



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

GUFF SHEET

27 June 2015

The past week:

It was wet overhead and underfoot with a couple of slippery patches on the course but compliments again flowed on the course and the marking of it for Saturday's event - the Novice, Veteran, Costello and Tihi-O-Tonga trophy event held on the green areas in the Springfield suburb of the City.

Trophy winners were:

Novice Cup: Chris Bycroft

Costello Cup: Charlotte Pearson

Veteran Rose Bowl: Phil Gulbransen

Tihi- O-Tonga Trophy: Mark Geddes

Individual results are below

Grateful thanks are extended to those who spent around 4 hours in the rain marking the course; those that timed and recorded; uplifted the markers and returned them to the clubrooms, and out host of the day Peter Vyver his hospitality.

Foster, Smyth, Lamason trophy winners:

Foster Shield: Mike Bray

Smyth Trophy: Kathryn Murphy

Lamason Trophy: Mark Geddes

Forth coming events:

SATURDAYS

Looking ahead at events:

This 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 and other important things – like a plate for afternoon tea.

Time has come to point out a few requirements when running/walking cross-country where there is a marked course.

- The course will be marked with, pink disks, cones, or arrows or a combination of all, and also taped in some areas
- Where there is a double set of markers, run/walk between these
- Where there is a single cone, disk or arrow you can run/walk 5 metres either side of it

Don't be put off by the word "championship". All ages, abilities welcome to come and take part.

Saturday 4 July - The North Island Cross-country championships at Spa Park, Taupo. The days programme and entry details are below – there is on the day entry up to 11.00am (for an extra fee).

Saturday 11 July - Minster Cup 10km estimated time run or walk. Meet 1.45pm at TITC off Waipa Mill Bypass Road - 2.00pm start. There is a shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea and some cash to purchase tea or coffee near the venue. Duty officers: Phil and Christine Kerrison (Ph. 345 5709). * This is an event where the club selectors will be observing club members fitness for the selection of forth coming relay events.

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, 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.

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 pile of membership cards at the Neil Hunt Park clubrooms. 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.



CROSS-COUNTRY CHAMPIONSHIPS

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

This 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!**

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.



2015 Cross-country championships Saturday 18 July 2015

Narrows Christian Camp, Hamilton

**(On the way to Hamilton Airport - turn off at Tamahere – SH 1
Camp is on your left just over the narrow bridge)**

12.00pm

Boys/girls 10 and under	2000 metres	\$7.00
Boys/Girls 12 (11, 12yrs)	2000 metres	\$7.00
Boys/Girls 14 (13, 14yrs)	3000 metres	\$8.00
Non judged walk (all)	4000 metres	\$5.00

12.45pm

Women 18(15, 16, 17yrs)	4000 metres	\$10.00
Men 18 (15, 16, 17yrs)	6000 metres	\$10.00
Women 20 (18, 19yrs)	6000 metres	\$12.00
Women 35 plus	6000 metres	\$15.00

Women 20 plus	8000 metres	\$15.00
Men 20 (18, 19yrs)	8000 metres	\$12.00
Men 35 plus	8000 metres	\$15.00
Men 20 plus	12000 metres	\$15.00

Course: The course is an undulating 2km lap with mostly firm footing but some muddy patches if rain has fallen.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Ages: Masters is age on the day: all other grades ages as at 31 December 2015.

Entry closing: Entry can be made online by 14 July to <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5192>

or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club, Age group, Date of birth, Fee paid, Registered –yes/no. Cheques payable to Athletics Waikato BOP

Entry after 14 July and on the day will be an extra \$5.00.

Entry forms at the Neil Hunt Park clubrooms

RESULTS

Novice, Veteran, Costello and Tihi-O-Tonga Trophy Day – 20 June 2015 - Springfield green area 2km event

1 Zack Kelly	0:10:25
2 Freya Lord	0:10:35
3 Maisie O'Callaghan	0:13:56
4 Tineke O'Callaghan	0:13:57
5 Tamzin Joy	0:15:56
6 Rina Joy	0:15:58
7 Lydia O'Callaghan	0:19:55
8 Greg Holland	0:19:57
9 Kathryn Murphy	0:24:31
10 Keira Murphy	0:24:32

7km event

1	Adrian Lysaght	0:29:09	0:00:00	0:29:09
2	Carl Fischer (visitor)	0:31:39	0:01:30	0:30:09
3	Chris Corney	0:32:38	0:01:00	0:31:38
4	Jason Steyn-Ross	0:34:18	0:04:00	0:30:18
5	Kate Rea	0:34:31	0:07:00	0:27:31
6	Sian Twiddy	0:36:14	0:09:30	0:26:44
7	Chris Lord	0:36:25	0:10:00	0:26:25
8	Clare Barratt-Wood	0:36:30	0:06:30	0:30:00
9	Charlotte Pearson	0:36:33	0:07:30	0:29:03
10	Lindsay Foster	0:37:12	0:09:30	0:27:42
11	Sarah Manders	0:37:16	0:09:30	0:27:46
12	Philip Gulbransen	0:38:18	0:11:30	0:26:48
13	Campbell Horn	0:38:28	0:12:00	0:26:28
14	Chris Bycroft	0:42:47	0:21:30	0:21:17
15	Martin Harris	0:43:24	0:18:00	0:25:24
16	Kathy Howard	0:46:53	0:15:00	0:31:53
17	Peter Bloore	0:48:27	0:15:00	0:33:27
18	Peter Vyver	0:48:27	0:17:30	0:30:57
19	Mark Geddes (w)	0:50:17	0:23:30	0:26:47

20	Rhonda Herring	0:51:39	0:28:00	0:23:39
21	Denise Caudwell (w)	1:04:52	0:33:30	0:31:22
22	Gay Timpany (w)	1:10:03	0:36:00	0:34:03
23	Maureen Heald (w)	1:14:26	0:39:00	0:35:26

Fitness Trail:

A free fitness trail has been established out at the Waipa Mountain Bike car park. It is in the left hand corner of the big grassed area (where vehicles don't park) by the stream and the end of the Hemo Gorge track. Check it out.



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 is a "jumps and throws" officials training course at the Cambridge athletic clubrooms starting 9-30am on Sunday 12 July. Cost \$10.00 per head. 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 9 July.**

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.