sharp

Distance 2000 metres

Boys and girls - 10 and under (5, 6, 7, 8, 9, 10)

Boys and girls - under 13 (11 and 12)

Distance - 5000 metres

Run

Youth Women - under 18 (15, 16, 17)

Junior Women - under 20 (18, 19)

Masters women - (35 plus)

Walk

All grades

Race two:

1.50pm

Distance - 3000 metres

Boys and girls - under 15 (13 and 14)

Distance 6000 metres

Youth Men - under 18 (15, 16, 17)

Race three:

2.10pm

Distance 7300 metres

Junior Men - under 20 (18, 19)

Masters Men - 65 plus

Distance 10,000 metres

Women - senior (20-34)

Men - senior (20-34)

Masters men - (35 to 64)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2018 except for Master grades, which is age on the day.
2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member prior to the event** of the Lake City Athletic Club Inc.
3. **There will be traffic on the course. We are in a residential area. All participants must take care. Run**

or walk within any cones on the course. Watch for vehicles backing out or entering driveways!

4. Please arrange for a family member to count your laps.

5. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line and people to set up the course etc. If you are not running or walking get involved by being a volunteer by contacting Matt on 021 0586 189

Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, track suit 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

Supporting clothing

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are:

Sarah Wiwarena - Ph: 346 3289 (evenings):
Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)
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 out what you want to purchase