



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
21 May 2016

The past week:

The first winter season club event that has trophies attached to it was held on Saturday afternoon. The trophies at stake were: the Novice Cup: the Veteran Cup: the Costello Cup and the Tihi-O-Tonga Trophy. The actual trophy winners are still to be found, but below are the individual results.

Thanks are extended to all that turned up to marshal; record the results, set up the course (which took considerable time): collect the course markers: the afternoon tea and our host of the afternoon – Peter Vyver.

Out of the City four from the club took part in the Athletics NZ Mountain running championships at Queenstown. In the Ben Lomond hills two golds plus a silver were won. Results are below.

A number took part in the Hawkes Bay marathon and associated events. Google Hawkes Bay marathon for the results of that event

Forth coming events:

SATURDAYS



This Saturday 21 May – the Cambridge cross-country relay at the Tamahere Narrows Christian Camp facilities. Turn off State Highway 1 at Tamahere (between Cambridge and Hamilton) and head towards Hamilton Airport. The Narrows Christian Camp entrance is about 400/500 metres on the left after crossing the concrete bridge. The grade 10/12 boys and girls event is 12 noon and the relay starts at 12.30pm. Please arrive at least 45 minutes before your event start. This to meet your fellow team members: check out the course: collect race numbers etc. **Club uniform to be worn.**

Teams and running order are:

Relay race (3.3km each) at 12:30pm

Women's team

- Leg 1 Hannah Gapes
- Leg 2 Charlotte Pearson
- Leg 3 Clare Barratt-Wood
- Leg 4 Dee Horne

Masters Men's team

- Leg 1 Gaine Petterson
- Leg 2 Alan Crombie
- Leg 3 Daniel Gapes
- Leg 4 Peter Vyver

Boys/Girls 10/12, 1.65km race at 12:00pm

Anja Crombie

Should you be unable to attend at the last minute please contact Adrian on **027 6153496**

There is no local event scheduled this Saturday.

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

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

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

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

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

A reminder about the winter season:

- 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.

RESULTS

Novice, Veteran, Costello and Tihi-O-Tonga – 14 May 2016 (Tihi-O-Tonga Tree Trust, Simmonds Crescent and Otonga School green areas)

7km approx.		Time	Hdcap	Less Hdcap
Ben McHale		27.45	0.00	27.45
Adrian Lysaght		27.50	0.00	27.50
Mike Bray		28.22	3.00	25.22
Andrew Twiddy		28.29	3.00	25.29
Alan Crombie		28.30	3.00	25.30
Fred Shilton		28.36	9.00	19.36
Daniel Gapes		28.39	8.00	20.39
Hannah Gapes		29.19	9.00	20.19
Dirk Peters		31.27	7.00	24.27
Stephen Bjarnesen		34.35	6.00	28.35
Matthew Dear		34.54	8.00	26.54
Campbell Horn		34.55	8.30	26.25
Charlotte Pearson		34.56	10.30	24.26
Tracey Hay		35.09	10.30	24.39
Chris Lord		35.44	12.00	23.44
Clare Barratt-Wood		35.45	10.00	25.45
Erin Jeffrey		37.36	11.00	26.36
Faith McGregor		37.43	13.00	24.43
John Harvey		38.04	12.00	26.04
Amy Bray		40.42	15.00	25.42
Max Bragg		41.01	15.30	25.31
Martin Harris		42.02	16.00	26.02
Peter Bloore		44.44	18.00	26.44
Luanna George		44.53	18.00	26.53
Peter Vyver		50.09	20.30	29.39
Zack Kelly		51.25	26.00	25.25
Lance Shilton		51.38	20.00	31.38
Denise Caudwell	Walk	52.57	32.00	20.57
Marieke Wass	Walk	53.52	30.00	23.52
Diana Van der Akker	Walk	53.53	30.00	23.53
Diane Barratt-Kendell	Walk	54.35	31.00	23.35
Dan Hocking		63.13	28.00	35.13

Shan Tapsell	Walk	63.41	30.00	33.41
Linda Johnston	Walk	63.43	35.00	28.43
Alan Ryan	Walk	63.45	38.00	25.45
Christine Hocking	Walk	63.58	37.00	26.58
Rhonda Herring		71.29	39.00	32.29
Rinus Adriaansz	Walk	71.30	38.00	33.30
2km				
Conor Lysaght		9.43		
Maria Brunton		10.09		
Anja Crombie		10.10		
Hannah Shilton		10.48		
James McGregor		11.09		
Cody Shilton		11.11		
Katlyn Parkes		11.14		
Hannah Hickson		11.37		
Katie Stephens		11.53		
Freya Lord		12.30		
Amber Lysaght		12.36		
Emma Hickson		12.59		
Allan Twiddy		13.12		
Bruce McGregor		13.13		
Teresa Stephens		13.28		
Poppy Petterson		14.08		
Gaine Petterson		14.08	+ pram	
Gay Timpany		16.20		
Mike Burkinshaw		16.24		
Erica Shilton		16.45		
Kathryn Twiddy		18.16		
Keira Murphy		19.11		
Kathryn Murphy		19.11		
Eddy Twiddy		19.47		
Sian Twiddy		20.08		
Doris Bragg	Walk	21.33		
Sheryl Pearson		21.34	+Gareth	in Pram

**Athletics New Zealand Mountain running championships
– Ben Lomond, Queenstown – 14 May 2016**

Masters men

13.86 (up and down hill)

Overall winner – Stephen Day Wgtn 68.54

35-39

Sjors Corporaal 1st 76.27

7.6km (uphill)

55-59

Colin Earwaker 1st 44.57

Graeme Pearson 2nd 46.53

7.6km (uphill)

Men under 19

Jack Beaumont 1st Otago 36.59

Kaya Henderson-Corporaal 8th 44.09

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