



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

13 October 2018

The past week:

Other than the customary mid-week and Sunday pack runs/ walks there was no competitive club activity this past week.

On Saturday in the Port Hills (Christchurch) the 42nd Takahe to Akaroa Relay, doubling as the New Zealand Road Relay championships were held. The club's master's men's team was the only one that had a podium finish when they placed 3rd in their grade. The other two teams had a re-jig of team members and their placing were – C grade 12th and the composite team 6th in their respective grades. Team member's times are below.

Events: Local and out of Rotorua

SATURDAYS

Club Saturday events will be taking a break until **27 October** when the Forest open handicap 10km will be held. There will be a shorter event for the younger grades this day.

Saturday 3 November – The winter season's prize giving and social function at the Neil Hunt Park clubrooms. Further details will be forthcoming.

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

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm - Meet just prior to 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

WEDNESDAYS

The club's weekly track and field sessions for those 12 years and above is commencing 7 November. More details will be supplied in due course.

THURSDAYS

Walkers

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

Pm – Meet just prior to 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.

Trout Fly

1 November – sees the commencement of the fortnightly Thursday evening Trout Fly series. See the “advert” below.

Out of the City: distance running

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

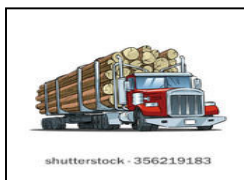
For more information and online entry visit www.sporty.co.nz/whakataneahc

Whaka Forest:

With the summer months upon us the Forest has many events scheduled – some 20 for the month of October as well as the general public running, walking, biking etc. The events are mainly scheduled for weekends but there are some mid-week ones.

Respect the other users as you would expect them to respect you.

From Monday 8 of October the “spring/summer” harvest programme in Whaka Forest on the North Eastern side of Hill Road which includes sections of Eagle Vs Shark & Te Rua has commenced.



Harvest operations will be active between 4am and 3.30pm Monday to Friday. During the weekdays logging trucks will enter and exit the forest via the Black House carpark on Tarawera Rd. During the night (10pm to 9am) Sunday to Thursday logging trucks will enter via the Black House carpark and travel along Windy, Pipeline, Red Tank and Nursery Roads and exit via the Red Stag mill entrance on 8 Mile Gate Road.

Black House Carpark:

- Closed to public Monday to Friday.

Roads Affected:

- Windy Road – Closed between the Black House carpark & Hill Road weekdays (24hrs).
- Hill Road – Closed between Windy & Direct Road weekdays (4.00am – 3.30pm).

Trails Affected:

- Permanently closed - Te Rua, Eagle Vs Shark & Shark Link.
- Periodic closures - Frontal Lobotomy, Lentil Link Tukonohi & Te Pou Koropu (4.00am - 3.30pm Monday to Friday). We hope to keep these closures to a minimum.
- Diversions – Black Walking Track.

All public should be vigilant if using any of the open roads in the area. Please obey all restricted/no access signage and respect the security officers as they are there for your safety. Harvesting operations are expected to be complete by late-November 2018.

Athletics Waikato BOP - officials

training days - 2018

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

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

RESULTS

Takahe to Akaroa relay – 6 October 2018

New Zealand Championships

Masters men		
Wellington Scottish	1st	4.56.39
Lake City Rotorua	3rd	5.12.36
Dave Cronshaw	Lap 1	38.57
Bruce Edwards	Lap 2	40.32
Alan Crombie	Lap 3	40.49
Greg Malcolm	Lap 4	37.47
Chris Corney	Lap 5	44.30
Mike Bray	Lap 6	35.19
Kerry Robinson	Lap 7	35.43
Tony Broadhead	Lap 8	38.49
C Grade		
Wellington Scottish	1st	5.50.52
Lake City Rotorua	12th	6.17.18
Siobhan Griffiths	Lap 1	42.56
Kerryn Barker	Lap 2	50.47
Jodie Hickson	Lap 3	50.21
Dee Horne	Lap 4	48.24
Andrew Twiddy	Lap 5	46.03
Sarah Lei	Lap 6	43.07
Kathryn Murphy	Lap 7	45.01
Sian Twiddy	Lap 8	50.39
Composite		
Caversham	1st	5.13.28
Lake City Rotorua	6th	5.23.06
Gaine Petterson	Lap 1	39.19
Jason Cameron	Lap 2	39.43
Megan Grant	Lap 3	40.08
Rachael Wright	Lap 4	53.18
Matt Parsonage	Lap 5	39.26
Steven Parker	Lap 6	36.55
Colin Earwaker	Lap 7	34.13
Adrian Lysaght	Lap 8	40.04

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 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)



This summer's Trout Fly series

For the whole family
Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday
starting - 1 November

Registration at the Neil Hunt Park clubrooms Club
5:45pm

- Costs: \$5 for adults, \$3 for children – you don't need to be a club member

Event starts 6:15 on the dot

- Your choice of 3km or 5km run, jog or walk (or both)
- Course winds through the picturesque Sulphur Flats area
- Includes a free drink at the bar, juice/soft drink for kids
- BBQ sausages afterwards
- Great family event [young children must be accompanied though]
- Good starting point towards January's 10km, ½ or Marathon Clinics
- Find new motivation with us – dust the "shoes" off and come and join us
- FREE CLUB MEMBERSHIP* if you complete 9 out of 10 events. Eligibility – only if you have **never** been a Lake City Athletic Club member

2018

1st, 15th and 29th November
13th December

2019

10th and 24th January
7th and 21st February
7th and 21st March

