



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

17 November 2018

The past week:

The Tuesday children's athletics at the Stadium's Field 2 had great attendance last week. It is great to see there is a large number attending the Monday evening training sessions and that a number of these are heading to ribbon days and having success. Thanks to all the mums, dads and other caregivers making the club evenings happen.

Wednesday evening saw the first of the 4 weeks of the skills and training evenings for teens and adults. As well as this the Beginners sessions for those starting out or coming back to exercise attracted a good attendance.

Sunday saw a number from the Club taking part in the popular Toi's Challenge at Whakatane. Results are currently unknown.

Certificates: Below is listed the winners of club certificates over the winter months. These also include the club half marathon and marathon championships events. Check out the list to see if you have a certificate or two in the rack at the Neil Hunt Park clubs. If so please uplift it.

Events: Local and out of Rotorua

SATURDAYS

Out of the City – adults and children:

Children - This Saturday 17 November – Fairfield Ribbon Day, Porritt Stadium, Hamilton. 10.00am start.

Adults - This Sunday 18 November- open meeting Porritt Stadium. 1.00pm start. The throws section commences 10.00am. For the programme refer to www.athleticswaikatobayofplenty.org.nz Note that you are required to register at least half an hour before your first event, and paying the necessary fee.

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. Some groups leave earlier. 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

The club's weekly track and field sessions for those 12 years commence 6.00pm at the Stadiums Field 2, Devon Street West. The first few weeks are skills and training sessions as well as beginner's sessions. See the flyer below. **Note the new parking instructions. There is no parking in the area used previously. The pedestrian gates in that region will not be open.**

THURSDAYS

Trout Fly

This Thursday evening - The second event of the fortnightly series. See the "advert" below.

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.

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, Tikitapu Roads and the Green Lake.

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.

Track and Field (Athletics)

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

WEDNESDAY EVENINGS

6.00pm

The month of November will see skills and training sessions

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”***

This summer's Trout Fly series

For the whole family

Walkers Joggers and Runners

Casual “drop-in” event every 2nd Thursday
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 – 15 November - this Thursday

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)

Club certificate winners:

Kerryn Barker
Diane Barrett-Kendall
Clare Barratt-Wood (2)
Steve Bradley
Max Bragg
Doris Bragg
Mike Bray
Christine Butler
Chris Bycroft (2)
Brigitte Cairns
Wayne Cameron (2)
Sharon Caulfield
Sjors Corporaal (2)
Dave Cronshaw
Scott Curran - plus medal on the table
Colin Davis (2)
Jeannette Dekker - plus medal on the table
Erin Dender
Tracey Dender
Colin Earwaker
Bruce Edwards
Bruce Easton
Mark Geddes (2)
Anita Gibb
Megan Grant (2)
Siobhan Griffiths (2)
Tracey Hay
Jodie Hickson
Hannah Hickson
Emma Hickson
Steven Holloway
Raihi Hunia (2)
Andrew Jamieson
Rina Joy
Kaye King
Sarah Lei (2)
Greg Malcolm

Claire McKinlay
Johanna Ottosson (2) plus medal on the table
Stephen Parker
Gaine Peterson
Craig Pollard
Kerry Robinson
Peter Roy
Gillian Shapley
Fred Shilton
Robyn Skelton
Ben Smit
Leonie Smith
Katie Tapsell
Andrew Twiddy (2)
Sian Twiddy (2)
Michael Voss (3)
Peter Vyver (2)
Bella Wyatt