



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
18 June 2016

The past week:

The action on Saturday was the Club's annual Foster Smyth Lamason open handicap event over the countryside above Utuhina Road. The adults ran or walked over 9.6km whilst the youngsters tackled a 3km distance. Comments on the course: it was great - a true cross-country course - well marked - thoroughly enjoyed.

The course layout was selected by Lindsay Foster together with the farm manager. We are indebted to the Paiaka Trust for allowing us to use their property and also the farm manager who opened all the gates etc.

With all events there are those who do the behind the scenes work and those that assisted somehow on Saturday are gratefully thanked.

Appreciation is also extended to those participants who gave their assistance to their fellow club member when needed.

The results are still to be finalized.

Forth coming events:

SATURDAYS



This Saturday 18 June - No club event scheduled for this day. If you have not volunteered to assist at the NZ Secondary Schools cross-country championships at the Agrodome, come on out and watch nearly a thousand school pupils taking part. The first race is 10.30am and parking is through Gate 5 off Western Road. Walk through the Agrodome entrance following signage to the venue.

It will be a great day of racing!

Saturday 25 June – This is the afternoon of The Club cross-country championships at Bishops Farm, Whakatane Highway (SH 30). The first event gets underway at 1.30pm. There are races for all grades

and abilities including a walking event. The afternoon's programme is below.

Bring a plate for afternoon tea along to the venue please..

Duty officers: Winter season sub-committee, but they need people to assist them: marshalls, recorders, course set up etc. Contact Pam at kennys@xtra.co.nz or 07 348 8448 by the Friday evening prior to the event if you can assist.

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

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

This 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, Tutanekai 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.

The Club's winter activities:

- 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.



There's something for everyone so come along and check out the Club's winter activities.

Athletics Waikato BOP marathon championships:

Congratulations to the following who placed in the above championships that were held in conjunction with the Rotorua Marathon 30 April 2016.

Your medals are at the Neil Hunt Park clubrooms for you to up-lift.

Clare Barratt-wood	Johanna Ottosson
Steve Bradley	Gaine Petterson
Amy Bray	Arturo Pingol
Mike Bray	Marion Roberts
Tony Broadhead	Kerry Robinson
Kerris Browne	Jason Steyn-Ross
Max Bragg	Michael Tang
Jenny Burns	Sian Twiddy
Neil Butler	Robyn Skelton
Denise Caudwell	Peter Vyver
Anita Gibb	Paul Whitehead
Ally Gibbons	Paul Wollaston
Adrian Lysaght	Leanne Leggatt
Rhonda Herring	There are still four medals
Christine Hocking	awaited from AWBOP
Bryn Hoffman	These are for: Doris Bragg,
Brendon Keenan	Andy Eastcott, Linda
Alison King	Montgomery, and

Marieke Wass

Once to hand they will be at the clubrooms.



CROSS-COUNTRY CHAMPIONSHIPS

Don't be put off by the word "championship"
All abilities welcome

Saturday 25 June 2016

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

The programme is:

1.30pm

Distance 4000 metres (2 laps)

Women 17 (15, 16, 17)

Men 17 (15, 16, 17)

Women 19 (18, and 19)

Senior Women (20-34)

Masters Women (35 plus)

Walkers (all grades)

2.05pm

Distance 2000 metres (1 lap)

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

Boys /girls 12 (11 and 12)

Boys/girls 14 (13 and 14)

2.25pm

Distance 8000 metres (4 laps)

Senior men (20-34)

Distance 6000 metres (3 laps)

Men 19 (18, and 19)

Masters men (35 plus)

Notes:

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2016 except for Master grades, which is age on the day.

2. Only Members are eligible to win championship places in their own grades, **and must be a paid up financial member (prior to the event)** of the Lake City Athletic Club Inc.

3. **No dogs permitted on the farm. Children must be supervised by their caregiver(s). No playing in the woolshed or on other farm equipment. Please respect the property we are using. Thank you!**

4. Plate for afternoon tea at the venue please.

NORTH ISLAND CROSS COUNTRY 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.

Sunday 3 July - Colin Smyth Memorial walk:

This day there is a memorial walk for Colin. The plan is those that want to walk 2 hours are to drive to Planet Bike on the Waipa Mill By Pass Road and walk the Natives, Colin's favourite track. We will then drive back to the Redwoods and meet up with those that aren't able to walk that long and do a walk through the Redwoods, of up to an hour, depending who is there.

After that you are invited back to the Neil Hunt Park Clubrooms to have a potluck lunch with family and friends. All welcome.

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