



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

GUFF SHEET
28 May 2016

The past week:

It was a very quiet on the local scene the past week. Just the Tuesday, Thursday and Sunday group runs or walks.

Two club teams and 3 individuals took part in the inaugural Narrows (Tamahere) cross-country relay hosted by Hamilton City Hawks on Saturday. This event which replaced the Cambridge relay attracted 30 teams and 22 grade 10/12 athletes.

The club teams and individual results are below.

Forth coming events:

SATURDAYS

This Saturday 28 May –

The Tauranga cross-country events. The days programme, entry fees etc are below. On the day entry will be accepted for an extra fee. There is no local event scheduled this Saturday

Saturday 4 June - No organised club event this day. Club members feel free to organise a pack run/walk from the Neil Hunt Parks clubrooms.

Saturday 11 June - The Foster, Smyth, Lamason and Haggis Hustle Cross-country races. Meet at 1 Haratua Place, Rotorua no later than 1.00pm with the first walker(s) leaving 1.15pm. The adult course is over farmland and the distance is between 8 to 10km. There is a 3km event also over farmland for younger grades and those not wishing to tackle the longer distance.

Afternoon tea provided courtesy of the Club. Duty officers: winter season sub-committee.

Hosts of the afternoon are Lindsay and Helen Foster.

There will be a list at the Neil Hunt Park clubrooms in due course to indicate your intention to participate or be a volunteer.



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, 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.



Left clothing etc:

At the Neil Hunt park clubrooms another accumulation of clothing etc has built up. There are the likes of running shoes, drink bottles and clothing. Please check the table to see if any of the articles are yours and uplift. Also left at the clubrooms after the children's prize giving is a number of articles – clothing, shoes etc. The various clothing articles left at the summer track have also been added to what has been left at the clubrooms. If all is not uplifted in the next couple of weeks a local charity will benefit. If you cannot access the clubrooms there is usually someone there around 5.15/5.30pm Tuesday/Thursdays or Sunday 7.30am.

Tree felling in Whaka Forest:

Tree felling operations are continuing in Whaka Forest and



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.

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.



TAURANGA OPEN CROSSCOUNTRY RACES

This 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.
- Enter yourself and include your name, Club (Lake City-Rotorua), Date of Birth, distance running and entry fee on the day

School pupil's note there is a schools point's competition so include the school you attend in your entry

RESULTS

The Narrows (Tamahere) cross-country – 21 May 2016 Relay – 3.3km lap

<u>Women's team</u>	24th overall	65.39
Leg 1 Maria Brunton	17.27	
Leg 2 Charlotte Pearson	15.04	
Leg 3 Clare Barratt-Wood	15.51	
Leg 4 Amy Bray	17.17	

<u>Masters Men's team</u>	18th overall	61.04
Leg 1 Adrian Lysaght	12.21	
Leg 2 Alan Crombie	13.55	
Leg 3 Daniel Gapes	13.24	
Leg 4 Peter Vyver	21.24	

Individual 10/12 grades - 2km

1. Will Montgomerie Hawks	6.49
6. Conor Lysaght	7.35
10. Anja Crombie	7.55
18. Amber Lysaght	9.22

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