



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET 26 August 2017

The past week:

On the local scene this past week it was the customary weekday morning/evening and Sunday morning pack run/walks.

Out of the City on Saturday a number from the club headed to Tamahere over Hamilton way and took part in the annual Athletics Waikato BOP road championships thus putting in a performance for the club selectors when they are selecting club relay teams over the next few weeks. A number of podium finishers came the club's way. The results are below.

Club team selection policy: Athletics New Zealand Road relay 30 September - Rotorua. The following has been extracted from the Club's team selection policy - the full document is on the clubrooms notice board or can be found on www.lakecity.co.nz under documentation.

"3. Selection for a Road Relay team will be based purely on "Current Fitness" and participation in the following events:

- the first one the Athletics Waikato Bop Road champs is now history
- the Lake City Athletic club Road Race Championships
- the Red Stag Redwoods Forest Relay"

It should be noted these are the events the club selectors are looking at the performances of those who have placed their name on the Athletics NZ relay list at the Neil Hunt Park clubrooms.

Red Stag Redwoods Forest Relay:

Saturday 9 September – This is the day of the club's annual Red Stag Redwoods Forest Relay. At

the Neil Hunt Park clubrooms are lists to indicate if you desire to be a member of a club team as a runner or walker. **The cut off day for names to be placed onto the lists is Sunday 3 September.**

There is also a list for you to indicate if you can be a volunteer this day. Volunteers from the club are required to make the event happen – in the region of 30. Duties are marshalling out on the course, at the start /finish area, course set up etc. **The cut-off date above also applies to volunteers.**

A new feature to the event is that each participant will be carrying a relay baton with a timing chip inserted on it.

Week day events - locally:

SATURDAYS

This Saturday 26 August – There is no scheduled club event this Saturday. If it's not raining it's a good chance to get the lawns mowed, the garden tidied up etc.

Saturday 2 September – This is the last event of the Redwoods Mokopuna Dash series. Meet at the concrete pad cnr. Long Mile and Tarawera Roads prior to 2.00pm for a 2.00pm start and compete one lap of just less than 2km, or do two or even three laps. Volunteers are required to mark the course records time etc, plus a plate of eats for afternoon tea back at the Clubrooms.

Saturday 16 September – The club road championships, Waingaehe Park Hannahs Bay. The first set of races commences 1.15pm. More on this event in due course

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 clubrooms 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 9 September – the Day of the club's annual Red

Stag Redwoods Forest Relay – See above for details re seeking participants and volunteers.



Volunteers: Two sets of volunteers are being called for, for events being organized by the Club

- As mentioned above – the Red Stag Redwoods forest Relay on Saturday 9 September. People will be required between 7.30am to around 1.30pm.
- The second event is the Athletic New Zealand Road relay on 30 September here in Rotorua. The club is hosting the event again and high praise was received on the organization of the event and volunteers assisting when the Club hosted the championship in 2016.

There is now a list at the clubrooms seeking volunteers for both of these above events

RESULTS

Athletics Waikato BOP Road Championships – Raynes Road – Tamahere - 19 August 2017

5000 metres - run			
Masters women			
40-44			
Katy Dawson	Hawks	1	19.43
Sian Twiddy		3	23.44
65-69			
Kathy Howard		1	25.13
Under 18 men			
Samuel Tanner	Tauranga	1	15.41
Apache Davidson		9	21.45
5000 metres - walk			
Diane Barratt-Kendell		1	49.53
10000 metres - run			
Women 20-34			
Sally Gibbs	Tauranga	1	36.27
Megan Grant		5	41.19
Masters men			
40-44			
Adrian Lysaght		1	35.56
Andrew Twiddy		4	41.57
45-49			
Michael Causer	Hawks	1	36.20
Chris Bycroft		7	54.53
50-54			
Tony Broadhead		1	36.24
Chris Corney		4	38.50
55-59			
Chris Smith	Hawks	1	37.02
Bruce Edwards		2	37.34
65-69			
Trevor Ogilvie		1	44.10
Graeme Adams		2	46.51
75-79			
Peter Vyver		1	64.00

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