



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

GUFF SHEET
13 August 2016

The past week:

On Saturday 31 faced the starter for the second Mokopuna Dash in the Redwoods.

There was a number that stepped up and organized the event and thanks are extended to those who did. Results are below.

Out of Rotorua at the Auckland Domain on Sunday 4 from the club took part in the Athletics New Zealand Cross Country Championships. They were:

Hannah Gapes 4th in under 15 girls 3000 metres
 Jason Cameron 5th in the master men's 40-44 8000 metres:
 Bruce Edwards 7th in his 50-54 8000 metres and Colin Earwaker who brought home bronze in his 60-64 8000 metres.

Well done.



Forth coming events:

SATURDAYS

**All please read
 below
 It's important**

This Saturday 13 August – Meet prior 1.45pm at the Neil Hunt Park for a 5km time trial on the Trout Fly course. Start time 2.00pm. This event has come about by the cancellation of the Matamata Relay and is being used as an event to show the club selectors where your fitness levels are at. All those anticipating being a part of a club team at the Athletics New Zealand Road Relay championships (1 October) should be taking part in this event – whether a runner or walker

Duty officers: The winter season committee and their helpers. Please contact Pam Kenny - 07 348 8448 evenings - or email her at kennys@xtra.c.nz by Thursday evening if you can assist with.

1. Course marking,
2. Marshalling
3. Results recording

Saturday 20 August – The Athletics Waikato BOP road championships near Tamahere, Hamilton; See below for entry details, programme, venue etc. Early entry closes Tuesday 16 August. This is a selection event for the New Zealand Road Relay championships 1 October in Rotorua. Also see below re the Relay selection policy etc.

Saturday 10 September – this is the morning of the club hosted Red Stag Redwoods Forest Relay.

The sheets are now at the Neil Hunt Park clubrooms for people to indicate if they wish to be a team member or a volunteer on the morning of the event (marshal, course set up etc) or both

SUNDAYS

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

Pm

17 August - the club's Annual General Meeting. 7.30pm at the Neil Hunt Park Clubrooms

THURSDAYS

Walkers

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

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.

Athletics New Zealand Road Relay Championships:

Relay Teams

Any club members wanting to be in a Lake City team in this event must put their details down on the Road Relays Teams list on the Notice Board at the Club Rooms.

Selection for teams will be based on the following:

1. Participate in at least **four** of the eight selection events. There is now only five left to show your form – This Saturday's club event; The AWBOP road champs 20/8; Cambridge half marathon and associated events 28/8; Red Stag Redwoods Forest Relay 10/9; and the club road champs 17/9. These are marked with a star on the Winter Cross-Country and Road Season programme and are events where selectors will be observing club members' fitness.

2. Athletes must be current financial members of the Lake City Athletic Club.

3. Selections will in all cases be based on current form and regular participation.

Teams can get entered in each of the following grades if there are enough club members for a team:

- Walking
- Social/Corporate
- Senior Men
- Senior Women
- Masters Men (40+)
- Masters Women (35+)
- Masters Open 50+
- Masters Open 60+
- Junior Men (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)
- Junior Women (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)



As we are hosting this event, team members will be expected to provide assistance in some capacity (marshalling for example). For each team a team manager is required. Anyone interested in being a team manager must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz). If there is no manager for a grade then no team will be entered in that grade

Volunteers

Volunteers are being called for this event. The event is being held in Rotorua this year. Whether you are a supporter or running or walking in this event, you can help. A volunteer's sign-up sheet is now available in the clubroom's foyer. All help is appreciated!



Vehicles and drivers wanted

Vans or the like plus their driver are



wanted to transport team members from the cnr Jackson Road and State Highway 36 back down SH36 to Hamurana Road and then to the Hamurana/Te Waerenga Road intersection. You will be required from approx. 8 am till 12pm. Fuel costs will be reimbursed. This is a job that a family member or friend could assist with. Please contact Chris Corney at 21 770366 or chris-donna@xtra.co.nz if you can assist or wish to discuss.



2016 road running and race walking
Saturday 20 August 2016

400 Raynes Road, Tamahere

Head thru Cambridge on SH 1 and at the Tamahere turn off head towards Hamilton Airport. Go over the Narrows concrete bridge, up the rise and Raynes Road is on your right.

Programme:

Race walk events – subject to sufficient number of entries -

Note no late entries for walk events. Late entry closes Tuesday 16 August.

