



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

GUFF SHEET
2 July 2016

The past week:

Rain, rain and more rain greeted those that attended the club cross-country champs at Bishops Farm on Saturday. Yes it was wet underfoot and overhead for all aspects of the event, but all got into the spirit of the day, whether it was being involved with the course set up/ breakdown, the marshaling, recording or participating.

We are privileged to be able to use the farm property and grateful thanks are extended to the Bishop family for this privilege. It's not only the land they make available to us, but their woolshed, and they become totally involved with the event, assisting with the course marking, course dismantling and contributed towards the afternoon.

A number from the club headed for a half marathon around Wellington's Waterfront on Sunday. Again it was half marathon exponent Michael Voss who took out the event in 70.14. Well done Michael. Other club member's results can be found via the club events website. www.wellingtonmarathon.kiwi

New Zealand secondary schools cross-country:

To all those club members who gave of their precious time to assist with the delivery of the Podium NZ Secondary Schools X-Country Championships a fortnight ago - we say thank you! The successful event was the culmination of 18 months of dedicated work by the local organising committee including Lake City's own Pam & Dennis Kenny, Kim Stevenson, Shaun O'Donnell and Justine Randell. The event received wide-ranging media coverage and very positive feedback has been received from competitors, team managers, coaches and supporters for the event experience in Rotorua.

Jason Cameron and Christine Hutchison
 Principal organisers



Official's course:

What has a course on the rules and regulations of our sport got to do

with you, you may be asking. A lot! You are the future administrators of our sport and learning about the rules and regulations of the sport are important.

On Sunday 17 July at the Neil Hunt Park clubrooms from 9.30am Heather O'Hagan, Athletics Waikato BOP officials training officer, will be holding an out of Stadia officials (cross country and road running) course.

This course is especially relevant for club members as the Club is hosting the NZ National Road relay on 1 October (and again next year) where suitably qualified officials will be required.

Please see the attachments which have details of the course etc. On the bottom of one of the attachments is an RSVP portion to advise Heather if you are attending.

Don't be put off by the fact that you will be required to sit a small test at the conclusion of the course and by some of the technical stuff in the attachments.

Forth coming events:

SATURDAYS



This Saturday 2 July –

The North Island cross-country championships, Spa Park Taupo. The days programme is below. **Note the charge for on the day entry. Early entry has now closed.** There is no formal local event this day.

Saturday 9 July - The Blue Lake Blatt: Two-person runner teams complete a lap around the Lake each. Two person walker teams are where each person completes half a lap of the Lake. Meet 1.45pm by the Blue Lake Ski Club clubrooms - 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 back at the Neil Hunt Park clubrooms, please. Duty Officers: Tony Broadhead 027 492 7026 and Trevor Ogilvie 07 347 8181 plus the winter season committee.

Saturday 16 July - Athletics Waikato BOP cross-country championships, Spa Park Taupo. The days programme is below with entry details etc. Note there is a non judged 4km walk on the programme.

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, Tutaneikai 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, Tutaneikai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

This 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.

Please note there is a mountain bike event on this day that takes in the likes of Fern Drive, Long Drive and Poplar Avenue and tracks off Nursery Road etc.

NORTH ISLAND CROSSCOUNTRY RACES

This Saturday 2 July 2016

Spa Thermal Park, Taupo

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

Late entry fee 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



2016 Cross-country championships

Saturday 16 July 2016

Spa Park, Taupo

Please note the change in distances for Masters Men 65 plus and Senior Men and Women (20-34)

11.00am	Boys/girls 10 and under	2000 metres	\$7.00
11.15am	Boys/Girls under 12 (11,12yrs)	2000 metres	\$7.00
11.30am	Women under 18 (15, 16, 17yrs)	4000 metres	\$8.00
	Non judged walk (all)	4000 metres	\$8.00
11.50am	Boys/Girls under 14 (13,14yrs)	3000 metres	\$8.00
12.00pm	Men under 18 (15, 16, 17yrs)	6000 metres	\$10.00
	Women under 20 (18,19yrs)	6000 metres	\$12.00
	Masters Women 35 plus	6000 metres	\$10.00
	Masters Men 65 plus	6000 metres	\$10.00
12.25pm	Men under 20 (18, 19yrs)	8000 metres	\$12.00
	Masters Men 35-64	8000 metres	\$12.00
1.00pm	Men 20 (20-34)	10000 metres	\$15.00
	Women 20 (2-34)	10000 metres	\$15.00

Course: The course is run on the well-known Spa Park course over undulating terrain on good underfoot surface. Laps of either 2km or 3km.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered as a competitive athlete with AWBOP.

