



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
16 July 2016

The past week:

It was out to the Blue Lake on Saturday for the annual blatt around the lake edge. Some 38 took part on the usual chilly windy day that goes with the event. Thanks to Tony Broadhead and those that assisted him with the event organization.

The North Island Cross-country championships results are now below. Congratulations to those club members that took top places in their respective age groups.



Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for
Wednesday evening
17 August 2016 7.30pm,
at the Neil Hunt Park clubrooms

The meeting's agenda and nomination form to nominate an officer or executive member will be distributed in due course

Whaka Forest:

1. The Council is undertaking the prep and seal of the Waipa MTB carpark from the 25th of July. All going well weather wise the works will be completed by the 23rd September. However if not the carpark will remain closed until the seal can be done in early October.

2. On behalf of Timberlands, Wildlands is undertaking a pest animal control operation in parts of Whakarewarewa Forest from the start of July to September 2016.

Toxic bait (Pindone) will be placed in bait stations within the operational area for vertebrate pest animal control (mainly possums and rabbits). Please do not touch these bait stations or the bait in them. Some bait may be dislodged by target animals and will be lying on the ground within the immediate vicinity of the stations. Dead animals may also be present in the operational area. There is also a possibility, due to the small size of the operational areas that dead animals could be found outside of the operational area. Signs will be placed within a 2 km buffer of around access points, to communicate this activity to forest users.

As noted above, Pindone is the toxin to be used and signage will remain in place until the threat of secondary poisoning is over within the operational area and surrounding buffer.

Please keep children under strict supervision and dogs on a leash at all times, and please avoid the operational areas if possible if you have a dog or a small child. Any questions regarding this operation should be directed to Geoff Stone at Wildlands.

The areas concerned are posted on [Redwoods Facebook page](#)

Athletics NZ Road Relay Championships

Volunteers are being called for to help with the NZ Road Relay Championships, 1 October 2016. The event is being held in Rotorua this year. Whether you are a supporter or running in this event, you can help. A volunteer's sign-up sheet is now available in the club room foyer. All help is appreciated!

Forth coming events:

SATURDAYS



This Saturday 16 July –

Athletics Waikato BOP cross-country championships, Spa Park Taupo. The days programme is below. Note you are now on the late entry fee structure. An extra \$5.00 to be added onto the fee listed. There is a non judged 4km walk on the programme.

No local event is scheduled for this day.

Saturday 23 July – The River Trail Trot. Meet at the Neil Hunt Park clubrooms at 12:45pm for organising carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival there everyone will be divided up into teams. Each person will accumulate points for their team by running or walking within a 30 minute time

limit a set distance of their choice from the following options: 3.0, 3.5, 4.0, 5.0, 5.5, 6.0, 7.0, 7.5, or 8.0km. On the way home we will stop at the Bull Ring Café for refreshments and prize giving. This event is suitable for anyone, including children, who can cover 3km or more within 30 minutes on gentle well-formed scenic trails. There will also be a shorter distance (1.5km) fun run/walk option for children not doing the main event. Contact Adrian Lysaght (027 615 3496) or adrian.lysaght@xtra.co.nz if you have any questions. This is a great event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about.

Club members please note that all club events are put on by volunteers from the Club, sometimes with the help from “friends of the Club”. All give up their time and on many occasions sacrifice their participation in the event, so please give them your support by taking part or becoming a volunteer.

SUNDAYS

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, Tutaneikai Street.

Distance athletes

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



2016 Cross-country championships

This Saturday 16 July 2016

Spa Park, Taupo

Please note the change in distances for Masters Men 65 plus and Senior Men and Women (20-34)

11.00am	Boys/girls 10 and under	2000 metres	\$7.00
11.15am	Boys/Girls under 12 (11,12yrs)	2000 metres	\$7.00
11.30am	Women under 18 (15, 16, 17yrs)	4000 metres	\$8.00
	Non judged walk (all)	4000 metres	\$8.00
11.50am	Boys/Girls under 14 (13,14yrs)	3000 metres	\$8.00
12.00pm	Men under 18 (15, 16, 17yrs)	6000 metres	\$10.00
	Women under 20 (18,19yrs)	6000 metres	\$12.00
	Masters Women 35 plus	6000 metres	\$10.00
	Masters Men 65 plus	6000 metres	\$10.00
12.25pm	Men under 20 (18, 19yrs)	8000 metres	\$12.00
	Masters Men 35-64	8000 metres	\$12.00
1.00pm	Men 20 (20-34)	10000 metres	\$15.00
	Women 20 (2-34)	10000 metres	\$15.00

Course: The course is run on the well-known Spa Park course over undulating terrain on good underfoot surface. Laps of either 2km or 3km.

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

Ages: Masters is age on the day: all other grades ages as at 31 December 2016. Where races are combined the grades will be separated in the results

Entry closing: Entry can be made online by at <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5243>

You are now on the late entry fee of an extra \$5.00 per person.

RESULTS

North Island Cross-country championships – Spa Park,
Taupo - 2 July 2016

	3000 metres Boys 13,4		
1	Finlay Seeds	Trentham United	10.01
21	Max Voss		12.06
	5000 metres Men 18,19		
1	Hayden Wilde	Whakatane	16.14
3	Michael Voss		16.22
	6000 metres Masters men		
	35-39		
1	Mathew Rogers	Hutt Valley	20.48
3	Matt Parsonage		21.13
	40-44		
1	Stephen Day	Wellington Scottish	20.06
2	Jason Cameron		20.51
	45-49		
1	Michael Wray	Wellington Scottish	22.08
2	Tony Broadhead		22.20
	55-59		
1	Alistair Prangnell	Auckland Athletic	22.22
2	Colin Earwaker		22.23
3	Bruce Edwards		22.56
	70-74		
1	Alan Jones	Egmont Athletics	30.51
5	Peter Vyver		39.12
	3000 metres Girls 13,14		
1	Charli Miller	Hamilton Hawks	10.40
6	Hannah Gapes		11.31
	5000 metres women 20-34		
1	Laura Nagel	Napier Harriers	17.53
10	Megan Grant		20.15
	Master women 5000 metres		
	65-69		
1	Joy Baker	Energy City Harriers	26.14
2	Kathy Howard		26.53

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