



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET
22 July 2017

The past week:

It was off to Waipuna Park, Tauranga on Saturday for the Athletic Waikato BOP cross-country championships. Between them club members came home with 6 golds, 1 silver and 1 bronze medal. Even though they were not medallist those that took minor placings turned in excellent performances in their respective age groups. Results are below.

Club membership:

We are well and truly into 2017-2018 financial membership year of the Club so those of you that were paid up members to 31 March 2017, and are still attending club run/walks (mid-week and weekends), or are using the Neil Hunt Park clubrooms in some manner, please renew your Membership for the year ending 31 March 2018. In the very near future the email list and access to the clubrooms via the key pad will be updated so that only current financial members receive emails or have access to the clubrooms. Please note that part of the keypad access criteria is regular participation and volunteering at club events as well as being a current financial member. Note that access via the keypad to the clubrooms is a privilege not a right.

Club Administration:

With the club's Annual General Meeting coming up on Wednesday 23 August there is the opportunity for financial club members to put their name forward for the Club's Executive. Should you be interested in putting your name forward please contact Club President Rob Colledge on 348 7768 0274 506 915 or rob.colledge@slingshot.co.nz to have a chat about what is entailed with being an Executive member. Nomination forms for the

various positions will be available in due course for completion.

Events:

SATURDAYS

- **This Saturday 22 July** – the annual River Trail Trot. Meet at the Neil Hunt Park clubrooms at 12:45pm for organising carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival there everyone will be divided up into teams. Each person will accumulate points for their team by running or walking within a 30 minute time limit a set distance of their choice from the following options: 3.0, 3.5, 4.0, 4.5, 5.0, 5.5, 6.0, 6.5 or 7.0km. On the way home we will stop at the Beez Neez for refreshments and prize giving. This event is suitable for anyone, including children, who can cover 3km or more within 30 minutes on gentle well-formed scenic trails. There will also be a shorter distance (1.5km) fun run/walk option for children not doing the main event. Contact Adrian Lysaght (027 615 3496) or adrian.lysaght@xtra.co.nz if you have any questions. This is a great event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about.
- **Saturday 29 July** – see below. 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 later 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

- **This Saturday 22 July -**

This is the day of Lysaght family's novelty event beside the Waikato River. See above for the meeting time, place and car-pooling details. Please support this event. Adrian travels from Tokoroa to Rotorua for his training runs and club events and also to organize events for club members. By taking part in this event is a way of saying a big "thank you" to Adrian and his family.



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!

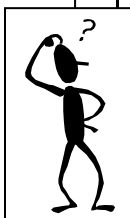
6 per table - please pre book your team name on list at clubrooms (if you don't have a full team, don't panic we will also assemble teams on the night)

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)



Saturday 5 August –The Minster Cup 5 and 10km estimated time event for runners and walkers. More on this event in due course.

RESULTS

Athletics Waikato BOP cross-country championships – 15 July 2017 - Waipuna Park, Welcome Bay, Tauranga

	2000 metres		
Jasmine Davis	Cambridge	1	8.29
Hannah Hickson		5	11.34
Trelise Howard		6	11.43
Girls under 13	2000 metres		
Lulu Johnson	Tauranga	1	7.53
Emma Hickson		13	9.57
Girls under 15	3000 metres		
Hannah Gapes		1	11.37
Masters men	6000 metres		
<u>65-69</u>			
Trevor Ogilvie		1	27.07
<u>75-79</u>			
Peter Vyver		1	38.55
Masters women	6000 metres		
<u>40-44</u>			
Vicki Rees-Jones	Cambridge	1	28.03
Jodie Hickson		3	33.05
<u>65-69</u>			
Kathy Howard		1	34.09
Under 18 men	6000 metres		
Sam Tanner	Tauranga	1	20.55
Apache Davidson		9	29.31
Masters men	8000 metres		
<u>40-44</u>			
Adrian Lysaght		1	30.45
Brendon Keenan		4	32.13
<u>45-49</u>			
Mike Causer	Hamilton Hawks	1	30.27
Tony Broadhead		2	30.48
<u>55-59</u>			
Bruce Edwards		1	31.56
Women 20-34	10000 metres		
Sally Gibbs	Tauranga	1	40.41
Megan Grant		4	43.57

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