



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET
2 September 2017

The past week:

Last week was the Club's Annual General Meeting attended by around 30 club members.

Your Club's Executive and its officers for the next 12 months are:

Patron	Graeme Dennett
President	Rob Colledge
Vice President	Pam Kenny
Secretary	John Marten
Treasurer	John Marten
Club Captain	Megan Grant

Executive Members – 8 members needed

- Shaun O'Donnell
- Denise Caudwell
- Sarah Wiwarena
- Matthew Parsonage
- Annemarie Gallagher
- Brei Gudsell

There has been no local club activity other than the Sunday morning and Tuesday/Wednesday evening runs/walks.

A number from the club headed to Cambridge and took part in the half marathon or one of the other events on offer. Results can be found by going to Cambridge Athletic and Harrier Club's website.

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 this 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.**

Week day events - locally:

SATURDAYS

This 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.

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 Tutaneikai 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 Tutaneikai 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.

Saturday 16 September – The club road championships, Waingaehe Park Hannahs Bay. Below is the afternoons programme. Please note the start time of your event.

Note this is the last event that the Club selectors will be looking at the performance of those who are seeking to be a member of a club team at the Athletics New Zealand Road relays here in Rotorua – Saturday 30 September.

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 are now lists at the clubrooms seeking volunteers for both of these above events

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



Road Race Championship Events

Saturday 16 September 2017

Waingaehe Park, Hannahs Bay, Rotorua

Order of events

1.15pm Sharp	Distance 2000 metres	}
Boys and girls 10 and under (5, 6, 7, 8, 9, 10)		}
Boys and girls under 13 (11 and 12)		} Race one
1.15pm Sharp	Distance - 5000 metres	}
Walk - all grades		}

1.40pm	Distance - 3000 metres	}
Boys and girls under 15 (13 and 14)		}
1.40pm	Distance - 5000 metres	} Race two
Youth Women under 18 (15, 16, 17)		}
Junior Women under 20 (18, 19)		}
Masters women – (35 plus)		}

2.10pm	Distance 6000 metres	}
Youth Men under 18 (15, 16, 17)		}
2.10pm	Distance 8000 metres	}
Junior Men under 20 (18, 19)		}
Masters men 65 plus]		} Race three
2.10pm	Distance 10,000 metres	}
Women – senior (20–34)		}
Men - senior (20-34)		}
Masters men (35 plus)		}

Notes

- 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.
- 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.
- There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!
- Please arrange for a family member to count your laps.
- Plate please for afternoon tea at the Neil Hunt Park clubrooms.
- Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also required are recorders etc at the finish line and people to set up the course etc. If not running or walking get involved by being a volunteer.