



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
19 May 2018

Lake City Athletic Club: Membership Survey

Thank you to all those who took the time to respond to the membership survey

The executive has set up a sub-committee who will study the results then report back to the executive with suggestions as to where and what action we may feel needs to be taken. There is a very large amount of data so it's going to take a bit of time to work through it, club members will be advised of the results and any action to be taken once this is done.

Rob Colledge
President

The past week:

Saturday afternoon saw a wet and soggy Mokopuna Dash being held in the Redwoods. Thanks to all who fronted as participants or volunteers. Note we run or walk whether sunny, windy or raining.

In the evening the club's social committee organized a function at the Club rooms.

Athletics New Zealand, Athletics Waikato BOP and Club marathon championships:

These were held in conjunction with the Rotorua Marathon on 5 May. There were many individual top three places won by club members in all of the various championship categories. The two marathon team's race trophies have again the Club as winners as well as places in the Athletics NZ marathon team's race. Well done all.

Clothing left at the clubrooms

It has been reported that in the men's changing area a small sized club hoodie has been hanging on a peg for some months. If it's yours please uplift. Also there are a

number of clothing items in a box by the stair way. Again please uplift.

Events: Local and out of Rotorua

SATURDAYS

This Saturday 19 May - The Novice, Veteran, Costello Cup and Tihi-O-Tonga races are on this afternoon, the first of the Club's winter season's trophy events. For runners and walkers (aged 15 plus) there is a sealed handicap mass start race of about 7km on mainly reserve/park like areas.

There will be in the same area a shorter distance event for younger grades and those not wishing to tackle the longer distance.

Meet 379A Old Taupo Road at 1.30pm with the event starting 2.00pm. Don't be late as you have a 5 or 6 minute walk to the start. Take care when crossing the road to the start. Use the red "pedestrian crossing" on Springfield Road.

On arrival check in with the club's handicapper - Moustache - to make sure he has you on his start list.

Don't want to run, then come along and stroll the shorter lap with your youngsters (if you have them - even if you don't have them) and view the trees and their autumn colours.

Please bring a plate for afternoon tea at 379A Old Taupo Road.

Bring the whole family along. Kids, adults, walkers and runners – the fast, the slow and the in between are catered for. See you there! If you can assist as a marshall please call Matt on 021 0586189.

Not a current club member, don't worry, you are welcome

Note that when there is a club trophy at stake, the winners must be a current financial member of the Club. The 4 trophies at stake are awarded thus:

Runners:

Novice Cup – awarded to club member aged 15 years plus who has been a financial club member 2 years and less and gets the fastest time of the day after their handicap has been deducted from their finish time.

Veteran Cup – awarded to a 35 plus aged club member who has been a financial club member in excess of 2 years and gets the fastest time of the day

after their handicap has been deducted from their finish time.

Costello Rose Bowl – awarded to a financial club member aged 15 plus that do not fall into either of the above categories and gets the fastest time of the day after their handicap has been deducted from their finish time.

Walkers:

Tihi - O - Tonga Trophy – awarded to a financial club member who walks the event and gets the fastest time of the day after their handicap has been deducted from their finish time. Anyone running and walking will be classed as a runner.

Saturday 26 May

For those that want an event there is the Tauranga cross-country day at Waipuna Park, Tauranga. This is one of the few remaining Waikato BOP area cross-country events on the calendar so please support it. See below for the event details/timetable/entry etc.

There is no Club event scheduled this day. If not travelling to Tauranga you may care to take part in the Puarenga Parkrun - 8am start behind MIGS Gym. Please wear your club uniform. Runners and walkers catered for. See www.parkrun.co.nz for information on how to register.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am Some groups leave a bit latter and sometimes from different venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to **8.00am**.

Contacts are: Rob Colledge 07 348 7768: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the old City Focus, Tutanekei Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. Please wear your head light and Hi Vis vests on these evenings.

THURSDAYS

Walkers

Am – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm – Meet 5.30pm at the old City Focus, Tutanekei Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. Please wear you head light and Hi Vis vests on these evenings.

