



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
6 May 2017

The past week:

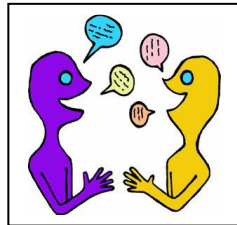
It looks like the wet and damp Wednesdays have now transferred to Saturdays. The results of the pre marathon blow held on Saturday in dampish conditions are below. As can be seen a very small number took part. Don't be put off by the weather.

The Sunday morning Champagne Breakfast has been and gone and was enjoyed by all in attendance. Thanks to those that put the morning together.

Post marathon social:

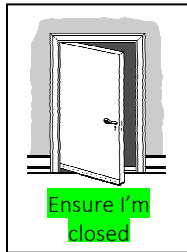
Saturday evening 13 May there is a social get together from 7.30pm at the Neil Hunt Park clubrooms. Pizza supplied – bar sales available.

Come and celebrate marathon day with fellow club members.



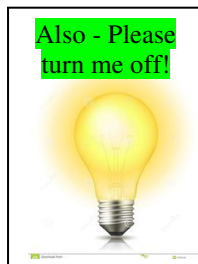
Clubrooms access:

The front door to the clubrooms is currently being propped open with a cone, and on occasions, is being left open when the building is unattended. The building is therefore vulnerable to access by unauthorized people.



The matter was discussed at the Club's recent Executive meeting and it was agreed that the doors **must not** be propped open in the future and a sign to the effect that the "door must be closed at all times" be placed in a prominent position.

The door is to be closed even if you have ducked into the kitchen, using the gym or having a shower.



Forth coming events:

SATURDAYS



This Saturday 6 May – No

club event. Why? It's the annual around Lake Rotorua marathon and associated events: the half marathon: the quarter marathon and the 5.5km. All from the Club that are taking part, enjoy the day and the experience. You have done the hard work and no matter what the result be very proud of what you have achieved. Good luck to all.

On the day there will be a room upstairs in the Energy Events Centre to leave your gear. It is recommended no valuables are left there.

Saturday 13 May - Mokopuna Dash. 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. This event is quite suitable for those that took part in an event the previous weekend. Just quietly jog/walk a lap to get the legs turning over again. 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.

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 Neil Hunt Park clubrooms

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 Neil Hunt Park clubrooms

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Club membership renewal:

Those of you that were financial club members for the last 12 months should have received recently an email from the Club with details of how to renew your club membership for the next 12 months. Those of you that have not attended to this matter it would be appreciated if you could do so in the very near future

Whaka Forest:

Tree felling continuing in the Forest. This is in the region Chestnut Road to



Split Ends. For those that mountain bike in the Forest tracks like G Rock, Dammit Janet, Riff Raff and Rocky Horror will be closed. Signage will be in place. Offenders going through the signage will be photographed and may be trespassed.

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



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 1st 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 1st August.

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

(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 with a copy to 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 1st 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

In due course a sheet will be at the Neil Hunt Park for you to indicate to the Club selectors your availability

RESULTS

Pre-Marathon Blow- out – 29 April 2017 – Trout Fly course

5km - run		
Dave Cronshaw	18.37	
Russell Clarke	18.55	
Gaine Petterson	19.31	
Johanna Ottosson	19.34	
Apache Davidson	19.40	
Siobhan Griffiths	22.24	
Sian Twiddy	22.46	
Chris Bycroft	25.42	
Faith McGregor	26.06	
Michelle Easton	27.50	
Sheryl Pearson	33.32	
5km - walk		
Neil Butler	32.32	
Diane Barratt-Kendell	35.55	
Jacqui Butler	41.27	
Alan Ryan	41.27	
2.55km run		
Bruce McGregor	21.02	
James McGregor	21.02	
Alan Twiddy	21.06	
Katharine Twiddy	22.21	
Edward Twiddy	24.42	