



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

GUFF SHEET
14 May 2016

The past week:

A great turn out at the first event of the Mokopuna Dash series on Saturday when 59 took part. All enjoyed the course, which took in some of the new Mokopuna Tracks as well as a portion of the Pram Track. The distance per lap is slightly short of 2km, so sorry those that did multiple laps you have run shorter than the 4000 and 6000 metres listed in the results.

Thanks are extended to all that turned up to marshal; record the results, set up the course and the afternoon tea.

Forth coming events:

SATURDAYS



This Saturday 14 May – the first of the winter seasons trophy events, the Novice, Veteran, Costello Cup and Tihi-O-Tonga races are on this afternoon.

Meet 379A Old Taupo Road at 1.30pm with the event starting 2.00pm. Don't be late as you have a 5 or 6 minute walk to the start. Take care when crossing the road to the start. Check in with the club handicapper (Moustache) to make sure you are on his handicap list.

For adults there is a sealed handicap race of about 7km on mainly reserve/park like areas. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance.

Note that when there is a club trophy at stake, the winners must be a current financial member of the Club. The 4 trophies at stake are awarded thus:

Runners:

Novice Cup – awarded to a person who has been a financial club member 2 years and less and gets the fastest time of the day after their handicap has been deducted from their finish time.

Veteran Cup – awarded to a 35 plus aged club member who has been a financial club member in excess of 2 years and gets the fastest time of the day after their handicap has been deducted from their finish time.

Costello Rose Bowl – awarded to a financial club member that does not fall into either of the above categories and gets the fastest time of the day after their handicap has been deducted from their finish time.

Walkers:

Tihi - O - Tonga Trophy – awarded to a financial club member who walks the event and gets the fastest time of the day after their handicap has been deducted from their finish time. Anyone running and walking will be classed as a runner.

Bring a plate for afternoon tea, please. Duty officer: Peter Vyver 07 348 8456 and his assistants

Saturday 21 May – the Cambridge cross-country relay has been replaced by a new cross-country relay event. Hamilton City Hawks are hosting a 4 person team 3.3km (per lap) event at the Narrows Tamahere (where last year's AWBOP cross-country champs were held) for those over grade 12. There is an individual 1.65km event for boys and girls grade 10 and 12

Indicate your availability to be a team member on the list at the Neil Hunt Park clubrooms. Grade 10/12 individuals please also put your name on the list or enter on the day.

Names to be on the list no later than Saturday 14 May – runners and walkers.

Saturday 28 May - Tauranga cross-country. The days programme, entry fees etc are below.

Just a reminder that:

- 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.

Good running to those from the club that are taking part in the annual Athletics New Zealand mountain running championships in Queenstown on Saturday.

SUNDAYS

Distance athletes

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

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 old City Focus, Tutanekai Street.

Distance athletes

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

Groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Tree felling in Whaka Forest:

Tree felling operations have moved across to the Moerangi and Sandy Skid road areas. Please adhere to safety notices, road closures and directions of the security people that maybe on site.



TAURANGA OPEN CROSSCOUNTRY RACES

Saturday 28 May 2016

Waipuna Park, Kaitemako Road - off Welcome Bay Road

Approved by AWBOP and conducted under ANZ Rules

WBP sanctioned event - No 1602

PROGRAMME

Grade	Distance	Start time	Entry fee
Boys & Girls 10	1000m	12.40 pm	\$7.00
Boys & Girls 12	2000m	12.50 pm	\$7.00
Girls 14	3000m	1.10 pm	\$8.00
Boys 14	3000m	1.25 pm	\$8.00
Senior Women	4000m	1.40pm	\$15.00
Masters Women	4000m	1.40 pm	\$15.00
Junior Women U20	4000m	1.40 pm	\$12.00
Youth Women U18	4000m	1.40 pm	\$12.00
Junior Men U20	6000m	2.00 pm	\$12.00
Youth Men U18	6000m	2.00 pm	\$12.00
Senior & Masters men	8000m	2.00pm	\$15.00

