



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

GUFF SHEET
30 May 2015

The past week:

A real wet winter Saturday greeted those that tackled the Haggis Hustle on Saturday. Thanks are extended to the farm owners and farm manager for the privilege of being able to use their land. Our hosts of the day were Lindsay and Helen Foster and grateful thanks are extended to them for the use of their property, as well as those that assisted with course marking etc.

Please note not all events start at 2.00pm – read the guff sheet or the winter season programme and note the start time and venue of the event. A few were caught out last Saturday.

Forth coming events:

SATURDAYS

This Saturday 30 May – The River Trail Trot. Meet at the Neil Hunt Park clubrooms at **12:45pm** for organising carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival there everyone will be divided up into teams. Each person will accumulate points for their team by running or walking within a 30 minute time limit a set distance of their choice from the following options: 3.0, 3.5, 4.0, 5.0, 5.5, 6.0, 7.0, 7.5, or 8.0km. On the way home we will stop at the Bull Ring Café for refreshments and prize giving. This event is suitable for anyone, including children, who can cover 3km or more within 30 minutes on gentle well-formed scenic trails. There will also be a shorter distance (1.5km) fun run/walk option for children not doing the main event. Contact Adrian Lysaght (027 615 3496) or adrian.lysaght@xtra.co.nz if you have any questions.

This is a great event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about.

Note the meeting time

Saturday 6 June – this is the day of the Tauranga Cross-country events. See below for the programme and entry details. On the local scene is a free day. Spend it with the kids or around the section.

Saturday 13 June – The annual Foster Smyth, Lamason cross-country races at the O'Connell's property, Dudley Road Kaharoa. More on this event in due course.

Please note the following changes of dates for club events:
Owing to a prior booking of the TITC facilities, the Minster Cup scheduled for Saturday 25 July is now on Saturday 11 July. The Jungle Joust on the 11 July is now on 25 July.

Sunday 28 June **CANCELLED** the Kawerau half marathon and associated events has been cancelled for 2015

SUNDAYS

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 a huge pile of membership cards at the Neil Hunt Park clubrooms. These are in an envelope in your name on the table to your left as you enter the clubrooms. Please uplift.

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 2014, 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.

Incentive prize:



Have given each of the three sections of our sport (winter, summer and children) funding to encourage participation at events. The amount for each section will be \$800.00. For the winter section this will be divided in to two \$400.00 Air NZ travel vouchers.

To qualify all you need to do is enter and take part in 4 of the following events, including one of the championship races. The first qualifying event was at the Cambridge relays.

6 June – Tauranga cross-country, Waipuna Park, Tauranga – the days programme, entry details etc are below

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.



There will be a "Track" events officials training day at Cambridge on Sunday 21 June starting 9-30am, with written exams after lunch. If you, or anyone you know, is interested in attending contact me, Heather O'Hagan at ohagan@visique.co.nz or 0274713220

New Zealand Road Relay Championships:

Christchurch, 3rd October

Call for Team Managers

The Lake City club will consider sending teams to Christchurch for this year's New Zealand Road Relay Championships on the Takahe to Akaroa course provided that committed team managers can be found for each team. Contact Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz) if you are interested in being a team manager and let him know the grade

you are available to be team manager for. Grades at this event include junior men, junior women, senior men, senior women, open masters 50+, and open masters 60+. No team will be sent in a grade unless there is a dedicated team manager.

TAURANGA OPEN CROSSCOUNTRY RACES

Saturday 6 June 2015

Waipuna Park, Kaitemako Road - off Welcome Bay Road

Approved by AWBOP and conducted under ANZ Rules

WBP sanctioned event - No 1502

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).
- Enter online
<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5180>
- Late entries will be accepted on race day with a \$2.00 Late Entry fee applying.
- Entries close on Tuesday 2 June 2015
Website:www.taurangaramblers.co.nz
- Email entries to janmal@xtra.co.nz and post 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

Include your name, Club (Lake City-Rotorua, Date of Birth, distance running and entry fee

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

Enjoy an afternoon of cross-country running
over park land

Whaka Forest - logging operations:

Logging operations are still continuing in the Forest so take care.

Preparations for future logging are being done in the region of Moerangi, Chinamans and Loop roads for approx. 2 weeks. The Split Enz and Time warp mountain bike tracks will also be closed. These areas will be inaccessible during weekends as well as week days. Please respect any closures that are in place.



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.