



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
13 May 2017

The past week:

What a great Rotorua Marathon day. All that took part in whatever event they choose were winners. Also there were plenty of club member's names in the trophy list as well as the spot prize list. Well done all.

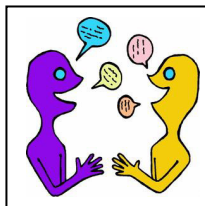
Results can be found on
www.rotoruarunners.co.nz

The comment has been made that the club uniform was very prominent in numbers and really stood out.

As well as those that were participating there were club members assisting with admin task relating to the event – both in lead up and on the day. Thanks are extended to those people.

Post marathon social:

This Saturday evening 13 May there is a social get together from 7.30pm at the Neil Hunt Park clubrooms. Pizza supplied – bar sales available.



Come and celebrate marathon day with fellow club members

Events:

SATURDAYS

This Saturday 13 May

Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from just under 2km. Do one lap, two or even three. This event is quite suitable for those that took part in an event the previous weekend. Just quietly jog/walk a lap to get the legs



turning over again. All ages and abilities catered for - from the youngsters to the olds: the fast or slow, running or walking.

Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee and their helpers.

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 Tutanekai 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 Tutanekai 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 20 May - The first of the Club's winter season's trophy events: the Novice, Veteran, Costello Cup and Tihi-O-Tonga races are on this afternoon. For runners and walkers (aged 15 plus) there is a sealed handicap race of about 7km on mainly reserve/park like areas. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance.

Meet 379A Old Taupo Road at 1.30pm with the event starting 2.00pm. Don't be late as you have a 5 or 6



minute walk to the start. Take care when crossing the road to the start. Check in with the club handicapper (Moustache) to make sure you are on his handicap list.

This is a sealed handicap event where all start together and to get the winner of each trophy the time the club handicapper has estimated you will complete the 7km distance is deducted from your actual time.

Out of town

Tauranga open cross-country races Saturday 27 May 2017

Waipuna Park, Kaitemako Road - off Welcome Bay Road
AWBOP sanctioned event and conducted under
ANZ Rules

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).
- Late entries will be accepted on race day with a \$2.00 late entry fee applying. Early entry closes **Tuesday 23 May**

- Enter yourself and include your name, Club (Lake City-Rotorua), Date of Birth, distance running and entry fee by

Emailing entry to janmal@xtra.co.nz and post a 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 with name against the payment

School pupil's note there is a schools point's competition so include the school you attend in your entry

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

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