



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**  
**17 June 2017**

**The past week:**

Last Saturday it was a great day out in the countryside above Rotorua City for the annual Foster, Smyth, Lamason open handicap cross-country event. The course generally had superb underfoot conditions – mainly short grass, a few roughish patches, but no muddy areas. The weather also turned it on for the event, but it was a bit nippy up on the “tops” when the course was being marked early in the morning.

Think about how long it would take to put his event together from marking the 9.1km course: the collection of the required gear from the Neil Hunt Park clubrooms: checking out where the course would go: setting up and dismantling the course: returning the gear to the clubrooms: plus a couple of hours at the start/finish. Someone came up with around 11 to 12 hours!

Thanks to those that did the behind the scenes stuff listed above, especially Lindsay Foster who now lives out of Rotorua. Lindsay did the main work in getting permission to use the area, course set up etc. The results are below. The respective trophy winners are still to be established.

**Events:**

**SATURDAYS**

**This Saturday 17 June** – No club event listed for this day. Take time out to catch up with household chores etc to leave the following Saturday free.



**SUNDAYS**

**Distance athletes**

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

**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**

**Next Saturday 24 June** - The

Club cross-country champs at Linton Park West. First event gets underway at 1.30pm. There are running races for all grades and abilities including walk championships. Duty officers: Winter season sub-committee. As well as assistance from the committee other volunteers are needed. Contact Pam at [kennys@xtra.co.nz](mailto:kennys@xtra.co.nz) if you can assist. The days programme is below.

**Saturday 1 July** - No club event in Rotorua so head to Taupo for the North Island cross-country event

**Saturday 8 July** – This is the second event in the Mokopuna Dash series. 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. 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.

### Out of town

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

This Sunday 18 June - Athletics NZ marathon champs, Wellington.

Good luck to club members that are participating in either event.

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



## CROSS-COUNTRY CHAMPIONSHIPS

Don't be put off by the word "championship"  
All abilities welcome – runners and walkers

**Saturday 24 June 2017**

**Linton Park West – in Rotorua City**

Head to Sunset Road, turn into Rimuvale Street, then into Kamahi Place (the second on your right) and park under the trees or out on the street (*no parking in the complex proper*) and then walk out to the start on the expansive grass area.

The programme is:

1.30pm

**Distance 4000 metres (2 laps)**

Women 17 (15, 16, 17)

Men 17 (15, 16, 17)

Women 19 (18, and 19)

Senior Women (20-34)

Masters Women (35 plus)

Walkers (all grades)

2.05pm

**Distance 2000 metres (2 x 1000 metre lap)**

Boys/girls 10 (5, 6, 7, 8, 9 and 10)

Boys /girls 12 (11 and 12)

Boys/girls 14 (13 and 14)

2.20pm

**Distance 8000 metres (4 laps)**

Senior men (20-34)

**Distance 6000 metres (3 laps)**

Men 19 (18, and 19)

Masters men (35 plus)

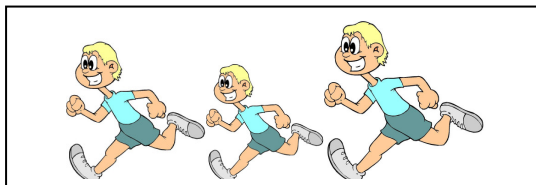
**Notes:**

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2017 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member (prior to the event)** of the Lake City Athletic Club Inc.

3. *The area we are using is available to the public – they maybe walking their dogs and using the playground and will be using the building at the complex. There is also is a stream nearby. Children to be supervised by their caregiver(s) – thank you.*

4. Plate for afternoon tea at the venue please.



## 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.

### **NORTH ISLAND CROSSCOUNTRY RACES**

**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
<u>1.</u> Girls 10 and under	1000m	9.45am	\$7.00
<u>2.</u> Boys 10 and under	1000m	9.55am	\$7.00
<u>3.</u> Girls 12 (11, 12)	2000m	10.05am	\$7.00
<u>4.</u> Boys 12 (11, 12)	2000m	10.15am	\$7.00
<u>5.</u> Girls 14 (13, 14)	3000m	10.30am	\$12.00
<u>6.</u> Boys 14 (13, 14)	3000m	10.45 am	\$12.00
<u>7.</u> Master's men 35-49	6000m	11.00am	\$25.00
<u>8.</u> 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](http://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.

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.

## RESULTS

### Foster, Smyth, Lamason open handicap cross-country – 10 June 2017 – top Utuhina Road - Rotorua

3km approx.		Finish Time		
Hannah Gapes	G13	12.02		
Quinn Steiner	B11	14.42		
Maria Brunton	G13	16.52		
Conor Lysaght	B11	17.00		
Amber Lysaght	G8	17.57		
James McGregor	B8	19.36		
Harlyn Pearce	B11	21.36		
Hannah Hickson	G8	21.50		
Jodie Hickson	W40	22.00		
Keira Murphy	G6	23.04		
Lukas Joy	B11	24.47		
Rina Joy	W45	24.52		
Trish Spice (w)		35.47		
Doris Bragg (w)	W70	35.48		
Edward Twiddy		Sorry		
Sian Twiddy		no		
Katharine Twiddy		times		
Alan Twiddy				

9.1 km approx.		Finish time	Handicap	Net time
Neil Butler (w)	LCAC	1.15.58	12.00	63.58
Peter Vyver	LCAC	1.22.44	21.30	61.14
Alan Ryan (w)	LCAC	1.24.07	3.30	80.37
Alex Whimster (w)	TGA	1.24.26	10.00	74.26
Denise Caudwell (w)	LCAC	1.25.57	10.00	75.57
Sheryl Pearson	LCAC	1.27.36	20.00	67.36
Faith McGregor	LCAC	1.28.24	35.30	52.54
Peter Roy	LCAC	1.30.15	46.30	43.45
Jacqui Butler (w)	LCAC	1.31.08	4.30	86.38
Kathryn Murphy	LCAC	1.31.39	30.30	61.09
Rinus Adriaansz (w)	LCAC	1.32.27	4.30	87.57
Gavin Smith	TGA	1.33.03	48.00	45.03
Campbell Horn	LCAC	1.33.10	44.30	48.40
Megan Grant	LCAC	1.34.00	50.00	44.00
Ian Bitcheno	TGA	1.34.04	49.00	45.04
Daniel Gapes	LCAC	1.34.33	46.00	48.33
Andy Twiddy	LCAC	1.35.01	50.30	44.31
Russell Clarke	LCAC	1.35.14	43.30	51.44
Adrian Lysaght	LCAC	1.36.21	55.00	41.21
Max Bragg	LCAC	1.37.09	33.30	63.39
Kerry Robinson	LCAC	1.37.27	54.00	43.27
Matt Parsonage	LCAC	1.37.46	60.00	37.46
Mark Geddes (w)	LCAC	1.37.59	27.30	70.29
Phil Gulbransen	LCAC	1.39.37	39.30	60.07
Luanna George	LCAC	1.45.37	24.00	81.37
Michelle Bitcheno (w)	TGA	1.49.33	00.00	109.33

### 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