



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

GUFF SHEET
25 June 2011

The week that was:

It was back to the traditional Foster Smyth, Lamason 10km course on Saturday when 44 headed in the Owhata hills. Another 20 choose one of the shorter options – the 2km or 3km over the first part of the main course. Like all events the course had to be marked, this being done by a hardy bunch of club members in the morning. Some opted to check out their handiwork by running around it in the afternoon.

Thanks to all who assisted in some way – course marking, collecting the markers, recording, handicapping, making soup and putting on the afternoon tea, and the property owners for making the farm available to us. All this made the afternoon happen. Your efforts were appreciated. Results are attached.

Forth coming events in Rotorua:

This Saturday June 25 - Club Cross-country championships at Bishop's Farm, Whakatane Highway (State Highway 30). The farm entrance is approx. 2km on the right from the Te Ngae junction. The first event gets underway 2.00pm. **Please bring a plate for afternoon tea at venue.** Duty officers: Trevor Ogilvie Ph. 347 8181 and Tony Broadhead. The programme is on the reverse. Note the time your event commences and any other requirements.

Trophy winners must be currently financial with the Club.

Sorry no dogs allowed onto the property. Also children need to be supervised. Thank you!

Saturday 2 July - Those not travelling to Taupo meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.

Events out of Rotorua:

Saturday 2 July - North Island cross-country championships, Spa Park, Taupo. Races for all grades and abilities. Early entry closes this Monday

27 June. After this date you are on the late entry fee. The programme is on the reverse.

Sunday 3 July - Kawerau Half Marathon, 12km fun run and 3km little trail run, Kawerau. Entry forms at clubrooms.

Saturday 9 July - Athletics Waikato BOP Cross-country championships, Te Rapa, Hamilton. Races for all grades and abilities. **This event is open to all** – club only athletes and Athletics NZ registered athletes. Only Athletics NZ registered athletes can take championship places. The programme and entry details etc on the reverse.

Other events on the local scene:

SUNDAYS

Those that run - groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some at 8.00am and possibly some in between. Find a group that is compatible with your fitness and head off into the Forest.

Those that walk – Meet 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

For the beginner - Meet 4.00pm at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

General fitness sessions – (Coach controlled).

Between 1.00pm to 2.00pm general fitness sessions for teens (12 plus) and adults is at the clubrooms gym. There is also a 2nd session on a Thursday evening between 6.00pm to 7.00pm. The second session each week is by Koha to the Coach. Contact: Dan Beazley - Ph: 350 2473.

TUESDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Hennessey's Irish Bar, 1208 Tutaneikai Street, Rotorua.

THURSDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Hennessey's Irish Bar, 1208 Tutaneikai Street, Rotorua.

General fitness sessions – (Coach controlled)

Between 6.00pm to 7.00pm general fitness sessions for teens (12 plus) and adults is at the clubrooms gym. There is a 2nd session on a Sunday between 1.00pm to 2.00pm. The second session each week is by Koha to the Coach. Contact: Dan Beazley - Ph: 350 2473.



CROSS-COUNTRY CHAMPIONSHIPS

This Saturday 25 June 2011

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

The programme is:

2.00pm

Distance 4000 metres

Women 16 (15 and 16)

Men 16 (15 and 16)

Women 19 (17, 18, and 19)

Senior Women (20-34)

Masters Women (35 plus)

2.35pm

Distance 2000 metres

Boys/girls 14 (13 and 14)

Boys /girls 12 (11 and 12)

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

Distance 4000 metres

Walkers (all grades)

2.55pm

Distance 8000 metres

Senior men (20-34)

Distance 6000 metres

Masters men (35 plus)

Men 19 (17, 18, and 19)

Notes:

Each race time represents a group of races. Entrants will be separated in the results to establish grade placing.

Ages are as at 31/12/2011 except for Master grades, which is age on the day.

Members are only eligible to win championship places in their own grades, **and must be a financial member** of the Lake City Athletic Club.

No dogs permitted on the farm. Children to be supervised by their caregiver(s). Thank you!

Plate for afternoon tea at the venue please.

Duty officer: Trevor Ogilvie – 347 8181. Contact Trevor to assist with course marking and Pam Kenny - 348 8448 if you can assist with recording, afternoon tea etc

Note that where there are double markers you must run or walk between these. Where there is a single marker you can run or walk 5 metres either side of it. The markers can be red cones, round disks or an arrow.

