



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

13 June 2015

The past week:

Saturday saw club members running on the park like surface of Waipuna Park at the Tauranga open cross-country event. Results are below.

The previous weekend a number of club members headed to Christchurch to take part in one of the events on offer. The performance of the day came from club member Michael Voss who ran a very quick half marathon to be 9th overall in a time of 1.08.26. This gave Michael first place in his under 20 age group. Keep up the good work Michael. Well done to the other club members who took part. Results are below.

Forth coming events:

SATURDAYS

This Saturday 13 June – This is the day of the annual Foster Smyth, Lamason 10km cross-country at the O'Connell's property, 157 Dudley Road Kaharoa. Dudley Road is off State Highway 36 (the back road to Tauranga), and is approx.1.5km on your right after you have traversed the narrow one way bridge.

Please note the start time of 1.15pm. This is when the first person starts walking or running. Also note no dogs onto the property and children to be kept under control.

This event is what is known as an "open handicap event" where the person the club handicapper considers will take the longest time to complete the event leaves first with others following progressively during the afternoon. All should back to the finish line in close proximity.

As there are club trophies at stake, a trophy winner must be a financial club member prior to the event. The trophies being awarded are: **Lamason Trophy** to the first financial member across the finish line who has walked the 10km event: **Foster Trophy** to the first financial male member across the finish line who has run the 10km event: **The Smyth Trophy** to the first financial female member across the finish line that has run the 10km event. Note if you are going to run and walk you will be classed as runner.



There will be a shorter 3km event for the youngsters, starting at 1.45pm.

Not running or walking then come along and assist with marshalling, recording, afternoon tea (which the club is shouting) or the collecting the course markers etc.

Saturday 20 June - * The Novice, Veteran and Costello Cup races. Meet 379A Old Taupo Road at 1.30pm with event starting 2.00pm. This is a sealed handicap event (mass start) of about 7km mainly on reserve areas in the locality. A shorter 3km event for the younger grades and those not wishing to tackle the longer distance will be held. Bring a plate for afternoon tea, please. Duty officers: Steven O'Callaghan (Ph. 347 6758) and Peter Vyver (Ph. 348 8456). Note the meeting time. It takes 5 to 10 minutes to walk to the event start. * This denotes the event is one of the events that the club selectors will be observing club member's fitness for future relay team selections.

Looking ahead at events:

Saturday 27 June – This is the day of the club cross-country championships at Bishops Farm, Whakatane Highway. The days programme is below. Note the start time of the first event.

Saturday 4 July - the North island Cross-country championships, Spa Road, Taupo. The days programme and entry details are below.

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the City Focus, Tutaneikai Street

Distance athletes

Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua.

Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

THURSDAYS

Walkers

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

Pm – Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Membership cards:

There is still a huge pile of membership cards at the Neil Hunt Park clubrooms. These are in an envelope in your name on the table to your left as you enter the clubrooms. Please uplift.

If there is no envelope there in your name it could be that you have not renewed your membership with the Club. We are now into a new membership year, so those of you that were paid up members to the 31 March 2014, and are still attending club run/walks (mid-week/weekends) etc please address this matter.

In due course the email list and access to the clubrooms via the key pad will be up dated so that only current financial members receive emails and have access to the clubrooms.

Incentive prize:



To qualify all you need to do is enter and take part in 4 of the following events, including one of the championship races. There are now only 5 qualifying events left.

4 July – North Island cross-country – Taupo

18 July – Athletics Waikato Bop cross-country championships, Hamilton

8 August – Matamata relay

16 August - Athletics Waikato BOP road championships, Tauranga

12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.



There will be a "Track" events officials training day at Cambridge on Sunday 21 June starting 9-30am, with written exams after lunch. If you, or anyone you know, is interested in attending contact me, Heather O'Hagan at ohagan@visique.co.nz or 0274713220

New Zealand Road Relay Championships:

Christchurch - 3rd October 2015

Call for Team Managers

The Lake City club will consider sending teams to Christchurch for this year's New Zealand Road Relay

Championships on the Takahe to Akaroa course provided that committed team managers can be found for each team. Contact Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz) if you are interested in being a team manager and let him know the grade you are available to be team manager for. Grades at this event include junior men, junior women, senior men, senior women, open masters 50+, and open masters 60+. No team will be sent in a grade unless there is a dedicated team manager.



NORTH ISLAND CROSSCOUNTRY RACES

Saturday 4 July 2015

Spa Thermal Park, Taupo

PROGRAMME

Grade	Distance	Start time	Entry fee
1. Walkers	5000m	9.30am	\$15.00
2. Girls 10 and under	1000m	10.30am	\$7.00
3. Boys 10 and under	1000m	10.37am	\$7.00
4. Girls 12 (11, 12)	2000m	10.45am	\$7.00
5. Boys 12 (11, 12)	2000m	10.50am	\$7.00
6. Master's men 35-49	6000m	11.00am	\$25.00
7. Masters women 35+	5000m	11.15am	\$25.00
8. Women U18 (15, 16, 17)	4000m	11.45am	\$25.00
Women U20 (18, 19)	4000m	11.45am	\$25.00
9. Boys & Girls 14 (13, 14)	3000m	12.05am	\$12.00
10. Men U18 (15, 16, 17)	5000m	12.15pm	\$25.00
Men U 20 (18, 19)	5000m	12.15pm	\$25.00
11. Master's men 50-75+	6000m	12.30pm	\$25.00
12. Senior women (20-34)	5000m	12.50pm	\$25.00
13. Senior Men (20-34)	9000m	1.15 pm	\$25.00

Entry forms are at the clubrooms or go to www.taupoharriers.com and use the official entry form. Post with entry fee to NIXCC race, Taupo Harrier Club, P O Box 1112, Taupo 3351 prior to **27 June**. Cheque to be payable to Taupo Harrier Club or pay to 03 0430 024 5892 00 with personal name or club name as the Reference.

