



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET
15 July 2017

The past week:

Results of the North Island cross-country at Taupo on 1 July are below. Well done to all from the Club that took part. There were some excellent performances. This past Saturday a number headed around the Mokopuna tracks of the Redwoods for 1, 2 or 3 laps. Thanks to all who attended either as a participant, or a volunteer. Results are below.

The Friday evening social event had a small attendance.

Events:

SATURDAYS

No local event this Saturday - 15 July

- **Saturday 29 July** – see opposite. No running event this day, but a Club social in the evening for those not heading to Auckland for the Athletics New Zealand cross-country championships the next day.

SUNDAYS

Distance athletes

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

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are: 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 22 July** - This is the day we go out of town and head south to the Waikato River trails for Adrian's novelty event beside the river. The best way to find out what the event is about is by attending. More next week on the event - i.e. meeting time, carpooling etc



Saturday 29 July

It is the event of the year...!

"Mid-Winter Christmas

Quiz Night"

At the Neil Hunt Park clubrooms

Doors open at 6.30pm for a 7.00pm start

Limited spaces to maximum of 12 teams

Members plus non-members welcome

Don't miss out!

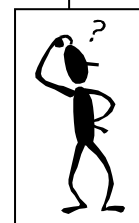
6 per table - please pre book your team name on list at clubrooms (if you don't have a full team, don't panic we will also assemble teams on the night)

PRIZES for best dressed tables

No charge - just **BRING** a plate to share

The bar will be open

SECRET SANTA present per person (\$5 MAX)



Out of town

❖ **This Saturday 15 July** - the annual Athletics Waikato BOP cross-country championships, being hosted this year by Tauranga Ramblers on their Waipuna Park course. The programme, entry details etc are below. Late entry has closed but you can enter on the day for an extra fee. If you wish visit www.athleticswaikatobayofplenty.org.nz for details



2017 Cross-country championships **This Saturday 15 July 2017** Waipuna Park, Welcome Bay, Tauranga

12.15pm			
Boys/girls 10 and under	2000 metres		\$7.00
12.15pm			
Boys/Girls under 12 (11,12yrs)	2000 metres		\$7.00
12.30pm			
Women under 18 (15, 16, 17yrs)	4000 metres		\$8.00
12.50pm			
Boys/Girls under 14 (13,14yrs)	3000 metres		\$8.00
1.05pm			
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
2.00pm			
Men under 20 (18, 19yrs)	8000 metres		\$12.00
Masters Men 35-64	8000 metres		\$12.00
Men 20 (20-34)	10000 metres		\$15.00
Women 20 (2-34)	0000 metres		\$15.00

Course: The course is run on the well-known Waipuna Park over undulating terrain on good underfoot surface. Laps of either 2km or 1km in length

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. **Child athletes note that you must have registered for the new season starting 1 April 2017 to be eligible for the Championships. Your previous summer membership from last season has now expired.**

Ages: Masters is age on the day: all other grades ages as at 31 December 2017. Where races are combined the grades will be separated in the results

Entry closing: Early entry has closed, but late entry accepted on day at an extra \$5.00 per person. <https://wbopxc2017.eventsdesq.com/>

❖ **Sunday 30 July - the Athletics NZ Cross-country championships:**

The AWBOP team to the National cross-country championships in Auckland on Sunday 30 July will be selected from those entered at close of the championship entries. Athletes must enter themselves via www.athletics.org.nz before entry closing date –Tuesday 18 July by 9.00am. Late entry until 20 July is \$50.00.

RESULTS

North Island cross-country championships - 1 July 2017, Spa Park, Taupo

Senior Women	5000 metres		
Esther Keown	Auckland	1	18.14.0
Megan Grant		6	19.18.0
Girls 10	1000 metres		
Sophie Webber	Taupo	1	3.39.0
Trelise Howard		6	4.13.22
Girls 12	2000 metres		
Myah Houthuizen	Gisborne	1	7.44.0
Gisele Howard		13	8.43.0
Girls 14	3000 metres		
Hannah Gapes		1	11.18.0
Masters Men	6000 metres		
45-49			
Tony Broadhead		1	22.25.0
Kerry Robinson		6	24.07.14
50-54			
Peter Stevens	Auckland	1	22.15.0
Chris Corney		8	24.11.0
65-69			
Trevor Ogilvie		1	27.17.0
75 plus			
Peter Vyver		1	38.04.0

Mokopuna Dash – No 2 - 8 July 2017		
		No laps
Amber Lysaght	9.57	1
Keira Murphy	11.57	1
Tamsin Joy	11.58	1
Katharine Twiddy	14.36	1
Edward Twiddy	16.25	1
Matt Parsonage	21.43	3

Andy Twiddy	22.29	3
Sian Twiddy (w)	22.59	1
Doris Bragg (w)	22.59	1
Rina Joy	23.32	2
Megan Grant	24.31	3
Apache Davidson	25.11	3
Diane Barratt-Kendell (w)	25.40	2
Sheryl Pearson	26.17	2
Max Bragg	26.18	2
Hannah Hickson	26.52	2
Kerryn Barker	27.12	3
Jodie Hickson (plus Lilly)	28.44	2
Denise Caudwell (w)	28.50	2
Emma Hickson	29.38	3
Kathryn Murphy	34.51	3
Dee Horne	34.51	3
Peter Vyver	35.10	3
Alan Ryan (w)	46.06	3
Neil Butler (w)	46.07	3

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