



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
11 June 2016

The past week:

The action for a number of club members this past week was in the South Island (Christchurch) when they took part in the Christchurch marathon or the Athletics NZ half marathon championships. Well done to those from the Club that took part. Results are below.

Forth coming events:

SATURDAYS

This Saturday 11 June - This is the afternoon of the Foster, Smyth, and Lamason and Haggis Hustle Cross-country open handicap races. Meet at 1 Haratua Place, Rotorua **no later than 1.00pm** with the first walker(s) leaving 1.15pm.



The adult course is over farmland and farm tracks with the distance 9 to 10km. There is a 3km event also over farmland and farm tracks for younger grades and those not wishing to tackle the longer distance.

As there are club trophies attached to the event, note to be a trophy winner you must be a current financial club member prior to the start of the event.

Duty officers are the winter season sub-committee, but people are required to assist with the course marking, recording, afternoon tea, course clean-up etc. Lindsay Foster will require some help marking the course on the Saturday morning. If you are available to help Lindsay get in contact with him:

- Email: lindsayfoster@xtra.co.nz
- Home phone: (07) 348 6818
- Mobile phone: 027 4458263

If you know of any other club members able to assist then get them to contact Lindsay too, please.

Please contact Adrian if you can assist in the other areas assistance is required - 027 615 3496 or adrian.lysgaht@xtra.co.nz

Afternoon tea is provided courtesy of the Club

As it is a privilege to be able to use the property we are on please respect this privilege. No climbing fences, running around buildings and playing in the stock yards

Saturday 18 June - No club event scheduled for this day. Should you have not volunteered to assist at the NZ Secondary Schools cross-country champions this day at the Agrodome come out and watch the 1000 plus pupils taking part

It will be a great day of racing!

Saturday 25 June - The Club cross-country championships at Bishops Farm, Whakatane Highway (SH 30) The first event gets underway at 1.30pm. Races for all grades and abilities including a walk event

Bring a plate for afternoon tea, please at the venue

★ This is an event where the club selectors will be observing club members fitness for future relay teams.

Duty officers: Winter season sub-committee and their helpers.

Saturday 2 July - North Island cross-country championships, Spa Park Taupo. The days programme is below. **Note the charge for on the day entry.**

SUNDAYS

Sunday 19 June - Again out at the Agrodome the second day of the NZ Secondary schools events - the regional relay event which will have teams selected from the top athletes from their respective school region racing over a 2km lap. There is also a community charity relay starting 10.20am. Teams of 4 - distance 1km each - minimum age 10 years – cost \$20.00 per team (\$30.00 on the day entry). Register online at eventplus.co.nz/register?eporg=CR16

Get a work team or a club team together.

The club scene

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

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

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

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at 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 Mill By Pass Road.

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

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.



Left clothing etc:

At the Neil Hunt park clubrooms another accumulation of clothing etc has built up. There are the likes of running shoes, drink bottles and clothing. Please check the table to see if any of the articles are yours and uplift. Also left at the clubrooms after the children's track prize giving is a number of articles – clothing, shoes etc. The various clothing articles left at the summer track have also been added to what has been left at the clubrooms. If all is not uplifted in the next couple of weeks a local charity will benefit. If you cannot access the clubrooms there is usually someone there around 5.15/5.30pm Tuesday/Thursdays or Sunday 7.30am.

A reminder about the Winter season:

- The winter season events cater for everyone – youngsters – older generations – the fast-slow – runners - walkers - joggers.
- Events are over varied terrain and distances - some short (1km) some up to 10km – some on farm paddocks - some in park like areas - some in the Forest - some on footpaths.
- The full seasons programme is at the clubrooms are can be downloaded from the club's website.



As can see there's something for everyone so come along and check out the Club's winter activities.

RESULTS

Christchurch Marathon, Athletics NZ half marathon championships - 5 June 2016.

Half marathon – Athletics NZ Championships

Run

Senior men – 20-34

1. Oska Inkster-Baynes	Christchurch	1.06.34
3. Michael Voss		1.06.50
238. Aaron Miller		1.35.08

Masters Men

40-44

3. Jason Cameron		1.16.04
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45-49

Tony Broadhead		1.18.57
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Walk

Marieke Wass		3.06.45
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NORTH ISLAND CROSSCOUNTRY RACES

Saturday 2 July 2016

Spa Thermal Park, Taupo

Please note the on the day entry fee is double the listed entry fee - don't get caught

PROGRAMME

Grade	Distance	Start time	Entry fee
1. Girls 10 and under	1000m	9.45am	\$7.00
2. Boys 10 and under	1000m	9.52am	\$7.00
3. Girls 12 (11, 12)	2000m	10.00am	\$7.00
4. Boys 12 (11, 12)	2000m	10.15am	\$7.00
5. Master's men 35-49	6000m	10.20am	\$25.00
6. Masters women 35+	5000m	10.40am	\$25.00
7. Master's men 50-75+	6000m	11.05am	\$25.00
8. Girls 14 (13, 14)	3000m	11.35am	\$12.00
9. Boys 14 (13, 14)	3000m	11.50 am	\$12.00
10. Women U18 (15, 16, 17)	4000m	12.05pm	\$25.00
Women U20 (18, 19)	4000m	12.05pm	\$25.00
11. Men U18 (15, 16, 17)	5000m	12.15pm	\$25.00
Men U 20 (18, 19)	5000m	12.15pm	\$25.00
12. Senior women (20-34)	5000m	12.25pm	\$25.00
13. Senior Men (20-34)	9000m	1.00 pm	\$25.00

To enter 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 **28 June**. Cheque to be payable to Taupo Harrier Club or pay to 03 0430 024 5892 00 with personal name and club name as the Reference. The name of your club is Lake City – Rotorua

No entries will be processed until full fees are paid.

Late entry fee surcharge of \$5.00 per athlete **after 28 June** and on the day is double the listed entry fee (i.e. entry fee = \$25.00 – on the day \$50.00. No late entry accepted after 9.45am on race day

Please ensure you are entering in the correct age group – ages as at 31 December 2016, except for master graded athletes – age on race day.

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

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

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase