



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
9 July 2016

The past week:

It was a quite weekend on the local club scene but a number of members travelled to Taupo for the North Island Cross-country championships. Results are awaited.

Colin Smyth Memorial Walk:

A group from Lake City joined Pat on Sunday morning in a memorial walk for Colin who passed away this time last year. We walked over the Native's track which was one of Colin's favourite walks.

After this walk we joined up with Colin's extended family members and walked the Mokopuna Trail the highlight was one of Colin's younger family members playing the bagpipes in the Redwoods. After the walk we all headed back to the clubrooms for a combined lunch.



Marieke Wass

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 that were with last week's guff sheet. These 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 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.

Club members please note that all club events are put on by volunteers from the Club, sometimes with the help from "friends of the Club". All give up their time and on many occasions sacrifice their participation in the event, so please give them your support by taking part or becoming a volunteer.

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.

Saturday 23 July – 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.

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, Tutanekei 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, Tutanekei Street.

Distance athletes

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



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
2			

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

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