



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore - Rotorua

**GUFF SHEET**  
**3 June 2017**

**The past week:**

It was off to Waipuna Park Tauranga on Saturday for a small number from the Club. Some represented the Club other wore their school colours. Results are below.

On Sunday morning it was great to see a number from the Club (runners and walkers) out exercising. Not all are having a period of hibernation after the marathon.

**Athletics New Zealand Road relay – 30 September – Rotorua**

There are now sheets on the foyer table of the Neil Hunt Park clubrooms for you to indicate if you are interested in being part of a club team at this event. As a reminder the Club's team selection policy is below.



**Events:**

**SATURDAYS**

This Saturday there is no Club event scheduled so make the most of the weekend as there is a flood of club events coming up.

**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 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**

**This Saturday 3 June** –

No Club event in Rotorua

**Saturday 10 June** - The Foster / Smyth / Lamason Cross-country races. First walker(s) leave 1.15pm from the top of Utuhina Road. The main event for those 15 plus is approx. 10km supported by an approx. 3km event for those under 15 and those not wishing to tackle the longer distance. **Please place your name on the clubrooms list or email [kennys@xtra.co](mailto:kennys@xtra.co) prior to Thursday 8 June.**



There will be more on this event next week – lots of dos and don'ts. Let's have a good turn out – it's very depressing when a small number take part – especially after it has taken fellow club members up to 4 hours to mark the course.

**Saturday 17 June** - No event in Rotorua

**Saturday 24 June** - The Club cross-country champs at a venue to be advised, First event gets underway at 1.30pm. Running races for all grades and abilities including walk championships. Duty officers: Winter season sub-committee.

**Out of town**

**Saturday 17 June** - New Zealand Secondary Schools cross-country championships, Christchurch

**Sunday 18 June** - Athletics NZ marathon champs, Wellington

**Saturday 1 July** - The North Island Cross-country championships Thermal Park, Spa Road, Taupo. The days programme and entry details are below. These details also attached with this publication.



### Team Selection policy

The Club's policy for selection of teams to participate in the Athletics New Zealand National Road Relays is outlined below.

1. Be a financial competitive member of Lake City Athletic Club since 1<sup>st</sup> June of the current season. Any athlete transferring from another Club / Centre to the Lake City Athletic Club is to ensure the transfer is carried out by 1<sup>st</sup> August.

2. "Expression of interest" by athletes to participate in the event as a team member to be made by 1<sup>st</sup> July in writing:

(a). Name onto the list at the Neil Hunt Park clubrooms

or

(b). Email to the Club's convener of selectors – Kim at [kss77@xnet.co.nz](mailto:kss77@xnet.co.nz) with a copy to [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

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

(a). the Athletics Waikato/BOP Road Race Championships

(b). the Lake City Athletic club Road Race Championships

(c). the Red Stag Redwoods Forest Relay

Any Club members who are competing overseas at a high level and have stated an "Expression of Interest" by the due date and have submitted results to the Convener of Selectors will be considered. They are to be a current competitive financial member of the Lake City Athletic Club as at 1<sup>st</sup> June.

Team(s) selection will be complied by the Lake City Athletic club selectors and will be final. In the event of injury/withdrawal to a team member the Club selectors will re-evaluate the composition of the team(s).

Approved by the Lake City Athletic Club Inc Executive - 10 April 2017

## RESULTS

### Tauranga Cross-country – Waipuna Park - 27 May 2017

#### Master men – 7912 metres

40-44

1. Adrian Lysaght 31.59

45-49

1. John Bowe (Hamilton Hawks) 32.09

4. Daniel Gapes 38.07

75-79

1. Peter Vyver 54.52

#### Men under 18 – 5978 metres

1. Sam Montgomery (St Peters) 21.50

14. Apache Davidson (Lakes High) 25.57

#### Girls 10 – 1025 metres

1. Bailey Garrett (Fairhaven) 4.25

7. Trelise Howard (Lynmore) 4.43

#### Girls 12 – 2108 metres

1. Sophie Kirk (Whakatane) 9.22

7. Anja Crombie (ACG Tauranga) 10.27

#### Girls 14 – 2960 metres

1. Maia Flint (Tauranga Girls) 11.25

2. Hannah Gapes (John Paul) 11.57

6. Gisele Howard (John Paul) 14.47

### 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

**NORTH ISLAND CROSSCOUNTRY RACES**  
**This 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**

(Attached with his publication is the flyer with entry form, timetable etc).

**PROGRAMME**

Grade	Distance	Start time	Entry fee
<b>1.</b> Girls 10 and under	1000m	9.45am	\$7.00
<b>2.</b> Boys 10 and under	1000m	9.55am	\$7.00
<b>3.</b> Girls 12 (11, 12)	2000m	10.05am	\$7.00
<b>4.</b> Boys 12 (11, 12)	2000m	10.15am	\$7.00
<b>5.</b> Girls 14 (13, 14)	3000m	10.30am	\$12.00
<b>6.</b> Boys 14 (13, 14)	3000m	10.45 am	\$12.00
<b>7.</b> Master's men 35-49	6000m	11.00am	\$25.00
<b>8.</b> Masters women 35+	5000m	11.20am	\$25.00
<b>9.</b> Master's men 50-75+	6000m	11.45am	\$25.00
<b>10.</b> Women U18 (15, 16, 17)	4000m	12.15pm	\$25.00
Women U20 (18, 19)	4000m	12.15pm	\$25.00
<b>11.</b> Men U18 (15, 16, 17)	5000m	12.30pm	\$25.00
Men U 20 (18, 19)	5000m	12.30pm	\$25.00
<b>12.</b> Senior women (20-34)	5000m	12.45pm	\$25.00
<b>13.</b> Senior Men (20-34)	9000m	1.20 pm	\$25.00

To enter go to [www.taupoharriers.com](http://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**. 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

**They are preferring entries in bulk from the Club so someone from the Club will need to get names/entry fee of those going and forward entries to Taupo**

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.