- Prize giving/afternoon tea will be held in the Waipuna Park Facilities.(inclusive in entry)
- Spectator friendly course with ample parking.
- Prizes for first three place-getters plus spot prizes in each event. Age Group prizes at Organizer's discretion.
- The programme will proceed regardless of weather conditions. Please bring warm and weatherproof clothing (showers are available).
- Late entries will be accepted on race day with a \$2.00 late Entry fee applying. Early entry closes Tuesday 24 May

- Enter yourself and include your name, Club (Lake City-Rotorua), Date of Birth, distance running and entry fee by

Emailing entry to janmal@xtra.co.nz and post a copy with payment to: **Tauranga Ramblers**

P O Box 2376, Tauranga 3140

or Direct credit payment to Athletics Tauranga, Westpac, Tauranga 03 0435 0459195 00

School pupil's note there is a schools point's competition so include the school you attend in your entry

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

Enjoy an afternoon of cross-country running over park land

RESULTS

Mokopuna Dash – No 1

7 May 2016

Name	Place	Time	Distance Approx.	Notes
Conor Lysaght	1	08:44	2000	
Luke Crombie	2	08:53	2000	
Lance Shilton	3	09:33	2000	
Cody Shilton	4	09:38	2000	

Harper Lance	5	09:45	2000	
Fred Shilton	6	09:58	2000	
Ronan Griffiths	7	10:02	2000	
Maria Brunton	9	10:17	2000	
Michael Stephen	8	10:17	2000	
Anja Crombie	10	10:18	2000	
Hannah Shilton	11	11:38	2000	
Jasmin Donaldson	12	11:38	2000	
Katie Stephen	13	11:42	2000	
James McGregor	14	11:44	2000	
Bruce McGregor	15	12:01	2000	
Hannah Hickson	16	12:54	2000	
Katharine Twiddy	17	12:55	2000	
Teresa Stephen	18	12:57	2000	
Poppy Petterson	19	12:59	2000	
Gaine Petterson	20	13:01	2000	
Gay Timpany	21	13:35	2000	
Jessica Martin	22	14:10	2000	
Jodie Hickson	23	14:13	2000	
Keira Murphy	24	14:14	2000	
Tahlia Pearce	25	14:27	2000	
George McGregor	26	14:40	2000	
Edward Twiddy	27	14:54	2000	
Erin Jeffrey	28	14:58	2000	
Bjarni Leggett	29	15:48	2000	
Sheryl Pearson	30	16:21	2000	plus Gareth in pram
Linda Montgomery	31	16:50	2000	walker
Doris Bragg	32	18:41	2000	walker
Graham Timpany	33	19:28	2000	
Red McHale	34	20:16	2000	walker
Kim Stevenson	35	20:17	2000	walker

Colin Earwaker	1	13:58	4000	
Andrew Hickson	2	14:39	4000	
Alan Crombie	3	14:56	4000	
Siobhan Griffiths	4	15:54	4000	
Chris Lord	5	17:56	4000	
Martin Harris	6	19:24	4000	
Sian Twiddy	7	20:11	4000	
Freya Lord	8	21:31	4000	
Emma Hickson	9	21:33	4000	
Peter Vyver	10	23:04	4000	
Max Bragg	11	23:05	4000	
Kathryn Murphy	12	25:32	4000	
Melkorka Leggett	13	26:34	4000	
Briet Leggett	14	27:06	4000	
Leanne Leggett	15	27:24	4000	walker
Denise Caudwell	16	28:43	4000	walker
Erica Shilton	17	29:15	4000	
Michael Burkinshaw	18	33:10	4000	
Alan Ryan	19	33:53	4000	walker

Diane Barratt-Kendall	20	37:11	4000	walker
Josh Barratt	21	37:12	4000	walker

Matthew Gear	1	24:21	6000
Erin Leahy	2	27:26	6000
Faith Barber	3	28:11	6000

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