



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
3 November 2018

The past week:

The quite weeks of club activates came to an end when the Steph McHale open handicap Forest 10km was held on Saturday. Results are below.

Out of Rotorua a number from the club took part in an event at the Auckland Marathon on Sunday. To find out who went visit the events website. It is known the Michael Voss took part in the half marathon finishing 2nd in 1.07.42. Well done to all who took part.



The Club's winter season's prize giving and social is being held

This Saturday 3 November 2018

At the Neil Hunt Park clubrooms

6.00pm - drinks and social time

7.00pm - hot dinner served. If you require a vegetarian dinner please advise us

Prize giving followed dessert

Entry fee: Adults - aged 16 and above - \$20.00pp

Children – aged under 16 - \$10. 00pp (payable on the evening)

Contact Matt – on 021 0586189 and if need be leave a very clear message i.e. names of attendees and whether 16 and above or under 16. Also leave a contact number. There is also a sheet at the clubrooms to place names on

Numbers are needed for catering purposes no later than

8.00pm this Wednesday 31 October

"Booking" is essential

Events: Local and out of Rotorua

SATURDAYS

This Saturday 3 November – The winter season's prize giving and social function at the Neil Hunt Park clubrooms. See below for details. It is **essential** bookings be made by **8.00pm Wednesday (31/10)**. Please book promptly. This for catering purposes See "advert" opposite

Out of the City – adults and children

This Saturday 3 November – Open track and field meeting at Tauranga Domain 3.00pm for adults.

The programme can viewed at www.athleticswaikatobayofplenty.org.nz

This Saturday 3 November – Whakatane Ribbon Day, 10.00am start

Saturday 10 November – Te Awamutu Ribbon Day, 10.00am start.

Saturday 10/11 November – Meeting Porritt Stadium. Refer to www.athleticswaikatobayofplenty.org.nz for programme

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.
Note the new parking instructions.

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 – (This Thursday) 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

This summer's Trout Fly series

For the whole family

Walkers 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 and BBQ sausages
- 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



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 the Papawaka 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”***

Whaka Forest:

Logging operations are continuing in Whaka Forest. There is a large number of areas out of bounds on the Eastern side of the Forest (off Tarawera Road) as well as off 8 Mile Gate Road in the region of String and Tikitapu Roads.

Details of tracks /roads closed etc have been published in previous guff sheets.

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.

As well as the logging operations, especially on weekends, there are a large number of events being held as well as the growing number of general public using the Forest. Respect the other users as you would expect them to respect you.

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)

RESULTS

Steph McHale open handicap 10km, Whaka Forest 27 October 2018

	Visitor	Finish time	Handcp	Net time
Kathryn Murphy		1.37.59	36.00	61.59
Sarah Pitcher-Campbell	V	1.38.26	40.00	58.26
Sarah Lei		1.39.23	40.30	58.53
Luanna George		1.41.36	39.00	62.36
Denise Caudwell	Walk	1.42.08	20.00	82.08
Grant Utteridge	V	1.42.23	36.00	66.23
Matt Parsonage		1.42.38	62.30	40.08
Dee Horne		1.42.51	38.30	64.21
Sam Rossiter		1.44.02	54.00	50.02
Alan Crombie		1.45.41	56.00	49.41
Sue Crowley		1.46.50	58.40	48.10
Gillian Shapley		1.49.21	48.00	61.21
Annemarie Gallagher		1.50.02	20.00	90.02
Dennis Hunt	V	1.51.38	20.00	91.38
Annemarie Hunt	V	1.51.39	20.00	91.39
Adrian Lysaght		1.52.58	60.00	52.58
Max Bragg		1.57.43	40.30	77.13
Sian Twiddy		-	-	59.36