



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
20 May 2017

The past week:

27 took part in the first Mokopuna Dash held on Saturday in the Redwoods. This a slight increase on the previous club event. Results are below.

The Saturday evening post-marathon social has been reported as a good evening.

Thanks is extended to those involved with the organisation of both events on Saturday - some with both.

Events:

SATURDAYS

This Saturday 20 May

The Novice, Veteran, Costello Cup and Tihi-O-Tonga races are on this afternoon, the first of the Club's winter season's trophy events. 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 in the same area.

Meet 379A Old Taupo Road at 1.30pm with the event starting 2.00pm. Check in with the club handicapper (Moustache) to make sure you are on his handicap list. 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.

Note that when there is a club trophy at stake, the winners must be a current financial member of the Club. The 4 trophies at stake are awarded thus:



Runners:

Novice Cup – awarded to club member aged 15 years plus who has been a financial club member 2 years and less and gets the fastest time of the day after their handicap has been deducted from their finish time.

Veteran Cup – awarded to a 35 plus aged club member who has been a financial club member in excess of 2 years and gets the fastest time of the day after their handicap has been deducted from their finish time.

Costello Rose Bowl – awarded to a financial club member aged 15 plus that does not fall into either of the above categories and gets the fastest time of the day after their handicap has been deducted from their finish time.

Walkers:

Tihi - O - Tonga Trophy – awarded to a financial club member who walks the event and gets the fastest time of the day after their handicap has been deducted from their finish time. Anyone running and walking will be classed as a runner.

Please bring a plate for afternoon tea, please. Duty officer: Peter Vyver 07 348 8456 and his assistants

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

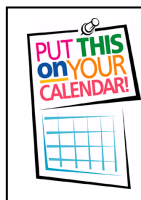
Walkers

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 27 May - No event in Rotorua.

See below for the out of town event.

Let's have a good Club representation at Tauranga.

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

Enjoy an afternoon of cross-country running over park land

RESULTS

Mokopuna Dash - No 1 - 13 May 2017		
		No laps
Amber Lysaght	9.45	1
Anna Shapley	12.18	1
Kiara Funnell	12.59	1
Edward Twiddy	13.21	1
Sian Twiddy	14.21	1
Conor Lysaght	17.54	2
Campbell Horn	18.20	2
Anja Crombie	19.17	2
Jude Carpenter	21.02	2
Matt Parsonage	22.25	3
Apache Davidson	23.07	3
Hannah Hickson	25.41	2
Kate Shapley	25.56	2
Gillian Shapley	26.31	3
Denise Caudwell (walk)	28.16	2
Gavin Voss	28.41	3
Emma Hickson	29.02	3
Megan Grant	29.22	3
Adrian Lysaght	29.22	3
Chris Bycroft	29.49	3
Paul Carpenter	31.15	3
Alan Ryan (walk)	31.39	2
Jodie Hickson	32.05	2
Katherine Murphy	32.37	3
Mike Burkinshaw (walk)	34.35	2
Peter Vyver	36.43	3
Erin Jeffery (+ baby) (walk)	41.17	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