Membership Renewal: for the 2018-2019 year

If you have not renewed your club membership for the year commencing 1 April 2018 to the 31 March 2019 this can be done online by visiting the Club's website (www.lakecity.co.nz). On the home page see the Membership/Registration heading and then "click" where indicated. This will take you to the "Welcome" page. As an existing member click on "Login" on menu bar and then complete details to renew your membership. If you have forgotten your password, please select "Forgotten my password" from the Log-in page to reset it.

Should you have joined the club in January/February as a new member via the Running Clinic **no** action is to be taken. Also if you are one of the 150 plus that have renewed membership no action needs to be taken.

Junior/children members should also consider renewing their membership now."

John Marten - Club Secretary/Treasurer

RESULTS

Mokopuna Dash - No 1		
12 May 2018		
<i>Wet underfoot and overhead</i>	<i># Laps</i>	
Amber Lysaght	1	10.15.7
Kate Shapley	1	13.38.1
Anna Shapley	1	13.38.2
Rachael Lochleari	1	13.40.2
Ronan Griffiths	2	16.50.0
Conor Lysaght	2	17.21.1
Gillian Shapley	2	20.29.2
James McGregor	2	21.27.2
Brad Griffiths	3	23.27.5
Kingston Pene	2	23.57.2
Siobhan Griffiths	3	26.40.9
Faith McGregor	3	26.55.8
Denise Caudwell (walk)	2	28.02.2
Megan Grant (walk)	2	39.24.7
Adrian Lysaght (walk)	2	39.25.5
Peter Vyver	3	39.49.5

Want something different on a Sunday morning?

Then head along to the RATS (Rotorua Association of Triathletes) winter duathlon series at the Waipa Mountain Bike carpark on one or all of the following mornings:

27 May, 24 June, 22 July

There are short and long course options and a Kids option. All are off road (Run/walk - MTB - Run/walk).

All races start at 10.00am with check in at 8.30am to 9.30am.

Enter online at www.raceentries.co.nz

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 2 to 8 - \$25.00
Size 10 to 12 - \$30.00
Size 14 - \$35.00

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)
Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Annemarie Gallagher – Ph 027 6229688 (adults)
Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase

Tauranga open cross-country

Saturday 26 May 2018

Waipuna Park, Kaitemako Road - off Welcome Bay Road
AWBOP sanctioned event and conducted under ANZ Rules

PROGRAMME

Grade	Distance	Start time	Entry fee
Boys & Girls 10	950m	12.40 pm	\$7.00
Boys & Girls 12	2060m	12.55 pm	\$7.00
Girls 14	2950m	1.20 pm	\$8.00
Boys 14	2950m	1.20 pm	\$8.00
Senior Women	4060m	1.40pm	\$15.00
Masters Women	4060m	1.40 pm	\$15.00
Junior Women U20	4060m	1.40 pm	\$15.00
Youth Women U18	4060m	1.40 pm	\$15.00
Junior Men U20	6060m	2.00 pm	\$15.00
Youth Men U18	6060m	2.00 pm	\$15.00
Masters men 65+	6060m	2.00pm	\$15.00
Senior & Masters men			
35-64	8060m	2.00pm	\$15.00

Note: Ages as at 31 December 2018 with exception Masters athletes – age on the day

Prize giving/afternoon tea will be held in the Waipuna Park Facilities (inclusive in entry).

- Spectator friendly course with ample parking.
- Prizes for first three place-getters plus spot prizes in each event. Age Group prizes at Organizer's discretion.
- The programme will proceed regardless of weather conditions. Please bring warm and weatherproof clothing (showers are available).
- Athletes must be entered and pay the correct entry fee or will be deleted from the results
- Email entry to janmal@xtra.co.nz with name, event, and birth date. Fee can be paid to Athletics Tauranga account
- 03 0435 0459195 00 including your name(s)
- **Late entries will be accepted on race day with a \$2.00 late entry fee applying. Early entry closes 22 May 2018**

School pupil's note there is a schools point's competition so include the school you attend in your entry

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

