



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 4 June 2016

The past week:

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

Saturday saw the annual Tauranga cross-country races held on the park like Waipuna Park course. There was a number wearing the club colours at the event, and their results are below.

Volunteers:

Even though the two forthcoming events are not Club events, volunteers are being sought on the following days:



Tuesday 7 June – The Waikato BOP region secondary Schools cross country which is being held at the Agrodome Oval requires course marshals. The time frame will be from 10.00am to approx. 2.00pm.

Saturday 18 June and Sunday 19 June – This is the weekend of the NZ Secondary Schools cross-country championships at the Agrodome Oval. This event will have in excess of 1000 school pupils from throughout New Zealand taking part. Marshals are required for these two days. The time frame will from 9.00am to around 3.00pm. The Sunday will finish earlier, but there will be the course to clean up etc.

A number of club members that have already indicated their availability, but more are required. Should you be in a position to assist at either (or both) events please email kennys@xtra.co.nz or give Pam a call on 07 348 8448

Those that have already indicated their assistance will be contacted nearer the events.

Pam's landed the task of getting volunteers for both events

Forth coming events:

SATURDAYS



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

Saturday 11 June - This is the afternoon of the Foster, Smyth, and 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 farm tracks with the distance between 9 to 10km. There is a 3km event also over farmland and farm tracks for younger grades and those not wishing to tackle the longer distance.

As there are club trophies attached to the event, note to be a trophy winner you must be a current financial club member prior to the start of the event.

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

Hosts of the afternoon are Lindsay and Helen Foster.

There is a list at the Neil Hunt Park clubrooms to indicate your intention to participate or be a volunteer.

SUNDAYS

Out of the City a number of club members are heading to Christchurch to take part in the marathon or the half marathon (which doubles as the Athletics NZ championships) event or one of the lesser distance events on the programme. Good luck!

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 track 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.

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.



RESULTS

Tauranga Cross-country – 28 May 2016 – Waipuna Park, Welcome Bay.

Women 4100 metres

Senior women

1. Sally Gibbs	(Tga Ramblers)	15.37
4. Megan Grant		18.00

Youth women

1. Charli Miller	(Hamilton Hawks)	15.59
5. Ella Fookes		17.54
7. Tegan Fookes		18.40

Men 8160 metres

Masters men

40-44

1. Jason Cameron		30.10
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45-49

1. Tony Broadhead		32.05
2. Kerry Robinson		33.26
4. Alan Crombie		34.57
6. Daniel Gapes		36.24

55-59

1. Colin Earwaker		32.54
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70-74

1. Max Bragg		46.35
2. Peter Vyver		52.47

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