



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

GUFF SHEET

4 July 2015

The past week:

Another great afternoon out in the countryside last Saturday!

67 took part in the club's cross-country championships held at Bishops Farm, Te Ngae, Rotorua. It was fine overhead and the course was mostly firm underfoot with the odd soft patch.

We are indebted to the Bishop brothers, Ian and Graham for allowing us the use of their properties and our grateful thanks are extended to them.

Like all club events there needs to be volunteers to make the event happen and this was done in the main by the winter season sub-committee. Thanks to all that assisted on the day whether it was a big or small contribution.

The day's results are herewith.

Forth coming events:

SATURDAYS

Looking ahead at events:

This Saturday 4 July – At Taupo's Spa Park is the North Island Cross-country championships. 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 -The 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. * This is an event where the club selectors will be observing club members fitness for the selection of forth coming relay events.

Like all club events assistance is needed to make this one happen. Anyone who can assist with either course set-up, or at the start-finish area, or as a marshall on the course at this event please phone duty officers Phil or Christine on 345 5709 or email to kerrosine@gmail.com, or text to 027 309 3010. Thank you.

Saturday 18 July – The Athletics Waikato Bop cross-country championships, at the Narrows, Christian Camp, Hamilton.

There is no reason way all that took part in the club championships cannot take part in this event. The abilities in attendance will be across the board - from the fast to the slower runners. The days programme and entry details are below. Let's have a large number of club singlets out on the course.

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, Tutaneikai 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, Tutaneikai 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:

The pile of membership cards at the Neil Hunt Park clubrooms is gradually getting smaller. If there is no envelope there in your name it could be that you have not renewed your membership with the Club or this is a problem with your payment. We are now well 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.

NORTH ISLAND CROSSCOUNTRY RACES

This 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

You are now on the late entry fee structure. No late entry accepted after 11.00am on race day. There is a late entry fee surcharge of 20% per athlete **after 27 June**

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.

The 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

Club cross-country championship – Bishops Farm, Te Ngae – 27 June 2015

2000 metres

Girls 10 and under

Freya Lord	10.31
Emma Hickson	10.35
Amber Lysaght	12.37
Hannah Hickson	15.20
Keira Murphy	15.33
Tamsin Joy	16.34

Boys 10 and under

Leo Banfield	9.27
Conor Lysaght	9.37
Kyle Hetherington	9.41
Thomas Yetsenga	10.10
James McGregor	12.57
Bruce McGregor	16.23

Girls 12 (11, 12yrs)

Hannah Gapes	7.53
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Boys 12 (11, 12 yrs)

Max Voss	7.57
Clay Fookes	8.30
Lewis Yetsenga	10.56
Joshua Banfield	11.24

Girls 14 (13, 14 yrs)

Tegan Fookes	8.07
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4000 metres - run

Women 17 (15, 16, 17 yrs)

Paige Satchell	16.31
Ella Fookes	16.56

Women 20 (20 to 34 yrs)

Erin Leahy	19.22
Amy Bray	20.50
Steph McHale	21.56

Masters women

35-39

Melanie Thompson	17.21
Sian Twiddy	18.14
Sarah Lei	19.31
Sarah Manders	19.41
Jeanene Lysaght	28.07

40-44

Kathryn Murphy	22.17
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45-49

Sue Crowley	16.41
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50-54

Luanna George	24.09
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<u>55-59</u>	
Sheryl Pearson	29.21
<u>60-64</u>	
Kathy Howard	22.19
4000 metres - walkers	
<u>Masters - women</u>	
<u>45-49</u>	
Sharissa Hetherington	60.13
<u>50-54</u>	
Marieke Wass	32.30
Shan Tapsell	34.41
Gay Timpany	34.42
<u>60-64</u>	
Denise Caudwell	32.31
<u>65-69</u>	
Jan Adolph	36.21
<u>70-74</u>	
Doris Bragg	36.50
<u>Masters men</u>	
<u>55-59</u>	
Rinus Adriaansz	36.22
<u>65-69</u>	
Alan Ryan	34.15
<u>70-74</u>	
Mike Burkinshaw	39.45
6000 metres	
<u>Men 19 (18.19 yrs)</u>	
Michael Voss	20.47
<u>Masters men</u>	
<u>35-39</u>	
Andrew Twiddy	26.01
<u>40-44</u>	
Adrian Lysaght	22.58
Gaine Petterson	27.33
Chris Bycroft	34.13
<u>45-49</u>	
Kerry Robinson	25.52
Chris Lord	28.43
Gavin Voss	31.46
Bart Yetsenga	36.51
<u>50-54</u>	
Chris Corney	23.59
<u>55-59</u>	
Mark Geddes	34.35
<u>60-64</u>	
Phil Gulbransen	29.16
Lindsay Foster	30.35
Bruce Easton	30.57
Martin Harris	31.58
Phil Kerrison	33.11
<u>65-69</u>	
Trevor Ogilvie	24.53
Ray Hewlett	28.26
Peter Bloore	37.18
<u>70-74</u>	
Max Bragg	33.02
Peter Vyver	36.41
8000 metres	
<u>Men 20 (20 to 34 yrs)</u>	
Carl Fischer	32.19
Jason Steyn-Ross	34.55

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. After the 4 July you will need to take part in every event listed below to be in the draw.

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.