



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

GUFF SHEET
23 May 2015

The past week:

The family day was well attended by youngsters who enjoyed the afternoon's activities set up by Adrian, Jeanene Lysaght and their family. Thank you the Lysaght family.

Thanks to those club members who hosted attendees at the recent Rotorua TRENZ tourism conference for an early morning runs in our fabulous Forest. Thanks Teresa for the back ground work you did in bringing this together.

Forth coming events:

SATURDAYS

This Saturday 23 May - Haggis Hustle, which leaves 1 Haratua Place, Rotorua at **1.30pm**. Bring a plate for afternoon tea, please. Duty officer: Lindsay Foster (Ph. 348 6818). The course is the same as last year. After an uphill effort you will have great views of the Rotorua City. Naturally what goes up comes down.

Saturday 30 May – 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

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

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.



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 at the Cambridge relays.

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 you 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.

If your name is below:

..... you have a championship certificate at the Neil Hunt Park clubrooms. Please uplift it. The certificates relate to a placing in the 2014 off road half marathon or the marathon or the cross-country and road events as well as the 2015 track and field championships.

Clare Barratt-Wood: Shiloh Bell: JJ Botha: Steve Bradley: Cindy Carpenter: Natasha Cianci: Tania Fiskien: Alan Gordon: Neville Harper: Ricky Haverkamp: Nic Leary (2): Carole Limbrick-Hill: Eddie Meijer: Allan McGregor: Grant McKinnon: Chris McGuire: Len Pemberton: Craig Pollard: Kate Rea: Lynne Reardon: Frederick Shilton: Robyn Skelton: Justine Sinclair: Marc Teakel: Ed van den Broek.

The following have 2015 track and field certificates at the clubrooms.

Mere Attwater: Dave Cronshaw: Sue Crowley: Mark Geddes: Don Morrison: Louise Rickard

Membership cards:

There is a huge pile of membership cards at the Neil Hunt Park clubrooms. These are in an envelope with your name on, 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.

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

Grade	Distance	PROGRAMME	
		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.
- Entries close on Tuesday 2 June 2015
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

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

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.