



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## GUFF SHEET

16 May 2015

### The past week:

Saturday evening saw the post marathon social function at the clubrooms, where those in attendance relived their performances on marathon day as well as social time with fellow club members.

Sunday saw a very small representation of teams from around the Athletics Waikato BOP region at the annual Cambridge cross-country relay. The host club this year decided to hold the event on a Sunday, and at the time decision was made they did not take into account that it was Mother's Day.

Lake City was represented by 2 teams, plus 3 in the individual children's event.

The open women's team won their grade while the men's open team was 4th. Results are on below.

### Forth coming events:

#### SATURDAYS

**This Saturday 16 May:** This is a Family Day where there are events for all club members – children/running/walking clinics, etc. Meet 1.45pm for 2.00pm start in the Redwoods for pack runs/walks and children's treasure hunt. Bring a plate for afternoon tea, please. Duty Officer: Adrian Lysaght (Ph. 027 615 3496).

**Saturday 23 May:** Haggis Hustle. A 6km, 3km or 1km cross-country run or walk leaving 1 Haratua Place, Rotorua at 1.30pm. Bring a plate for afternoon tea, please. Duty officer: Lindsay Foster (Ph. 348 6818).

#### 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

### Whaka Forest - logging operations:

Logging operations are still continuing in the Forest so take care. Logging trucks will be using Pipeline, Direct, Red Tank and Nursery Roads and could be operating at any time day or night.



From the 14 May 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.

### 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 on Sunday at Cambridge.

6 June – Tauranga cross-country, Waipuna Park, Tauranga

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.

## RESULTS

### Cambridge cross-country relay – 10 May 2015

#### Men open – 3000 metres

1. Hamilton City Hawks	42.33
4. Lake City-Rotorua	54.45
Jason Steyn-Ross	13.00
Andy Hickson	12.08
Adrian Lysaght	11.30
Peter Vyver	18.07

#### Women open – 3000 metres

1. Lake City-Rotorua	40.37
Megan Grant	12.44
Kate Rea	13.18
Erin Leahy	14.35

#### Individual – 2000 metres

##### Boys

1. Ian Pugh (Tauranga)	7.40
9. Conor Lysaght	11.04
10. Marcell Kiss	11.08

##### Girls

1. Malaika Milian (Cambridge)	8.47
5. Amber Lysaght	13.05

## 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	2.00 pm	\$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](http://www.taurangaramblers.co.nz)
- Email entries to [janmal@xtra.co.nz](mailto: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.