



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 20 October 2018

The past week:

It was another quite week on the local club scene.

Events: Local and out of Rotorua

SATURDAYS

The next club Saturday event is **27 October** when the Forest open handicap 10km will be held. There will be a shorter event for the younger grades this day. Note the first person to leave the start line is 10.00am from the Long Mile Road (by the Pram Track entrance). As this is an open handicap run or walk you will need to report prior to the first person leaving to establish your start time.

Saturday 3 November – The winter season's prize giving and social function at the Neil Hunt Park clubrooms. As there is a catered meal on the evening there will be a cost per attendee. 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

Walkers

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

When: Weekly - from 4.45pm to 5.45pm

Where: International Stadium, Field 2, Devon Street West



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

Information from: Their face book page to keep up to date with weather cancellations and other information

 Lake City Children's Athletics

Registration: Online at www.lakecity.co.nz

Contacts: Kelly Albrecht - 027 8826484

Email: lakecitychildrensathletics@gmail.com

WEDNESDAYS

7 November - The club's weekly track and field sessions for those 12 years and above is commencing 6.00pm at the Stadiums Field 2, Devon Street West. See the flyer below.

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.



**Track and Field
(Athletics)**

This is where Teens and Adults can exercise in a friendly non-intimidating atmosphere

WEDNESDAY EVENINGS

6.00pm – commencing 7 November

The month of November will see skills and training sessions, plus some events
From December onwards it is anticipated a more formal programme of events will be held

There will be running, throwing, walking and jumping activities for the serious or fun athlete, those getting on in years, the quick or the not so quick, those preparing for school events, those wishing to gain fitness for another sport, or those just wishing to gain fitness in general

Other words all welcome

These evenings are held at the Stadium's
No 2 field
Devon Street West, Rotorua

Please Note:

Parking is on the tar seal inside the Stadium complex via a gate off Devon Street West.
Then walk up the hill to the No 2 Field

***“Come along and give track and field
(Athletics) go this summer”***

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

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)