



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET **1 December 2018**

The past week:

The last Wednesday evening activities went ahead with a small number taking part in the skills and training session. The beginner's activities had an excellent attendance.

The following is from the children's section that has had a bad trot with the weather.

"The Children's Club nights have been very unfortunate with the wet spring weather and haven't been able to run over the last few weeks. Please make sure you join the Lake City Children's Athletics Facebook page to stay up to date with the cancellations.

The weekend before last, we had 41 children represent Lake City at the Fairfield ribbon day at Porritt Stadium. A fantastic turn out for the club with Lake City featuring at the front end of most races and field events. It was even mentioned how incredible the club was looking, at the other clubs should pull their socks up! Great feedback for our children

We would also like to extend a huge congratulations to Cooper Simes who has been selected for the Trans-Tasman team competing in January. Top effort Cooper and good luck for the games.

Unfortunately, we had to cancel our Ribbon Day event, but we are looking for another date to hold this. Thank you to those who offered their support as volunteers..... *Kelly Albrecht, convener* "

Upcoming distance events in Rotorua:

Sunday 3 March 2019: The clubs Off Road Half Marathon and Quarter marathon, 5km fun run plus events for the Little Devils – 1.5km and 2.5km fun runs. This year there is a "Family Pass" entry fee as well as discounts for early entry. For entry and event details visit www.eventpromotions.co.nz

Saturday 4 May 2019: the 55th Rotorua Marathon around Lake Rotorua. Also associated with the main event are a half marathon, quarter marathon and 5km events. There is an Athletics NZ Member discount for financial members of Athletics NZ. You will receive a \$15 discount for the Marathon or Half Marathon entry. All Athletics NZ members should have been sent a PIN code which you can use for discounted entry. If you have not received a PIN code please contact marathon@athletics.org.nz and they will send this out to you. Visit Rotorua marathon co.nz for entry details.

Distance event out of Rotorua:

Sun to Surf – Saturday 6 April 2019 - Whakatane

Start your preparation to one of the 55th Rotorua marathon events by taking part in an event on 3 March here in Rotorua (see above) and then test your fitness again by contesting one of the events on offer at the Sun to Surf event between Whakatane and Ohope. Visit www.suntosurf.nz website for more details. Note the minimum ages for the "half" and 10km events. **Financial members** of the Lake City Athletic Club are offered a 20% discount into this event. To apply for your discount code you need to contact Annemarie on 027 6229688 or email her at lakecitymarathonclinic@gmail.com

Certificates: Winners of club certificates over the winter months and the club half marathon and marathon championships your certificates are at the Neil Hunt Park clubs. If at the Trout Fly check out the rack under the noticeboard to see if there's a certificate or two there in your name

Events: Local and out of Rotorua

SATURDAYS

Out of the City

Adults:

This weekend is the New Zealand Secondary schools track and field championships at Dunedin. We wish those club members representing their school all the best

9 December - Open meeting at Porritt Stadium - 10.00am start. 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 pay the necessary fee.

Children:

This Saturday 1 December - Cambridge pentathlon day at Cambridge.

Saturday 8 December – relay championships – Tauranga Domain, 9.30am start

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, Rotorua

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

Contacts: Kelly Albrecht - 027 8826484

Email: lakecitychildrensathletics@gmail.com



WEDNESDAYS

The club's weekly track and field sessions for those aged 12 and above commence 6.00pm at the Stadiums Field 2, Devon Street West.

The programme for this **Wednesday (28 November)** will include some events starting around 6.45pm after the skills and training session. The events are:

60 metres
Long Jump
800 metres

The following Wednesday (5 December) will solely be events from 6.15pm

100 metres
Shot put
400 metres
1mile run/walk

Please support this section of the club. Lack of support could put this section of club activities in jeopardy.

THURSDAYS

Trout Fly

This Thursday evening – (29th November) is the next 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. Please be respectful of all activities in the Forest, whether logging operations or actual events.

RESULTS

Athletics Waikato BOP – Track and Field – Porritt Stadium – 18 November 2018

Hannah Gapes - women 15		
200 metres	7th	29.44
1 mile	2nd	5.37.39

Athletics Waikato BOP – Track and Field - Tauranga Domain – 24 November 2018

Hannah Gapes - women 16		
200 metres	6th	29.97

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 - This **Thursday 29th November** and 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)