No entries will be processed until full fees are paid. The name of your club is Lake City – Rotorua

Late entry fee surcharge of 20% per athlete **after 27 June** and on the day. No late entry accepted after 11.00am on race day

Please ensure you are entering in the correct age group – ages as at 31 December 2015, except for master graded athletes – age on race day.

Whaka Forest - logging operations:

Logging operations are continuing in Whaka Forest so take care. Please respect any closures that are in place.



The clubrooms

There is again an accumulation of plates and dishes left in the clubrooms by members after club functions. . Should one of

them be yours please uplift it. The collection is on the bench under the microwave.

RESULTS

Tauranga cross-country – Waipuna Park – 6 June 2015

School / Club

950m – Boys under 10

1. Ian Pugh	Selwyn Ridge	3.25
5. Sean Gapes	Lynmore	3.56
17. Conor Lysaght	Lake City-Rotorua	4.32

950m – Girls under 10

1. Cerys Adkins	Golden Sands	4.03
17. Maisie O'Callaghan	Lynmore	5.44
19. Lydia O'Callaghan	Lynmore Kindy	7.09

2021m – Girls 12

1. Maia Flint	Tauranga Waldorf	7.55
2. Hannah Gapes	John Paul	8.13

2811m – Boys 14

1. Tyler Creighton	Tauranga	10.08
3. Nathan Gapes	John Paul	10.18

2811m – Girls 14

1. Sam Corbett	Fairfield	11.20
2. Teagan Fookes	Rotorua Lakes	11.56

3882m – Youth women

1. Emerson Deverell	Hawks	15.07
7. Ella Fookes	Rotorua Lakes	16.37

3882m – Senior women

1. Sally Gibbs	Tauranga	15.30
2. Kate Rea	Lake City-Rotorua	17.07
3. Erin Leahy	Lake City-Rotorua	18.37

3882m – Masters women

1. Melanie Thompson	Lake City Rotorua	17.02
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5743m – Youth men

1. Samuel Tanner	Bethlehem	20.09
5. Joshua Gapes	John Paul	22.28

7604m – Senior men

1. Lance Brew	Hawks	29.34
3. Jason Steyn-Ross	Lake City-Rotorua	34.01

7604m – Masters men 35-49

1. John Caie	Tauranga	29.25
2. Tony Broadhead	Lake City-Rotorua	29.41
3. Adrian Lysaght	Lake City-Rotorua	29.46
7. Andy Hickson	Lake City-Rotorua	32.14
8. Daniel Gapes	Rotorua	34.49

7604m – Masters men 50 plus

1. John Crane	Tauranga	29.13
2. Colin Earwaker	Lake City-Rotorua	30.42
4. Trevor Ogilvie	Lake City-Rotorua	32.20
20. Peter Vyver	Lake City-Rotorua	46.39

Christchurch Half marathon – 31 May 2015

Michael Voss	9th overall, 1st under 20	1.08.26
Hamish Worboys	43rd overall	1.21.13
Jason Steyn-Ross	148th overall	1.29.42
Max Bragg	2nd 70-74 ANZ championships	1.58.25
Olivia Goh	627th overall	2.11.26

Christchurch 10km – 31 May 2015

Delyce Bell	344th overall	1.03.41
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Apologies to anyone that has been overlooked



CROSS-COUNTRY CHAMPIONSHIPS

Don't be put off by the word "championship"
All abilities welcome

Saturday 27 June 2015

**Bishop's Farm, Whakatane Highway – State Highway 30 -
(approx. 2km on the right from the Tauranga Whakatane
turnoff – Te Ngae Junction)**

The programme is:

1.30pm

Distance 4000 metres (2 laps)

Women 17 (15, 16, 17)

Men 17 (15, 16, 17)

Women 19 (18, and 19)

Senior Women (20-34)

Masters Women (35 plus)

Walkers (all grades)

2.05pm

Distance 2000 metres (1 lap)

Boys/girls 10 (5, 6, 7, 8, 9 and 10)

Boys /girls 12 (11 and 12)

Boys/girls 14 (13 and 14)

2.25pm

Distance 8000 metres (4 laps)

Senior men (20-34)

Distance 6000 metres (3 laps)

Men 19 (18, and 19)

Masters men (35 plus)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2015 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member (prior to the event)** of the Lake City Athletic Club Inc.

3. **No dogs permitted on the farm. Children to be supervised by their caregiver(s). No playing in the woolshed or on other farm equipment. Thank you!**

4. Plate for afternoon tea at the venue please.



Club uniforms:

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie 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 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Sarah Wiwarena – Ph: 348 7674 (evenings):
Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.