



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
 Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
 Clubrooms: Neil Hunt Park off Tarawera Road  
 Lynmore – Rotorua

**GUFF SHEET**  
**25 June 2016**

**The past week:**

Last Saturday there was no official club event, but many of the club's members were involved with the New Zealand Secondary Schools cross-country championships out at the Agrodome's lower oval.

What a great weekend of running. If you were unable to attend you missed a great spectacle of running from nearly 1000 kids taking part across their respective distances. The individual event was on Saturday and the regional relay event on Sunday.

Although the event was not hosted by the Lake City Athletic Club, a number from the club contributed to the success of the event – from being a marshal, assisting with the course setup and breakdown, or being a member of the organizing committee.

There has been nothing but rave comments relating to the event, and all who were involved from the Club should be very proud of their contribution. Some for at least 4 days others for just a day – thank you.

The Foster, Smyth, Lamason results are now below.

**Forth coming events:**

**SATURDAYS**

**This 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 walk event.

Bring a plate for afternoon tea, please at the venue.

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](mailto:kennys@xtra.co.nz) or 07 348 8448 by the Friday evening prior to the event if you can assist



The afternoons programme is below. Please note the starting times, and other conditions that apply.

★ 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. Early entry closes prior to 28 June

**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, 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, Tutanekai 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.

As can see 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 that placed in the above championships that were held in conjunction with the Rotorua Marathon 30 April 2016.

Your medal is at the Neil Hunt Park clubrooms for you to uplift.

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
Rhonda Herring	
Christine Hocking	Doris, Andy, Linda and
Bryn Hoffman	Marieke your medals are
Brendon Keenan	now at the clubrooms
Alison King	
Adrian Lysaght	
Leanne Leggett	

## Sunday 3 July - Colin Smyth Memorial walk:

This day there is a memorial walk for Colin. The plan is for those that want to walk 2 hours are to meet at the Neil Hunt Park clubrooms at 7.30am and then drive to Planet Bike on the Waipa Mill By Pass road and walk the Natives, Colin's favourite track.

They will then drive back to the Redwoods and meet up at the Redwoods Info Centre on Long Mile Road at 10.30am with those that aren't able to walk 2 hours and do a walk thru 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.



## CROSS-COUNTRY CHAMPIONSHIPS

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

**This 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:**

9. 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. 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 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 CROSSCOUNTRY 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. WomenU18 (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](http://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.

## RESULTS

Foster, Smyth, Lamason 9.6km open handicap  
11 June 2016 – Paiaka Farm property – top Uthina Road, Rotorua  
V – visitor W – Walk – A – Adult

9.6km	Note	Finish time	Handicap	Net Time
Peter Roy		1:27:50	0:43:00	0:44:50
Steven Bjarnesen		1:29:36	0:44:30	0:45:06
Barry Bird	V	1:31:04	0:46:00	0:45:04
Andy Twiddy		1:31:37	0:48:00	0:43:37
Dennis Maddern	V	1:31:46	0:37:00	0:54:46
Gavin Smith	V	1:33:27	0:48:00	0:45:27
Campbell Horn		1:33:36	0:40:30	0:53:06

Kathryn Murphy		1:34:09	0:32:00	1:02:09
Alan Ryan	W	1:35:08	0:04:00	1:31:08
Geoff Proctor	V	1:35:50	0:45:00	0:50:50
Mike Bray		1:35:57	0:50:30	0:45:27
Denise Caudwell	W	1:35:58	0:12:00	1:23:58
Marieke Wass	W	1:36:11	0:12:00	1:24:11
Amy Bray		1:36:14	0:37:30	0:58:44
Rhonda Herring		1:36:48	0:18:30	1:18:18
Russell Lake	V	1:37:06	0:53:00	0:44:06
Christine Hocking	W	1:38:07	0:09:30	1:28:37
Gaine Peterson		1:38:21	0:51:30	0:46:51
Bruce Edwards		1:38:56	0:57:00	0:41:56
Phil Gulbransen		1:38:58	0:41:00	0:57:58
Murray Clarkson	V	1:39:26	0:40:00	0:59:26
Kerryn Barker		1:39:43	0:44:30	0:55:13
Tracey Hay		1:39:56	0:49:30	0:50:26
Sarah Lei		1:40:18	0:44:30	0:55:48
Diane Barratt-Kendell	W	1:41:17	0:18:00	1:23:17
Adrian Lysaght		1:41:24	0:59:00	0:42:24
Fred Shilton		1:42:20	0:55:00	0:47:20
Andy Hickson		1:42:23	0:55:30	0:46:53
Mark Wass	VW	1:42:56	0:00:00	1:42:56
Peter Vyver		1:44:53	0:28:30	1:16:23
Faith McGregor		1:49:25	0:47:30	1:01:55
Russell Clarke		1:53:42	0:48:00	1:05:42
Luanna George		1:54:02	0:32:00	1:22:02
Max Bragg		1:54:14	0:37:00	1:17:14
Mike Burkinshaw	W	1:56:06	0:12:30	1:43:36
Chris Lord		1:58:56	0:48:00	1:10:56
Shan Tapsell	W	1:58:57	0:02:00	1:56:57
Robyn Gray	VW	1:58:58	0:02:00	1:56:58
Linda Johnston	W	1:58:59	0:06:30	1:52:29
Maureen Heald	W	2:03:47	0:00:00	2:03:47
Beryl Cleland	W	2:18:31	0:00:00	2:18:31
Maureen Rolfe	W	2:18:32	0:00:00	2:18:32

3km	Age/	Time		
Hannah Gapes	12	12.41		
Lance Shilton	12	13.51		
Conor Lysaght	10	14.29		
Maria Brunton	12	15.15		
John Marten	A	15.45		
Cody Shilton	6	17.17		
Hannah Shilton	10	18.16		
Josh Ka Page	10	18.22		
Amber Lysaght	7	18.49		
Poppy Petersen	7	20.08		
James McGregor	7	20.1		
Harry Lei	10	21.16		
Emma Hickson	9	24.23		
Keira Murphy	5	24.24		

Freya Lord	10	24.26		
Erica Shilton	A	27.02		
Bruce McGregor	6	29.21		
Katharine Twiddy	7	29.51		
Hannah Hickson	7	30.43		
Jodie Hickson	A	30.44		
Doris Bragg	WA	30.5		
Lewis Lei	8	31.17		
George McGregor	4	31.3		
Alan Twiddy	5	32.33		
Eddie Twiddy	4	34.41		
Sian Twiddy	A	35.38		

**Trophy winners:**

Foster Shield - Peter Roy

Smyth Trophy - Kathryn Murphy

Lamason Trophy – Alan Ryan

**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