



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
10 June 2017

The past week:

It's been a quite week one on the local scene. There was no Club Saturday event – just the Tuesday/Thursday and Sunday group runs/walks happening.

Events:

SATURDAYS

This Saturday 10 June –



This is the day of the annual Foster / Smyth / Lamason Cross-country races. The first walker(s) leave 1.15pm from the **top of Utuhina Road (up behind the reservoir)** so check in well prior to 1.15pm if you think you will be an early starter. The main event for those 15 plus is an approx. 10km. This is supported by an approx. 3km event for those under 15 and those not wishing to tackle the longer distance. Those doing the shorter event do not need to check in. Your mass start time will be slightly later than 1.15pm.

There are a number of do's and don'ts with this event. Please read them. Sorry the list is rather long but all are necessary.

1. **Parking:** please park on the side of the Utuhina Road or in Haratua Place and walk up the hill to the southern side of the reservoir. Do not park on private property or drive ways. No vehicles are to go past the first farm gate.
2. **Rules:** The following need to be taken into account when participating: Follow the marked course which will be marked with cones and arrows. Where there are double cones or arrows run/walk between them: where there is a single cone/arrow you can run/walk 5 metres either side of them. Do not deviate off the marked course: Gates and fences - If a gate is closed get

over the hinge end: Always leave gates as you find them – if open leave open: If closed and you have opened it close it behind you. Fences - always get over them by a post not a batten. A post is the bigger of the two. Stock: Do not upset any stock (cows, sheep, horses etc) that maybe in the vicinity of the course. Keep away from any water sources - drains, troughs, ponds etc.

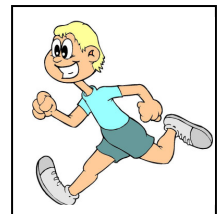
3. **Care givers:** your children are your responsibly. No climbing fences, running around buildings and playing in the stock yards etc.
4. **Dogs:** no dogs to come onto the farm property – thank you
5. **Other:** Sorry the terrain is not suitable for buggies.
6. **Respect:** Please respect the privilege we have of being allowed on the property.

Now to the 10km event: This event is an open handicap event where the person(s) the club handicapper considers will take the longest time to complete the event leaves first with others following progressively throughout the afternoon.

On arrival: check out the list on display to establish your start time. You will be called up just prior to the time listed. Should your name not be on the list please ask for Pam. Those doing the shorter event do not need to check in. Your start time will be slightly later

Financial: There are three trophies at stake this day and to be a winner you are to be a fully paid up financial member of the club prior to the event.

Like all club events volunteers are required to assist with the start and finish, plus a couple for around the course. Please contact Pam at 07 3488448 or at kennys@xtra.co.nz no later than Thursday evening if you can assist



Don't be put off by any of the above. Come and enjoy afternoon out in the countryside with fabulous views to be had of the City and its surrounds as well as a few ups and downs to be negotiated.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave latter.

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 on Tutaneikai Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – Meet 5.30pm at the old City Focus on Tutaneikai Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Looking ahead:

Locally

Saturday 17 June - No event in

Rotorua

Saturday 24 June - The Club cross-country champs at a venue that is being worked on – more on the location and course next week. First event gets underway at 1.15pm. There are running races for all grades and abilities including walk championships. Duty officers: Winter season sub-committee.

Out of town

Saturday 17 June - New Zealand Secondary Schools cross-country championships, Christchurch

Sunday 18 June - Athletics NZ marathon champs, Wellington

Saturday 1 July - The North Island Cross-country championships Thermal Park, Spa Road, Taupo. The days programme and entry details are below.

Athletics New Zealand Road relay - 30 September – Rotorua

There are now sheets on the foyer table of the Neil Hunt Park clubrooms for you to indicate if you are interested in being part of a club team at this event. The Club's team selection policy was in last week's guff sheet.

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Athletics Waikato BOP marathon championships:

These championships were held in conjunction with the recent Rotorua Marathon with a number of the club members taking an AWBOP championship place. Medal winners are:

Matt Parsonage	Andy Twiddy	Adrian Lysaght
Brendon Keenan	Gaine Petterson	Jason Cameron
Tony Broadhead	Paul Wollaston	Bruce Edwards
Neil Butler	Max Bragg	Peter Vyver
Andy Eastcott	Clare Barratt-Wood	
Natalie Graham	Johanna Ottosson	
Sian Twiddy	Sue Crowley	Robyn Skelton
Jenny Burns	Barbara Tucker-Jamieson	
Marion Roberts	Jacqui Butler	Doris Bragg

Congratulations - Please collect your medal from the foyer table inside the Neil Hunt Park clubrooms

NORTH ISLAND CROSSCOUNTRY RACES

This Saturday 1 July 2017
Spa Thermal Park, Taupo

Please note the on the day entry fee is double the listed entry fee – don't get caught

PROGRAMME

Grade	Distance	Start time	Entry fee
1. Girls 10 and under	1000m	9.45am	\$7.00
2. Boys 10 and under	1000m	9.55am	\$7.00
3. Girls 12 (11, 12)	2000m	10.05am	\$7.00
4. Boys 12 (11, 12)	2000m	10.15am	\$7.00
5. Girls 14 (13, 14)	3000m	10.30am	\$12.00
6. Boys 14 (13, 14)	3000m	10.45 am	\$12.00
7. Master's men 35-49	6000m	11.00am	\$25.00
8. Masters women 35+	5000m	11.20am	\$25.00
9. Master's men 50-75+	6000m	11.45am	\$25.00
10. Women U18 (15, 16, 17)	4000m	12.15pm	\$25.00
Women U20 (18, 19)	4000m	12.15pm	\$25.00
11. Men U18 (15, 16, 17)	5000m	12.30pm	\$25.00
Men U 20 (18, 19)	5000m	12.30pm	\$25.00
12. Senior women (20-34)	5000m	12.45pm	\$25.00
13. Senior Men (20-34)	9000m	1.20 pm	\$25.00

To enter go to www.taupoharriers.com and use the official entry form. Post with entry fee to NIXCC race, Taupo Harrier Club, P O Box 1112, Taupo 3351 prior to **27 June**. Cheque to be payable to Taupo Harrier Club or pay to 03 0430 024 5892 00 with personal name and club name as the Reference. The name of your club is Lake City – Rotorua

They are preferring entries in bulk from the Club so someone from the Club will need to get names/entry fee of those going and forward entries to Taupo. No entries will be processed until full fees are paid.Continued on next page



Late entry fee surcharge of \$5.00 per athlete **after 27 June** and on the day is double the listed entry fee (i.e. entry fee = \$25.00 – on the day \$50.00. No late entry accepted after 9.00am on race day.

Please ensure you are entering in the correct age group – ages as at 31 December 2017, except for master graded athletes – age on race day.

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) - \$20.00

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