



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

GUFF SHEET

20 June 2015

The past week:

On Saturday it was a great afternoon out in the countryside for the annual Foster, Smyth and Lamason event. No entry fee: afternoon tea provided by the Club: an old fashioned well marked cross-country course that received plenty of compliments: a fine afternoon but a rather chilly wind.

It is a privilege to have a course on private farmland available to us, and special thanks are extended to the property owners, Peter and Julie O'Connell for granting us the use of their land. Thanks are also extended to those: that marked the course on Friday: the on the day marshalling and recording: the assistance with the afternoon tea preparation: the collecting of the course markers: and those that turned out and took part. Results are below. The respective trophy winners are still being established as membership status of the participants needs to be verified.

Forth coming events:

SATURDAYS

This Saturday 20 June - The Novice, Veteran and Costello and Tihi-O-Tonga Cup races. Meet 379A Old Taupo Road at **1.30pm** with event starting 2.00pm. This is a sealed handicap event (mass start) of about 7km mainly on reserve areas in the locality. A shorter 3km event for the younger grades and those not wishing to tackle the longer distance will be held. Bring a plate for afternoon tea, please. Duty officers: Steven O'Callaghan (Ph. 347 6758) and Peter Vyver (Ph. 348 8456). Note the meeting time. It takes 5 to 10 minutes to walk to the event start. * This denotes the event is one of the events that the club selectors will be observing club member's fitness for future relay team selections.



4 trophies are attached to this event and they are awarded thus: (Trophy winners must be pre event, a paid up financial member of the club).

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.

Looking ahead at events:

Saturday 27 June – This is the day of the club cross-country championships at Bishops Farm, Whakatane Highway. The days programme is below. Note the start time of the first event etc.

Saturday 4 July - the North Island Cross-country championships, Spa Road, Taupo. The days programme and entry details are below.

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

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 City Focus, Tutaneikai Street

Distance athletes

Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, 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 By Pass Road

Pm – Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Membership cards:

There is still a huge pile of membership cards at the Neil Hunt Park clubrooms. These are in an envelope in your name on the table to your left as you enter the clubrooms. Please uplift.

If there is no envelope there in your name it could be that you have not renewed your membership with the Club. We are now into a new membership year, so those of you that were paid up members to the 31 March 2015, and are still attending club run/walks (mid-week/weekends) etc please address this matter.

In due course the email list and access to the clubrooms via the key pad will be up dated so that only current financial members receive emails and have access to the clubrooms.



Incentive prize:

To qualify all you need to do is enter and take part in 4 of the following events, including one of the championship races. There are now only 5 qualifying events left.

4 July – North Island cross-country – Taupo

18 July – Athletics Waikato Bop cross-country championships, Hamilton

8 August – Matamata relay

16 August - Athletics Waikato BOP road championships, Tauranga

12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.

Officials training courses:

There will be a “Track” events officials training day at Cambridge clubrooms on Sunday 21 June starting 9-30am and on Sunday 12 July a “jumps and throws” day will be at the same venue. Cost \$10.00 per head - covers both days. Please email Heather O’Hagan at ohagan@visique.co.nz or phone 027 4713220 with the following details: Name, Club, Phone #s, Email address, Rule book needed (yes/no,) days attending, like to sit a written assessment after lunch (yes/no). **RSVP by 17 June for “track” and 9 July for “Jumps and throws”**

New Zealand Road Relay Championships:

Christchurch - 3rd October 2015

Call for Team Managers

The Lake City club will consider sending teams to Christchurch for this year’s New Zealand Road Relay Championships on the Takahe to Akaroa course provided that committed team managers can be found for each team. Contact Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz) if you are interested in being a team manager and let him know the grade you are available to be team manager for. Grades at this event include junior men, junior women, senior men, senior women, open masters 50+, and open masters 60+. No team will be sent in a grade unless there is a dedicated team manager.



CROSS-COUNTRY CHAMPIONSHIPS

Don’t be put off by the word “championship”
All abilities welcome

Saturday 27 June 2015

**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 31/12/2015 except for Master grades, which is age on the day.

2. Members are only 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 to be supervised by their caregiver(s). No playing in the woolshed or on other farm equipment. Thank you!**

4. Plate for afternoon tea at the venue please.

NORTH ISLAND CROSSCOUNTRY RACES Saturday 4 July 2015 Spa Thermal Park, Taupo

PROGRAMME

Grade	Distance	Start time	Entry fee
1. Walkers	5000m	9.30am	\$15.00
2. Girls 10 and under	1000m	10.30am	\$7.00
3. Boys 10 and under	1000m	10.37am	\$7.00
4. Girls 12 (11, 12)	2000m	10.45am	\$7.00
5. Boys 12 (11, 12)	2000m	10.50am	\$7.00
6. Master's men 35-49	6000m	11.00am	\$25.00
7. Masters women 35+	5000m	11.15am	\$25.00
8. Women U18 (15, 16, 17)	4000m	11.45am	\$25.00
Women U20 (18, 19)	4000m	11.45am	\$25.00
9. Boys & Girls 14 (13, 14)	3000m	12.05am	\$12.00
10. Men U18 (15, 16, 17)	5000m	12.15pm	\$25.00
Men U 20 (18, 19)	5000m	12.15pm	\$25.00
11. Master's men 50-75+	6000m	12.30pm	\$25.00
12. Senior women (20-34)	5000m	12.50pm	\$25.00
13. Senior Men (20-34)	9000m	1.15 pm	\$25.00

Entry forms are at the clubrooms or 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 **27 June**. Cheque to be payable to Taupo Harrier Club or pay to 03 0430 024 5892 00 with personal name or club name as the Reference.