11.00am

Event No

#1 Men/Women 20 (20-34yrs)	10km	\$15.00
Masters Men/Women (35yrs plus)	10Km	\$15.00
Men/Women U20 (18, 19 yrs)	5km	\$10.00

Running events – open to all

Late entry fee on all entries after 16 August 2016 - \$5.00 extra per person

12.30pm

Event No

#2 Boys/Girls 10 and under	2km	\$7.00
#3 Boys/Girls 12 (11,12yrs)	2km	\$7.00

1.00pm

Event No

#4 Boys/Girls14 (13,14yrs)	2.5km	\$8.00
#5 Women U18 (15, 16, 17yrs)	5km	\$10.00
#6 Women U20 (18,19yrs)	5km	\$10.00
#7 Masters women (35plus)	5km	\$10.00
#8 Men U18 (15, 16, 17yrs)	5km	\$10.00
#9 Men 20 (18, 19yrs)	7.5km	\$12.00
#10 Men 20 (20-34 yrs)	10km	\$15.00
#11 Women 20 (20-34yrs)	10km	\$15.00
#12 Masters Men 35 plus	10km	\$15.00

Course: The main course is a 2.5km out and back loop mainly over flat terrain with one short hill. The children's 2km is also an out and back loop with the turning point after 1km. Light traffic will be on the course so extreme care must be taken by all and marshalls must be obeyed.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered as competitive athlete with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Children must note the current registration year is from 1 April 2016 to 31 March 2017. If they joined a club during the summer they will need to re-register for the 2016-2017 to receive a medal.

Facilities: No changing facilities are available. Portaloos will be close to the start/finish. Club tents can be placed in the field next to the area prior to 12 noon.

Ages: Masters is age on the day; all other grades ages as at 31 December 2016.

Entry closing: Entries must be with AWBOP by Tuesday 16 August. After that date entry will be \$5.00 per person extra. On the day entries close at 11.00am. Online entry can be made at:

<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5248>

Paper entry can be made to AWBOP P O Box 46, Hamilton 3240. Cheque to be payable to Athletics Waikato Bay of Plenty Inc

Ensure, name, age group, event number, date of birth, and whether a competitive registered athlete is completed on the paper entry form.

Visit www.athleticswaikatobayofplenty.org.nz for course map etc.

******* This is a Club selection event for the New Zealand Road Relay championships 1 October in Rotorua. Please read the winter programme (copies at the clubrooms) for future events and the selection guidelines. This is very important if you are looking at being a team member. Also see the Relay details above

RESULTS

New Zealand Cross-country championships – Auckland Domain – 7 August 2016

<i>Under 15 girls - 3000 metres</i>			
1.	Charli Miller	Waikato	10.54
4	Hannah Gapes		11.50
<i>Masters Men - 8000 metres</i>			
<i>40-44</i>			
1.	Dan Nixon	Wellington	28.46
5.	Jason Cameron		29.27
<i>50-54</i>			
1.	Richard Bennett	Canterbury	29.06
7	Bruce Edwards		31.50
<i>60-64</i>			
1.	Paul Sharp	Wellington	32.00
3.	Colin Earwaker		32.28

Mokopuna Dash – No 2 — 6 August 2016 – Redwoods

Distances : 1 lap = 1850m, 2 laps = approx. 3720m,

3 laps = approx. 5580m

Name	Place	Time	Notes
<i>1 lap</i>			
Cody Shilton	1	9.18	
James McGregor	2	11.00	
Jake Porter	3	11.26	
Bruce McGregor	4	11.36	
Alan Twiddy	5	11.37	
Jessica Martin	6	13.06	
Ellie Porter	7	13.21	
Mike Burkinshaw	8	15.17	run
Keira Murphy	9	15.30	
Alan Ryan	10	15.31	walk
Katharine Twiddy	11	18.46	
Eddy Twiddy	12	20.26	
Red McHale	13	25.46	
Campbell Porter	14	29.57	
Anita Porter	15	29.57	
Shaun Martin	16	30.36	
<i>2 laps</i>			
Fred Shilton	1	16.15	
Jeffery Conrad	2	18.07	
Chris Lord	3	18.28	
Kathryn Murphy	4	20.49	
Colin Flutey	5	22.17	
Freya Lord	6	23.48	
Emma Hickson	7	23.48	
Linda Johnstone	8	26.56	
Hannah Hickson	9	29.14	
Andy Hickson	10	29.18	
Ryan Magness	11	39.42	
Aley Magness	12	39.42	
<i>3 laps</i>			
Jodie Hickson	1	27.56	
Faith McGregor	2	27.56	
Peter Vyver	3	38.04	