



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET 24 June 2017

The past week:

With no organised club event this past weekend it was left up to the Sunday morning club running and walking activities with a number braving the wet overhead and underfoot conditions out in the Forest.

Out of Rotorua at the Wellington marathon, which doubled as the Athletics New Zealand Marathon championships the club colours were worn by Matt Parsonage and Brendon Keenan. Matt was 7th overall in 2.38.44 and Brendon 14th in 2.49.39.

Meanwhile at the New Zealand Secondary schools cross-country championships in Christchurch Hannah Gapes placed 7th in her year 9 3000 metres.

Apologies to any person that may have been overlooked in the results of either of the above events

Events:

SATURDAYS

This Saturday 24 June –

This is the afternoon of the Club's annual cross-country championships at a new venue at Linton Park West. There are races (running and walking) for all grades and abilities. The course has been scoped out with a 2km loop being used for those 15 plus and a two by 1km loop for those aged 14 and under.

There are a number of do's and don'ts with this event. Please read them.

1. **Parking:** please park under the trees as you go into the Complex or out on the street. Do not park on private property or drive ways. The Community Centre complex is being used by other organizations this day.



2. **Rules:** Follow the marked course which will be marked with cones and arrows: Do not deviate off the course: Listen to the instructions given at the start of your event.
3. **Care givers:** your children are your responsibility. There is a small stream close to the course so no playing in it – thank you
4. **Dogs:** Please note that the public maybe walking their dogs in the area. We are using a public reserve.
5. **Financial:** To take a Club podium placing you are to be a fully paid up financial member of the club prior to the event.
6. **Club uniform:** Although not mandatory it is preferred that your club uniform is worn.
7. **Please:** bring a plate of eats for afternoon tea onsite.

The days programme is below. Come and support this club event as a participant, volunteer or a spectator. Duty officers: Winter season sub-committee and their helpers.



CROSS-COUNTRY CHAMPIONSHIPS

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

This 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)

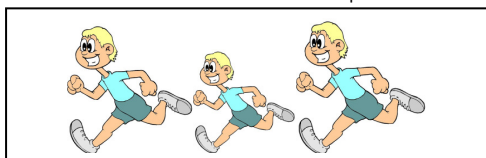
Notes:

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.



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

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

Wednesday 5 July

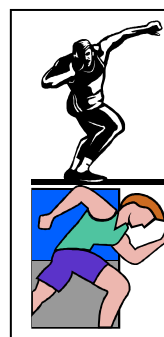
Teens and Adults Track and Field

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

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.

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

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

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 will be published next week. 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.

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
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

To enter go to 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 (this coming Tuesday)**. 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

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.

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