



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
8 July 2017

The past week:

No local event this past weekend, but a number from the Club headed to Taupo for the North Island cross-country championships on Saturday. Results of the Taupo event are awaited.

Events:

SATURDAYS

• **This 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 are from just under 2km. Complete 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 Officers: The Winter season sub-committee and their helpers.

Support of this event as a participant or helper will be appreciated

• **Saturday 29 July** – see opposite

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave latter 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

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

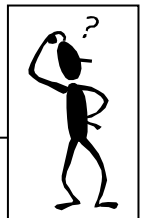
Looking ahead:

Locally

• **This Friday 7 July** - The Club's social committee advise the following: *Run/walk; Drink, Chips - Friday 7th July, 5.30pm at club. Meet for an easy pack jog/walk (approx. 30-45min) to celebrate or commiserate everybody's week - finishing at The Corner Pub for some chips and drinks. All welcome, just turn up*

• **This Saturday 8 July** -

See the left column for details



Saturday 29 July

It is the event of the year...!

"Mid- Winter Christmas

Quiz Night"

At the Neil Hunt Park clubrooms

Doors open at 6.30pm for a 7.00pm start

Limited spaces to maximum of 12 teams

Members plus non-members welcome

Don't miss out!

6 per table - please pre book your team name on list at clubrooms (if you don't have a full team, don't panic we will also assemble teams on the night)

PRIZES for best dressed tables

No charge - just **BRING** a plate to share

The bar will be open

SECRET SANTA present per person (\$5 MAX)

Out of town

• **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 are below. 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. Also watch for the areas closed off for tree felling.

Free to a good home:

At the clubrooms are two pairs of spiked running shoes – size 6 and 7. They have been “run in” but still have plenty of mileage left in them



2017 Cross-country championships Saturday 15 July 2017 Waipuna Park, Welcome Bay, Tauranga

12.15pm		
Boys/girls 10 and under	2000 metres	\$7.00
12.15pm		
Boys/Girls under 12 (11,12yrs)	2000 metres	\$7.00
12.30pm		
Women under 18 (15, 16, 17yrs)	4000 metres	\$8.00
12.50pm		
Boys/Girls under 14 (13,14yrs)	3000 metres	\$8.00
1.05pm		
Men under 18 (15, 16, 17yrs)	6000 metres	\$10.00
Women under 20 (18,19yrs)	6000 metres	\$12.00
Masters Women 35 plus	6000 metres	\$10.00
Masters Men 65 plus	6000 metres	\$10.00
2.00pm		
Men under 20 (18, 19yrs)	8000 metres	\$12.00
Masters Men 35-64	8000 metres	\$12.00
Men 20 (20-34)	10000 metres	\$15.00
Women 20 (2-34)	0000 metres	\$15.00

Course: The course is run on the well-known Waipuna Park over undulating terrain on good underfoot surface. Laps of either 2km or 1km in length

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered as a competitive athlete with AWBOP. Social registered and non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals. **Child athletes note that you must have registered for the new season starting 1 April 2017 to be eligible for the Championships. Your previous summer membership from last season has now expired.**

Ages: Masters is age on the day: all other grades ages as at 31 December 2017. Where races are combined the grades will be separated in the results

Entry closing: Entry can be made online by 10 July to <https://wbopxc2017.eventsdesq.com/> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club (Lake City-Rotorua), Age group, Date of birth, Fee paid, Registered –yes/no. Cheques payable to Athletics Waikato BOP Entry after 10 July and on the day will be an extra \$5.00 per person. Entry forms at the Neil Hunt Park clubrooms

Athletics NZ Cross-country championships:

The AWBOP team to the National cross-country championships in Auckland on Sunday 30 July will be selected from those entered at close of the championship entries. Athletes must enter themselves via www.athletics.org.nz before entry closing date –Tuesday 18 July by 9.00am. Late entry until 20 July is \$50.00 extra.

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