



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
1 July 2017

The past week:

Saturday saw a new venue and course for the Club's annual cross-country championships. We headed to Linton Park West for a 2km loop around the reserve area there. After rain the days before the course was surprisingly firm underfoot and the forecasted Saturday showers did not eventuate.

Feedback from those in attendance was very positive about the location and course.

Thanks are extended to those that suggested the area: those that set up the course; and those who helped at the finish line and with the afternoon tea.

The provisional results are below.

Free to a good home:

At the clubrooms are two pairs of spiked running shoes – size 6 and 7. They have been “run in” but still have plenty of mileage left in them. They are free to a good home!



Events:

SATURDAYS

This Saturday 1 July - No club event in Rotorua

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: 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:

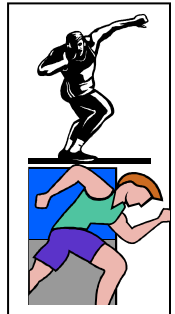
Locally

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



- **Wednesday 5 July**
Teens and Adults Track and Field future:

A get together of interested parties is being held Wednesday 5 July 2017, 7.30pm at the Lake City Athletic Club's Neil Hunt Park clubrooms to discuss the future of the Club's summer weekly Wednesday evening Track and Field activities for Teens and Adults. Your thoughts and ideas about how to bolster this aspect of the club's summer activities will be welcomed.

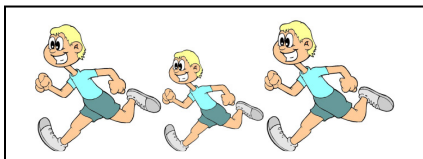


- **Friday 7 July** - *The Club's social committee advise the following:*


Run/walk; Drink, Chips - Friday 7th July, 5.30pm at club. Meet for an easy pack jog/walk (approx. 30-45min) to celebrate or commiserate everybody's week - finishing at The Corner Pub for some chips and drinks. All welcome, just turn up

- **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 Officers: The Winter season sub-committee and their helpers.



• **Wednesday 23 August**



Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for Wednesday evening 23 August 2017 7.30pm, at the Neil Hunt Park clubrooms

The meeting's agenda and nomination form to nominate an officer or executive member will be distributed in due course

Out of town

- **This Saturday 1 July** - The North Island Cross-country championships Thermal Park, Spa Road, Taupo. The days programme and entry details are below. Early entry has closed.
- **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. If you wish visit www.athleticswaikatobayofplenty.org.nz for details

Whaka Forest:

When running or walking out in the Forest please be mindful of the other users. Over the next couple of months there are a number of events scheduled especially on a Sunday. Events are the likes of Duathlons, Mountain biking and Orienteering plus the general public enjoying time out in the City's great asset. Also watch for the areas closed off for tree felling.

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

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 collect you race number well prior to the start of your event.

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.



**2017 Cross-country championships
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: Entry can be made online by 10 July to <https://wbopxc2017.eventsdesq.com/> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club (Lake City-Rotorua), Age group, Date of birth, Fee paid, Registered –yes/no. Cheques payable to Athletics Waikato BOP. Entry after 10 July and on the day will be an extra \$5.00 per person. Entry forms at the Neil Hunt Park clubrooms

ANZ 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

Club cross-country championships – 25 June 2017 – Linton Park West, Rotorua West

Results are provisional until membership status have been checked

<u>2000 metres</u>		
Hannah Gapes	G14	6.56.1
Giselle Howard	G13	12.03.0
Emma Hickson	G11	8.59.3
Trelise Howard	G10	9.10.6
Hannah Hickson	G9	10.41.2
Amber Lysaght	G9	10.55.3
Keira Murphy	G6	11.01.0
Katharine Twiddy	G9	15.22.2
Alan Twiddy	B7	13.01.0
Edward Twiddy	B5	16.13.9
<u>4000 metres - run</u>		
Apache Davidson	Men 17	17.24.9
Megan Grant	W20	16.43.7
Brei Gudsell	W20	18.07.0
Clare Barratt-Wood	W20	18.42.8

Gillian Shapley	W40	18.52.4
Faith McGregor	W40	19.10.4
Sarah Lei	W40	19.11.7
Sian Twiddy	W40	19.36.2
Sue Crowley	W45	16.16.0
Luanna George	W 50	22.08.8
Kathy Howard	W65	22.36.0
<u>4000 metres - walk</u>		
Sam Rossiter	M20	32.49.0
Mark Geddes	M55	28.15.3
Rinus Adriaansz	M60	34.22.5
Neil Butler	M65	26.40.3
Denise Caudwell	W60	32.42.4
Jacqui Butler	M60	34.45.8
Doris Bragg	W70	37.00.3
<u>6000 metres - run</u>		
Bryn Hoffman	M35	27.03.6
Adrian Lysaght	M40	23.46.7
Andrew Twiddy	M40	25.15.6
Tony Broadhead	M45	23.06.5
Daniel Gapes	M45	26.00.7
Gavin Voss	M45	28.31.9
Chris Bycroft	M45	33.41.8
Chris Corney	M50	24.18.0
Peter Roy	M50	25.16.9
Phil Gulbransen	M60	31.21.8
Trevor Ogilvie	M65	26.33.5
Campbell Horn	M65	28.33.7
Peter Bloore	M65	35.47.1
Max Bragg	M70	34.44.7
Peter Vyver	M75	38.01.9
<u>Men 8000 metres - run</u>		
Russell Clarke	M20	37.15.2

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