



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

GUFF SHEET
20 August 2016

The past week:

Saturday saw a club event replacing the cancelled Matamata Relay. The 5km time trial had 45 take part with many of those that are getting into form for the National Road relay here in Rotorua on 1 October showing where they are at with their fitness levels.

Thanks are extended to the small team of helpers that stepped up and assisted.

Results are below.

Track and Field:

There is to be a meeting of those interested in the teens and adult's track and field section of the Club being held **Monday 29 August, 7.30pm at the Neil Hunt Park clubrooms.** Bring along your ideas for the forthcoming season.

Publicity:

This is just a note: should you be involved in publicity relating to your Club, please mention the Club's name – the Lake City Athletic Club - and wear your club uniform if pics are likely to be taken. Thank you

Forth coming events:

SATURDAYS

This Saturday 20 August –
 The Athletics Waikato BOP road championships near Tamahere, Hamilton; the programme is below, with venue details etc. Early entry has closed but on the day entry is accepted up to 11.00am - for an additional \$5.00. This is a Club selection event for the New Zealand Road Relay championships 1 October in Rotorua. Also see below re the Relay selection policy etc. Good luck to those heading Hamilton way.



Saturday 27 September - Meet 1.45pm at the Neil Hunt Park for a Mokopuna Dash commencing 2.00pm. Event

distances start from just less than 2km. Please bring a plate for afternoon tea. Duty officers: The winter season committee

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. More names are required for marshal the positions. In the region of 30 people are required. You cannot marshal and run or walk.

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. 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.

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 four left to show your form – The AWBOP road champs this Saturday 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. Whether you are a supporter or running or walking in this event, you can help. A volunteer's sign-up available in the clubroom's foyer. 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 championships **This 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 – The walk events have been cancelled as there were insufficient entries to warrant holding the events and getting the specialized officials onsite.

Running events – open to all

Late entry fee on all entries after 16 August 2016 is \$5.00 extra per person. On the day entry up to 11.00am.

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/Girls 14 (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 note the current registration year is from 1 April 2016 to 31 March 2017. If you joined a club during the summer you will need to re-register for the 2016-2017 to receive a medal. That is if you have not already done so.

Facilities: No changing facilities are available. Portaloo toilets 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.

******* 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

Trout Fly Time trial – 13 August 2016

	Place	Time	Distance Approx
Hannah Shilton	1	5.30	1400 m
Cody Shilton	2	5.39	1400m
Hayden Martin	3	5.48	1400m
Elliot Castle	4	6.22	1400m
James McGregor	5	6.27	1400m
Alan Twiddy	6	6.31	1400m
Bruce McGregor	7	6.34	1400m
Katharine Twiddy	8	8.10	1400m
Anja Crombie	1	11.32	2550m
Alan Crombie	2	11.32	2550m
Sheryl Pearson	3	28.29	2550m (w)
Kerry Reynolds	4	29.19	2550m (w)
Jason Cameron	1	16.48	5000m
Ben McHale	2	17.37	5000m
Tony Broadhead	3	17.38	5000m
Dave Cronshaw	4	18.05	5000m
Chris Corney	5	18.14	5000m
Kerry Robinson	6	18.24	5000m
Andy Hickson	7	19.13	5000m
Fred Shilton	8	20.02	5000m
Andrew Jamieson	9	20.15	5000m
Gaine Petterson	10	20.31	5000m
Russell Clarke	11	21.47	5000m
Lance Shilton	12	22.01	5000m
Sian Twiddy	13	22.06	5000m
Gillian Shapley	14	22.44	5000m
Sam Rossiter	15	22.55	5000m
Campbell Horn	16	23.04	5000m
Tania Smellie	17	23.10	5000m
Kerryn Barker	18	23.23	5000m
Faith McGregor	19	23.37	5000m
Phil Gulbransen	20	23.59	5000m
Chris Lord	21	24.12	5000m
Kathryn Murphy	22	24.49	5000m
Amy Bray	23	25.01	5000m
Mike Bray	24	25.01	5000m

Teresa Martin	25	26.30	5000m
Peter Vyver	26	30.48	5000m
Diane Barrett-Kendall	1	33.05	5000m (w)
Denise Caudwell	2	36.46	5000m (w)
Marieke Wass	3	37.44	5000m (w)
Gay Timpany	4	39.37	5000m (w)
Rinus Adriaansz	5	46.39	5000m (w)
Mike Burkinshaw	6	46.40	5000m (w)