



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

23 November 2019

The past week

The weekly Monday evening track and field activities at the Stadium's Field 2 this week did not go ahead as the Council closed the field because of the rain.

The second session of the club's Tuesday evening adult Beginners Running has been held at Field 2 with extremely pleasing numbers taking part and enjoying the sessions.

It was off to the all-weather track at Porritt Stadium, Hamilton for 56 children from the Club and their supporters on Saturday. A large number of ribbons came back to Rotorua. Not all were ribbon winners but excellent performances were turned in by those attending. Check out the photos on the club's website (www.lakecity.co.nz) by clicking on the Home page Children's Events and then scrolling down to their face book page.

Local events

Weekends:

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

This Sunday 24 November is the Rotorua Running Festival here in the City. Head to www.eventpromtions.co.nz for event details.

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 25/11 is:
6.00pm – Warm up: 6.05 – Starting with blocks:
6.30pm – Shot put, long jump: 7.00pm – 100 metres: 7.15pm – 1500 and 3000 metres

Parking is to the top Westbrook field 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.

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.

Beginners running clinic

You've been asking for it! And it's back! Come and learn how to run, get support to trim down and tone up and have a load of fun along the way! This suitable for any **adult** who wants to get fit in a safe and fenced in environment. And its free!

Where? Field 2 Devon Street West Stadium. **When?**

Tuesday evenings from 6.00pm to 7.00pm. To register email: lakecitymarathonclinic@gmail.com

Parking: Please note the following re parking. This will be off Devon Street West in behind the main grandstand of the Stadium. The entrance is opposite the houses on the riverbank side of Devon Street West – the Pukehangi Road end. From there walk/jog up to Field 2.

Pass the word around re these sessions – all adults welcome. Tell family members, workmates, friends etc.

Make 2019 and 2020 about you!

Faster running sessions

These are being held at Field 2 of the Stadium 6.00pm. See the parking instructions above. These sessions are currently very elementary and basic and are suitable for those adults that have not done much faster running in the past and are now wishing to turn the legs over

quicker. All welcome. Just turn up – no registration required.

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 – The next event is this **Thursday, 21 November**. See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

This Saturday 23 November – Open meeting, Tauranga Domain 3.00pm. Visit Athletics Waikato BOP website for events and entry details. The minimum age at these meets is grade 13 children’s grade. So, it would be athletes who would turn 13 before 31 December 2019.

Saturday 30 November – Open meeting, Porritt Stadium. 3.00pm start.

Ribbon Days

Saturday 30 November - Te Awamutu, 10.00am.

Distances events

This 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.

Locally the various events at the Rotorua Running Festival. Visit www.eventpromtions.co.nz for info.

Copthorne Rotorua off Road Half Marathon

Sunday 1 March 2020 - This club owned event has on its programme a half marathon, 10km, 5km and 1.5/2.5km. The event is based in the fabulous Whaka Forest. For entry details and cut off dates check out www.eventpromtions.co.nz

Rotorua Marathon

Saturday 2 May 2020 – Note that the early entry closes 30 November for those wishing to take part in either 5km, 10km, ½ Marathon or the full marathon. Visit the Rotorua Marathon website for entry details etc.

Other notices

Whakarewarewa Forest – weekday road/track closures because of logging operations

Below is an update on what is happening logging wise in the Forest. Another stage of this seasons logging commences this week.

There is access to Frontal Lobotomy so you can ride Eagle v Shark and trails up Tawa Road. You can ride Tihi o Tawa but follow the exit signs as, of course, you can’t finish onto Billy T. Part of Te Mounga has been logged as well and the top section has a redirect in place.

Logging update from Timberlands: In addition to the Moerangi Rd logging, the second stage of harvest is to start this week. This operation contains Nice, Princess Anne & Pipeline Roads as well as Spring Roll and Sweet and Sour. This operation will cause some additional intermittent track closures around the area during operational hours as required. Logging trucks will be operating during the afternoon and evening Sunday to Thursday - extra caution will be required during this time. Trucks will enter the forest via the Hill Road Gate then head up either Princess Anne or Nice roads and the exit via Hill Road.

Spring Roll and Sweet and Sour trails will be permanently closed. Expect periodic closures of the following trails: Bunny Jugs, Corners, Jumps/Little Red Riding Huck, National DH, Taniwha, Fools Gold, 24 Carat, Chop Suey, Homeward Bound and **the Black Walking Track**. The following roads will also have periodic closures: Nice, Princess Anne, Hill (lower section) and Pipeline roads. (4am - 3.30pm Mon-Fri). We hope to keep these closures to a minimum. All trails and roads will be re-opened (unless deemed unsafe) by security after 3:30pm on weekdays and be open on weekends (excl. Spring Roll and Sweet and Sour). No parking past Planet Bike will still apply. (8-mile gate parking is CLOSED)

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 shuttle bus will be running on Katore Road during work hours and then back to Hill Road for twilight runs and weekends. There have been some reports of signs being removed. Don’t rip down signs, please. That puts other people at risk and is just silly.



This summer's Trout Fly series

For the whole family

Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday

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
- 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

2019

This Thursday 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 and Annemarie Gallagher 027 622 9688 for adults

The children's singlets are available from Kelly (027 882 6484) on a Monday evening at Field 2 of the International Stadium

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 plus	\$35.00

Supporting clothing

Zip hoodie	\$55.00
Youth pullover hoodie	\$15.00
Track suit	\$90.00
Beanie	\$15.00