



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

7 December 2019

The past week

In between light showers the Monday evening athletics at the Stadiums Field 2 was held.

Saturday saw a big contingent from the Children's side of the Club head to Te Awamutu for a Ribbon Day.

The weather (rain and wind) caused the Tuesday evening adult Beginners Running session to take a "rain check".

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

Week days:

Mondays

Evening athletics for children and adults: 2 to 9 years from 4.45pm 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 9/12 is:
6.00pm – Warm up: 6.05 – Wram up and more:
6.30pm – Shot put, Long jump : 7.00pm – 200 metres:
7.15pm – 800 metres

Don't forget to help with the voluterring aspect of the later part of evening. All hands make light work.

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

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. **Note:** these sessions are free!

Faster running sessions

These are being held at Field 2 of the Stadium 5.45pm. 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, 5 December. See below for the event details i.e. registration, start time etc.

Events out and in the City

Track and Field

6 to 8 December – New Zealand Secondary School track and field champs, Wellington. Good luck to club members representing their school at these championships.

Ribbon Days

Saturday 14 December - Children's relay champs, Porritt Stadium, Hamilton. 10.00am

Distances events

Sunday 1 March 2020 - Copthorne Rotorua off Road Half Marathon. 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

Saturday 2 May 2020 - Rotorua Marathon. Visit the Rotorua Marathon website for entry details etc.

Other notices

Whakarewarewa Forest – road/track closures because of logging operations



Below is an update on what is happening logging wise in the Forest. In addition to the Moerangi Rd logging, the second stage of harvest has started. This operation contains Nice, Princess Anne & Pipeline Roads as well as Spring Roll and Sweet and Sour (permanently closed) and will cause some additional intermittent track closures around the area during operational hours. 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.

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.

If parking up by Planet Bike off the Bypass road, please note the signage advising where you can park.

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.

Results

Local Track and Field – 10 years plus and seniors – 2 December 2019

Matt Parsonage	M35	5:06.7
Austin Lash	M14	5:27.1
Adrian Lysaght	M45	5:31
Heath Lash	M13	5:37.5
Hannah Gapes	W16	5:40
Alan Crombie	M15	5:57.5
Megan Grant	SW	6:05
Gisele Howard	W15	6:08.7
David Massey	M45	6:33.7
Kobe Stranks-Rose	M12	6:34.1
Cody Shilton	M10	6:34.4
Cloe Vedder	W14	6:51.7
Sahr Kortequee	M10	6:55.8
Amber Lysaght	W11	6:56.2
Arwen Barker	W10	7:03.7
Nikita Harding	W11	7:07.1
Novak Marshmant	M10	7:22.2
Samuel Massey	M10	7:33.9
Mason-Marie Playle	W10	7:50.7



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



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

5 December (this Thursday) and 19th December

2020

19th and 23rd January

6th and 20th February

5th and 19th March