Social registered and 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 2016. Where races are combined the grades will be separated in the results

Entry closing: Entry can be made online by 12 July to <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5243> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club (Lake City-Rotorua), Age group, Date of birth, Fee paid, Registered – yes/no. Cheques payable to Athletics Waikato BOP. Entry after 12 July and on the day will be an extra \$5.00 per person. Entry forms at the Neil Hunt Park clubrooms

RESULTS

Club cross-country championships – 25 June 2016, Bishops Farm, State Highway 30 (Te Ngae) Rotorua

V = visitor – not financial with the Club prior to the event

2000 metres - run:		
<i>Girls under 10</i>		
Amber Lysaght	10.32	
Hannah Hickson	12.07	
Poppy Petterson	12.48	V
Jessica Martin	12.53	
Emily Avis	13.52	
Keira Murphy	13.56	
Katharine Twiddy	14.45	
<i>Boys 10 and under</i>		
Conor Lysaght	9.30	
Cody Shilton	10.31	
James McGregor	12.08	
Bruce McGregor	13.36	
Allan Twiddy	14.32	
Edward Twiddy	18.04	
George McGregor	18..23	
<i>Girls 11/12</i>		
Hannah Gapes	7.36	
Anja Crombie	10.06	
Hannah Shilton	10.29	
<i>Boys 11/12</i>		
Sean Gapes	8.31	V
Lance Shilton	8.45	
<i>Girls 13/14</i>		
Rebekah Edhouse	9.08	V
Maria Brunton	9.44	
4000 metres – run:		
<i>Women 20</i>		
Megan Grant	16.27	
Charlotte Pearson	17.21	
Clare Barratt-Wood	17.52	

<i>Women 40</i>		
Sian Twiddy	18.23	
Kerryn Barker	18.53	
Sarah Lei	19.13	
Faith McGregor	19.59	V
Jodie Hickson	20.31	
Teresa Martin	22.45	
<i>Women 45</i>		
Sue Crowley	16.45	
Kathryn Murphy	21.58	
<i>Women 50</i>		
Luanna George	23.57	
<i>Women 60</i>		
Sheryl Pearson	28.23	
<i>Women 65</i>		
Kathy Howard	22.30	
4000 metre - walk:		
<i>Women 45</i>		
Sharissa Hetherington	59.15	
<i>Women 55</i>		
Diane Barratt-Kendell	28.52	
<i>Women 65</i>		
Maureen Rolfe	44.56	
<i>Women 75</i>		
Maureen Heald	44.56	
<i>Men 55</i>		
Rinus Adriaansz	34.39	
<i>Men 65</i>		
Alan Ryan	33.43	
<i>Men 70</i>		
Mike Burkinshaw	35.39	
8000 metres – run:		
<i>Men 20</i>		
Ben McHale	30.23	V
Dirk Peters	30.34	V
Stephen Bjarnesen	33.38	
6000 metres – run:		
<i>Men 35</i>		
Matt Parsonage	21.51	
Andy Twiddy	25.03	
<i>Men 40</i>		
Adrian Lysaght	22.09	
Andy Hickson	24.52	
Fred Shilton	25.12	
Gaine Petterson	25.16	
Andrew Jamieson	25.27	
<i>Men 45</i>		
Tony Broadhead	23.30	
Kerry Robinson	23.08	
Alan Crombie	24.17	
Daniel Gapes	25.01	
Chris Bycroft	34.42	

Men 50		
Bruce Edwards	22.45	
Dave Cronshaw	23.56	
Peter Roy	24.10	
Men 55		
Colin Earwaker	22.31	
Men 60		
Phil Kerrison	32.04	
Men 65		
Campbell Horn	29.17	
Trevor Ogilvie	29.23	
Men 70		
Max Bragg	32.44	
Peter Vyver	40.44	

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.

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