No entries will be processed until full fees are paid. The name of your club is Lake City – Rotorua

Late entry fee surcharge of 20% per athlete **after 27 June** and on the day. No late entry accepted after 11.00am on race day

Please ensure you are entering in the correct age group – ages as at 31 December 2015, except for master graded athletes – age on race day.

Whaka Forest - logging operations:

Logging operations are continuing in Whaka Forest so take care. Please respect any closures that are in place.



The clubrooms:

There is again an accumulation of plates and dishes left in the clubrooms by members after club functions. . Should one of them be yours please uplift it. The collection is on the bench under the microwave.

RESULTS

Foster / Smyth/ Lamason Cross-Country - 13 June 2015 - O'Connell's Farm - Dudley Road, Kaharoa

Denotes (w) = walker

3km event supporting event

	Name	Time	Notes
1	Murray Clarkson	0:17:19	Tauranga Ramblers
2	Freya Lord	0:19:02	
3	Samantha Bitcheno	0:19:27	Tauranga Ramblers
4	Stephanie McHale	0:19:30	
5	Lewis Yetsenga	0:20:24	
6	Emma Hickson	0:21:22	
7	Tom Yetsenga	0:22:32	
8	Conor Lysaght	0:23:21	
9	Bart Yetsenga	0:27:40	
10	Hannah Hickson	0:27:41	
11	Andrew Hickson	0:28:16	
12	Kirsten Yetsenga	0:31:33	
13	Gay Timpany	0:31:40	(w)
14	Keira Murphy	0:31:47	
15	Keira's Dad	0:31:47	
16	Maureen Heald	0:33:00	(w)

Foster Smyth, Lamason Trophy event – distance approx. 9.00km

	Name	Time	Handicap	Net Time	Notes
1	Sara Hill	1:22:56	0:10:30	1:12:26	Visitor
2	Mike Bray	1:26:58	0:35:30	0:51:28	
3	Kathryn Murphy	1:31:03	0:22:30	1:08:03	
4	Alex Whimster	1:31:04	0:13:00	1:18:04	Tauranga Ramblers (w)
5	Mark Geddes	1:31:43	0:19:30	1:12:13	(w)
6	Amy Bray	1:32:22	0:31:00	1:01:22	
7	Lindsay Foster	1:33:43	0:37:00	0:56:43	
8	Sarah Manders	1:34:38	0:37:00	0:57:38	
9	Rinus Adriaansz	1:34:55	0:02:00	1:32:55	(w)
10	Phillip Gulbransen	1:34:57	0:34:30	1:00:27	
11	Campbell Horn	1:35:30	0:38:00	0:57:30	
12	Alan Ryan	1:35:40	0:10:00	1:25:40	(w)
13	Jan Adolph	1:36:13	0:00:00	1:36:13	(w)
14	Helen Foster	1:36:18	0:04:00	1:32:18	(w)
15	Max Bragg	1:36:20	0:32:30	1:03:50	
16	Jodie Hickson	1:36:52	0:34:30	1:02:22	
17	Chris Lord	1:37:34	0:39:00	0:58:34	
18	Russell Lake	1:37:51	0:54:00	0:43:51	Tauranga Ramblers
19	Ian Bitcheno	1:38:09	0:45:00	0:53:09	Tauranga Ramblers
20	Rhonda Herring	1:38:59	0:16:30	1:22:29	
21	Adrian Lysaght	1:39:30	0:55:30	0:44:00	
22	Luanna George	1:39:43	0:31:30	1:08:13	
23	Erin Leahy	1:39:46	0:44:00	0:55:46	
24	Steve Dent	1:39:51	0:44:00	0:55:51	Tauranga Ramblers
25	Colin Earwaker	1:40:51	0:53:00	0:47:51	
26	Diana Van den Akker	1:41:56	0:06:00	1:35:56	(w)

27	Chris Bycroft	1:41:59	0:30:30	1:11:29	
28	Shan Tapsell	1:42:24	0:03:30	1:38:54	(w)
29	Denise Caudwell	1:42:55	0:06:00	1:36:55	(w)
30	Andrew Twiddy	1:43:37	0:51:30	0:52:07	
31	Peter Vyver	1:44:24	0:29:00	1:15:24	
32	Malcolm Taylor	1:46:33	0:35:00	1:11:33	Tauranga Ramblers
33	Doris Bragg	1:47:49	0:00:00	1:47:49	(w)
34	Finn Myles	1:50:38	0:54:00	0:56:38	Tauranga Ramblers
35	Jessica Bitcheno	1:50:47	0:45:00	1:05:47	Tauranga Ramblers

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

Sarah Wiwarena – Ph: 348 7674 (evenings):
 Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
 Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.