North Island cross-country – Spa Park, Taupo – Saturday 2 July 2011

Programme

Event#

No 1.	10.00am	5k	non competitive	walk	
					\$10.00
No 2.	11.00am	1k	Girls 10		\$5.00
No 3.	11.10am	1k	Boys 10		\$5.00
No 4.	11.20am	2k	Girls 12		\$5.00
No 5.	11.30am	2k	Boys 12		\$5.00
No 6.	11.45am	3k	Girls 14		\$10.00
No 7.	11.55am	6k	Men 50 plus		\$20.00
No 8.	12.15pm	5k	Women 35 plus		\$20.00
No 9.	12.40pm	5k	Men 16 & 19		\$20.00
No 10.	1.00pm	3k	Boys 14		\$10.00
No 11.	1.15pm	4k	Women 16 & 19		\$20.00
No 12.	1.35pm	6k	Men 35-49		\$20.00
No 13.	2.00pm	5k	Women 20-34		\$20.00
No 14.	2.25pm	9k	Men 20-34		\$20.00

Send entry to:

NIXCC -Taupo Harriers P O Box 1112 Taupo with your name, race day age, date of birth, race grade, advising if you are Athletics NZ registered or non registered as well as the number of the event you are competing in. Cheque to be payable to Taupo Harrier Club.

Entry closes Monday 27 June. Entries after this date will be deemed to be a late entry with an extra \$10.00 fee payable. Late entry closes at 11.00am on the day.

Race numbers must be uplifted by 11.00am on race day.

Age is taken as at 31 December 2011 except for those 35 plus which is age on the day.

***For your physio needs contact
The Physiotherapy Clinic –***

***inquiry@physiotherapyclinic.co.nz
or 07 347 8380***

See the next page for details of the Athletics Waikato BOP cross-country championships - (9 July) at Hamilton. This event is now open to ALL – Athletics NZ registered and club only athletes



Present their Cross-country open day

(Incorporating Athletics Waikato BOP 2011 cross-country championships)

Saturday 9 July 2011

Mingou Park, Tui Ave, Te Rapa, Hamilton
(Event hosted by Hamilton City Hawks)

Order of events

Start time	Grade	Distance	Entry Fee
12.45pm	Boys/girls 10 (10 & under)	2000 metres	\$5.00
	Boys/girls 12 (11,12 yrs)	2000 metres	\$5.00
1.00pm	Boys/girls 14 (13,14yrs)	3000 metres	\$6.00
1.20pm	Women 16 (15,16 yrs)	4000 metres	\$8.00
	Men 16 (15,16 yrs)	6000 metres	\$8.00
	Women 19 (17,18,19yrs)	6000 metres	\$10.00
	Masters women (35 plus)	6000 metres	\$12.00
2.00pm	Women 20 (20-34 yrs)	8000 metres	\$12.00
	Men 19 (17,18,19 yrs)	8000 metres	\$10.00
	Masters men (35 plus)	8000 metres	\$12.00
	Men 20 (20-34 yrs)	12000 metres	\$12.00

Course location / Description: The course is a 3km lap with a 2km option. Good quality cross-country. Mostly firm footing, a couple of soft spots if rain has fallen. One short sharp hill and one gradual hill per lap.

Venue is the western edge of Minogue Park. Proceed via Ulster St lights, Forrest Lake Rd, right into Walsh St, left into Huia Ave, right into Tui Ave. Go to the end of the sandy road. Angle parking against the fence.

Time keeping: This is by in-shoe timing chip. Check in and get a shoe chip upon arrival.

Facilities: Outdoor cross-country venue. Come prepared. Ample space for club tents.

Prize-giving / Refreshments: Results and afternoon tea on-site immediately after the last event.

Sanctioned event
Athletics New Zealand
No: WBP 1112

Eligibility: To be eligible for an Athletics Waikato BOP championship placing athletes (including masters' grades) must be fully registered with Athletics Waikato-Bay of Plenty, and must wear their 2011 registration patch on the front of their singlet. At the time of entry they must quote their 2011 Athletics Waikato BOP registration number. Non registered (club only) athletes are **ineligible** for Athletics Waikato Bay of Plenty championship placing.

These championships have now been opened up to all athletes whether they Athletics Waikato BOP registered or a club only athlete. Note that unaffiliated runners are welcome to compete however only runners fully registered with Athletics New Zealand will be eligible for Waikato Bay of Plenty Championship medals. Please have all your athletes support the event. All abilities catered for.

Grades: Where races are combined, the grades will be separated in the results.

Ages: Masters Ages are on the day, with results recorded in 5-year age groups from 35 years plus. All other grades age is at 31 December 2011.

Closing date: Entries must be with Event Facilitator by Tuesday 5 July 2011. **All entries after 5 July will be \$3.00 extra per person.** Entries will also be accepted on the day.

Entries: All entries to be accompanied by the entry fee applicable. These to be forwarded to Athletics Waikato-Bay of Plenty Cross-Country and Road Facilitator, Pam Kenny, 3 Haratua Place, Rotorua 3015, with AWBOP rego number, age grade and date of birth. Cut off date for entries are above.

Cheques to be made payable to Athletics Waikato Bay of Plenty Inc.

Athletics Waikato-Bay of Plenty team to the National Cross-Country Championships – Christchurch 23 July:

The Waikato Bay of Plenty Cross Country team will be selected from those entered at **close** of entries for the championships being **midnight 10th July 2011**. Athletes entering these championships must enter themselves via www.athletics.org.nz before the entry closing date.