



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**  
**26 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:

The first club trophy event was held on Saturday. This being the Novice, Veteran, Costello and Tihi-O-Tonga event based from the corner of Old Taupo Road and Moncur Drive. From there the main course of around 7km headed up pass the CT club into the Tree Trust and return after doing a loop on the top end of the course. A shorter course was run / walked by those that did not wish to tackle the longer distance. Trophy winners are still to be established as membership status needs to be checked.

For the third Club event this winter the volunteers and participants had to contend with rain. Thanks are extended to those who marked the course, collected the markers, marshalled, recorded etc. A special thanks to our host of the day, Peter Vyver, who once again made his property available for afternoon tea etc.

### 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.

### Athletics Waikato BOP - cross-country champs

Please note these are being held at the Te Teko race course on Saturday 21 July.

### Events: Local and out of Rotorua

#### **SATURDAYS**

**This Saturday 26 May** - For those that want an event out of Rotorua there is the Tauranga cross-country at Waipuna Park, Welcome Bay, 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](http://www.parkrun.co.nz) for information on how to register.

**Saturday 2 June** - There is no Club event scheduled this day – Queens Birthday long weekend. 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](http://www.parkrun.co.nz) for information on how to register.

**Saturday 9 June** – this is the afternoon of the annual Foster, Smyth and Lamason cross-country events - more on the event in the coming weeks.

#### **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 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 your 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](http://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 160 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*

## **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:

**This Sunday 27 May**

and then  
24 June, 22 July

There are short and long course options and a kid's 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](http://www.raceentries.co.nz)

## **RESULTS**

**Novice, Veteran, Costello and Tihi-O-Tonga – 19 May 2018 (Tihi-O-Tonga Tree Trust, x 2 laps from /to Moncur/Old Taupo Road cnr)**

Short course	Age	Finish time	Hdcap	Net time
Cody Shilton	8	9.10.0		
Naitarah Hunia	11	9.38.0		
James McGregor	9	10.05.0		
Amber Lysaght	9	10.16.0		
Phoenix Hunia	13	11.05.0		
Anna Shapley	9	11.37.0		
Katharine Twiddy	9	14.40.0		
Kate Shapley	11	14.57.0		
<b>1 lap</b>				
Anja Crombie	G12	21.10.0		
Brei Gudsell	W35	23.54.0		
Hannah Shilton	G12	25.05.0		
Alan Ryan (walk)	M70	36.14.0		
Erica Shilton	W40	37.40.0		
<b>2 laps</b>				
Michael Voss	M20	25.38.0	0.00	25.38.0
Tony Broadhead	M50	27.42.0	2.30	25.12.0
Sam Rossiter	M20	28.42.0	3.30	25.12.0
Andy Twiddy	M40	28.48.0	4.30	24.18.0
Max Voss	B14	28.57.0	4.00	24.57.0
Fred Shilton	M40	29.07.0	3.30	25.37.0
Alan Crombie	M50	30.47.0	3.30	27.17.0
Brad Griffiths	M45	31.43.0	6.30	25.13.0
Siobhan Griffiths	W45	32.09.0	7.30	24.39.0
Rusty Clarke	M20	33.03.0	7.00	26.03.0
Stacy Whitehouse	W50	33.48.0		
Gillian Shapley	W40	34.31.0	8.30	26.01.0
Chris Bycroft	M45	36.28.0	10.30	25.58.0
Jodie Hickson	W40	37.55.0	12.00	25.55.0
Kathy Howard	W65	42.07.0		26.07.0
Luanna George	W50	42.24.0	17.00	25.24.0
Rina Joy	W50	43.19.0	18.00	25.19.0
Gavin Voss	M45	44.38.0	15.00	28.38.0
Peter Vyver	M75	50.47.0	25.00	25.47.0
Denise Caudwell (w)	W60	51.08.0	26.00	25.08.0

## 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

## Athletics courses available up and coming officials:

Below are listed various course relating to the official's aspect of our sport that are being held in the Auckland and Waikato regions. If interested in attending please contact as below. Here's a chance to learn about your sport – rules etc

**Athletics Auckland** have advised that the following courses will be taking place at the Pakuranga Athletic Club, Pakuranga

Sunday 17<sup>th</sup> June - 2.30pm start covering general rules, track rules, and written track assessment, finish time approx. 6.30pm

Sunday 24<sup>th</sup> June - 2.30pm start covering jumps rules, and written assessment, finish time approx. 5.30pm

Sunday 8<sup>th</sup> July (TBC) - 9.30am start covering throws rules, and written assessment, finish time approx. 12.30pm

Please note that to gain the jumps and/or throws grading you would need to be present for the general rules session on 17<sup>th</sup> June to cover the general rules as well as the specific event rules.

Those interested in attending these should contact Paul Craddock for further information

Email [dipa@craddock.co](mailto:dipa@craddock.co) .....

**Athletics Waikato-Bay of Plenty** officials training courses are being planned for the following dates  
Sunday 22<sup>nd</sup> July - at Edgecumbe College for jumps and throws events

Sunday 12<sup>th</sup> August - at Hamilton (venue to be confirmed) for track events

Sunday 9<sup>th</sup> September - at Hamilton (venue to be confirmed) for jumps and/or throws

Sunday 30<sup>th</sup> - September at Hamilton (venue to be confirmed) for jumps and/or throws

Those interested in attending please contact Heather O'Hagan for further details:

Email: [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)

## Tauranga open cross-country

**This 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](mailto: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