



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

GUFF SHEET
6 June 2015

The past week:

This weekend's event, the River Trail Trot, involved two team captains picking their teams from the assembled participants. John Harvey was the captain of the Harvey's Hardlys while Lindsay Foster was the captain of the Lysaght Lynch Mob. Each team member had to accumulate points for their team on the Atiamuri section of the Waikato River Trials by completing one of nine different distance options within 30 minutes. Points were awarded as follows:

1 point per kilometre

- 5 points for 1st place for each distance option
- 3 points for 2nd place for each distance option
- 1 points for 3rd place for each distance option
- 5 points for walking
- -5 points for taking longer than 30 minutes

A twist was added this year: participants could not take watches or other timing. Despite this (or because of it?) no one got penalised for taking longer than 30 minutes. In the four year history of this event the result was the closest ever this year with Lindsay's Lysaght Lynch Mob coming out on top with 75.5 points to 73.5 points victory over Harvey's Hardlys. Highest individual point's getter was Helen Foster. Sound's confusing? Come along next year to find out more and enjoy the fun. There was also a children's 1.3km Taniwha fun run. On the way home everyone stopped at the The Bull Ring for hot chips and a drink. Lindsay's team backed up their earlier victory on the trails with a win on the pool table. Full results for the event can be found below.

Thanks are extended to the Lysaght family for their organisation of the event.

Forth coming events:

SATURDAYS

This Saturday 6 June – this is the day of the Tauranga Cross-country events. See below for the programme and on the day entry details.

Saturday 13 June – This is the day of the annual Foster Smyth, Lamason 10km cross-country at the O'Connell's property, 157 Dudley Road Kaharoa. Dudley Road is off State Highway 36 (the back road to Tauranga), and is approx.1.5km on your right after you have traversed the narrow one way bridge.

Please note the start time of 1.15pm. This is when the first person starts walking or running. Also note no dogs onto the property and children to be kept under control.

This event is what is known as an "open handicap event" where the person the club handicapper considers will take the longest time to complete the event leaves first with others following progressively during the afternoon. All should back to the finish line in close proximity.



As there are club trophies at stake, a trophy winner must be a financial club member prior to the event. The trophies being awarded are: **Lamason Trophy** to the first financial member across the finish line who has walked the 10km event: **Foster Trophy** to the first financial male member across the finish line who has run the 10km event: **The Smyth Trophy** to the first financial female member across the finish line that has run the 10km event. Note if you are going to run and walk you will be classed as runner.

There will be a shorter 3km event for the youngsters.

There is a list at the Neil Hunt Park clubrooms for you to indicate to the club handicapper your intention to take part in the 10km event. If not running or walking come along and assist with marshalling, recording, afternoon tea (which the club is shouting) or the collecting the course markers etc.

Saturday 20 June - * The Novice, Veteran and Costello Cup races. Meet 379A Old Taupo Road at 1.30pm with event starting 2.00pm. This is a sealed handicap event (mass start) of about 7km mainly on reserve areas in the locality. A shorter distance event for the younger grades and those not wishing to tackle the longer distance will be held. Bring a plate for afternoon tea, please. Duty officers: Steven O'Callaghan (Ph. 347 6758) and Peter Vyver (Ph. 348 8456). Note the meeting time. It takes 5 to 10 minutes to walk to the event start. * This denotes the event is one of the events that the club selectors will be observing club member's fitness for future relay team selections.

Please note the following change 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 has moved to 25 July. The amended winter programme is on the club's website – www.lakecity.co.nz

CANCELLED

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

Looking ahead at events:

Saturday 27 June – This is the day of the club cross-country championships at Bishops Farm, Whakatane Highway. There will be more this event in due course.

Saturday 4 July - the North island Cross-country championships, Spa Road, Taupo. Either visit www.taupoharriers.com or athleticswaikatobayofplenty.org.nz for the programme etc.

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, 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:

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.

Whaka Forest - logging operations:

Logging operations are continuing in Whaka Forest so take care. Please respect any closures that are in place.



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. The first qualifying event was at the Cambridge relays.

This Saturday 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 2015

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 Takahē 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.



The clubrooms

There is again an accumulation of plates and dishes left in the clubrooms by members after club functions. . Should one of them be yours please uplift it. The collection is on the bench under the microwave.

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.
- 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

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.

RESULTS

River Trail Trot - 30 May 2015

Children's Taniwha 1300m Fun un Results

Place	Name	Time
1	Amber Lysaght	08:40
2	Jayda Moke	08:51
3	James McGregor	09:27
4	Tamzin Joy	10:22
5	Katharine Twiddy	10:24
6	Sam Burrell	10:46
7	Logan Burell	11:05
8	Keira Murphy	11:53
9	Ryder Moke	14:54
10	Ava Fiske	14:59



Place	Name	Team	Time	Distance (metres)	Distance Points	Placing Points	Walking Points	Total Points
1	Conor Lysaght	Lindsay's Lysaght Lynch Mob	18:44	3500	3.5	5		8.5
2	Peter Vyver	Havery's Hardlys	20:57	4000	4	5		9
3	Pam Kenny	Lindsay's Lysaght Lynch Mob	23:06	3500	3.5	3		6.5
4	Skye Cox	Havery's Hardlys	23:40	4000	4	3		7
5	Christine Crowley	Havery's Hardlys	23:41	4000	4	1		5
6	Helen Foster	Lindsay's Lysaght Lynch Mob	24:00	3000	3	5	5	13
7	Jeanene Lysaght	Lindsay's Lysaght Lynch Mob	24:00	3000	3	3	5	11
8	Luanna George	Havery's Hardlys	25:28	3500	3.5	1	5	9.5
9	Sue Crowley	Havery's Hardlys	25:43	6000	6	5		11
10	John Harvey	Havery's Hardlys	25:55	5000	5	5		10
11	Kathryn Murphy	Lindsay's Lysaght Lynch Mob	26:54	5000	5	3		8
12	Sarah Manders	Havery's Hardlys	27:49	5500	5.5	5		10.5
13	Andrew Twiddy	Havery's Hardlys	28:07	6500	6.5	5		11.5
14	Lindsay Foster	Lindsay's Lysaght Lynch Mob	28:18	6000	6	3		9
15	Adrian Lysaght	Lindsay's Lysaght Lynch Mob	28:28	7500	7.5	5		12.5
16	Stevie Fiske	Lindsay's Lysaght Lynch Mob	28:58	6000	6	1		7