



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

2 November 2019

The past week

O

Other than the Monday evening athletics sessions at Field 2 of the International Stadium, the Saturday morning Park Run and the various pack run/walks it has been quiet on the local scene.

Local events

Weekends:

Saturdays

This Saturday 2 November – No club event this day. Arrange a pack run/ walk from the Neil Hunt Park clubrooms or head to the Park Run, 8.00am behind Migs Gym, 200 Te Ngae Road.

Scheduled on this evening is the winter season's prize giving. Details of the format, RSVP date, which is this Wednesday 30 October are below – see the "advert". Numbers are required for catering purposes.

Sundays

Distance athletes

Those that run – Distance running groups leave from the clubrooms. Some groups leave 7.00am or later 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: 027 347 8115

Week days:

Mondays

Evening athletics for children and adults: 2 to 9 years from 4.45 to 5.45pm: 10 years plus and seniors from 6.00pm to 7.00pm. All are at

Field 2 of the International Stadium Devon Street West.

- The programme for 10 years plus and Seniors for the 4/11 is: 6.00pm - warm up: 6.05 – cadence: 6.30pm - discus, long jump: 7.00pm - 60 metres: 7.15pm – 1500/3000 metres

For parking please drive around through to the top Westbrook field and park in the car parks there. Then walk across the field to the double gates and in to Field 2. If you go to the clubs website www.lakecity.co.nz then click on Children Athletics on the side bar and scroll down to the childrens facebook page there is a location map relating to parking there.

Mums and Dads and children keep up to date by joining the Lake City Children's Athletics face book page.

Tuesdays

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm – Refer to the contacts listed in "Sunday".

Distance athletes - those that run - Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

Thursdays

Walkers

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

Pm – Refer to the contacts listed in "Sunday".

Distance athletes - those that run – Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

Fortnightly Trout Fly - 7 November is the first event in this summer series. See below for the event details i.e. registration, start time etc.

Events out of the City

Track and Field

This Saturday 2 November - Open meeting for teens and adults at Porritt Stadium, Hamilton: 3.00pm start. Visit Athletics Waikato BOP website for events and entry details. Minimum age at these meets is grade 13 children's grade. So, it would be athletes who would turn 13 before 31 December 2019.

Ribbon Days

This Saturday 2 November – Bellevue, Tauranga Domain: 10.00 am

Saturday 9 November - Whakatane: 10.00am

Distances events

Sunday 24 November – Toi's challenge Whakatane. 6 or 18km trail run/walk – individual or team options. A great event for off roaders. Visit www.sporty.co.nz/whakatanehc for more details.

Other notices

Whakarewarewa Forest – weekday road/track closures – please read below as there is new closures etc

Water works

Currently the Rotorua Lakes Council water team is needing to do some urgent work along Pipeline Road which means this section and the Lynmore Link will be closed to all traffic on week days but open only to foot/bike traffic on the weekends.

This will affect those wanting to walk the Black and Purple tracks or enter or exit via the Lynmore Link. It will also affect those riding/running the tracks on the Tarawera Road side of the forest for the return to the Waipa side. This closure will be in place until sometime in November depending on the progress made.

Logging activities

From Tuesday 29 October Timberlands will commence a harvest programme in Whaka Forest.



The first block to commence will be in the Moerangi/Tawa Road areas. Operations will be between 4.00am and 3.30pm Monday to Friday. All cartage and associated traffic will be using 8 Mile Gate Forest entrance. There will be a temporary closure of a section of 8 Mile Gate and Waipa By Pass Roads during these operations. This includes the 8 Mile Gate carpark and the Nursery Road car park (southern end) as of 29 October.

To summarise

Roads and car parks affected:

- * Moerangi Road between Hill and Tawa weekdays 4.00am to 3.30pm
- * Tawa Road – 800 metres section closed from Moerangi Road – weekdays 4.00am to 3.30pm
- * Section 8 Mile Gate and Waipa Bypass roads (from Planet Bike) - 8-mile Gate carpark and Nursery Road car park (southern end)

Trails affected:

- * Permanently closed - Billy T, plus Underbilly
- * Periodic closures - Te Mouna (top) G-Rock, Hatupatu, Dammit Janet, Chestnut Link and Te Tihi O Tawa (4.00am to 3.30pm Monday to Friday)

All should be vigilant if using any of the open roads in the area. Please obey all restricted/no access signage and respect the security offices. This is for your own safety.

The above block of harvesting is expected to be complete by late January 2020.

The second block will contain Nice and Princess Anne Roads and the two mountain trails, Spring Roll and Sweet and Sour. The start of these operations is scheduled for mid/late November.

The shuttle bus will be running on Katore Road during work hours and then back to Hill Road for twilight runs and weekends.



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

This Saturday 2 November 2019

At the Neil Hunt Park clubrooms

4pm to 5pm - mix and mingle social time

(please BYO refreshments)

5pm to 6pm - BBQ

Entry fee: Each family to bring a salad

The Club is providing the meat for the BBQ

**RSVP no later than this Wednesday
30 October 2019**

By contacting **Sian** – at
sianbremner@hotmail.com
or leave names on list at the clubrooms

“Booking” is essential

All welcome- runners, walkers, the whole family

The Trout flyer and uniform details are on the next page



This summer's Trout Fly series

For the whole family
Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday
starting - 7 November

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

Event starts 6:15pm on the dot

- Costs: \$5 for adults, \$3 for children – you don't need to be a club member to take part
- Your choice of 3km or 5km run, jog or walk (or both)
- Course winds through the picturesque Sulphur Flats area
- Includes a free refreshment, 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 8 out of 10 events. Eligibility – only if you have **never** been a Lake City Athletic Club member

Dates

2019

7th and 21st November

5th and 19th December

2020

19th and 23rd January

6th and 20th February

5th and 19th 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

Sarah Wiwarena 027 347 8115

Annemarie Gallagher 027 622 9688 (adults)

Payment to be made at the time of purchase

Please bring the correct change

Costs

Adults running singlet \$35.00

Adults short sleeve walker's tee \$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