



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
2 June 2018

The past week:

There was no club event this past weekend other than the customary Sunday morning pack runs and walks.

Saturday saw a small club representation at the Tauranga cross-country races, while on the home scene a number from the club attended the Saturday morning Park Run. Tauranga results are below.

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 2 June - There is no Club event scheduled this day. 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.

Saturday 9 June – this is the afternoon of the annual Foster, Smyth and Lamason cross-country events being held on the farmland at the top of Utuhina Road.

The main event is around 10km plus a 3km event for younger grades and those not wishing to tackle the longer distance

The first walker(s) leave 1.15pm, and others (runners and walkers) progressively through the afternoon. **The 3km event will start at 1.30pm sharp.** Members of the Trail Running Club and Tauranga Club will be in attendance. Please bring a plate for afternoon on site. There are no hot water facilities available. Duty officers: Winter season sub-committee.

Please read the dos and don'ts attached to this event. They are listed below – make yourself familiar with them. Sorry the list is rather long but all are necessary.

The Foster, Smyth, Lamason open handicap event

Paiaka Trust farm land
Top Utuhina Road
9 June 2018

1. **The event start location:** The event start is approx. 1km from the top of Utuhina Road up a drive able farm track. Extreme care is to be taken when driving up past the water tower and on the farm track. No speeding or hooning to be done. Obey the speed signs – 20km maximum.
2. **Parking:** It is suggested you arrange with other club members to car pool from the top of Utuhina Road where you can park in Haratua Place or Utuhina Road. Do not park on private property or drive ways. Please park in the designated parking areas when the start/finish area is reached.
3. **Event Rules:** The following need to be taken into account when participating: Follow the marked course which will be marked with cones and arrows. Where there are double cones or arrows run/walk between them: where there is a single cone/arrow you can run/walk 5 metres either side of them. Do not deviate off the marked course: Gates and fences - If a gate is closed get over the hinge end: Always leave gates as you find them – if open leave open: If closed and you have opened it close it behind you. Fences - always get over them by a post not a batten. A post is the bigger of the two. Stock: Do not upset any stock (cows, sheep, horses etc) that maybe in the vicinity of the course. Keep away from any water sources - drains, troughs, ponds etc.
4. **Care givers:** your children are your responsibly. No climbing fences, running around buildings and playing in the stock yards etc.
5. **Dogs:** no dogs to come onto the farm property – thank you
6. **Other:** Sorry the terrain is not suitable for buggies
7. **Respect:** Please respect the privilege we have of being allowed onto the property.
8. **Afternoon tea:** This will be on site. A plate for afternoon tea will be appreciated. There are no hot water facilities available

Now to the event: The approx. 10km event is an open handicap event where the person(s) the club handicapper considers will take the longest time to complete the event leaves first with others following progressively throughout the afternoon.

The course: This will not be as previous years, but is now a lap course of undulating, challenging countryside.

On arrival: check out the list on display to establish your start time. You will be called to the start just prior to the time listed. Should your name not be on the list please ask for Pam.

The shorter event: This will be around 3km for those 14 and under and those that wish to run/walk a shorter distance. Those doing the shorter event do not need to check in. Your start time will be 1.30pm sharp.

Financial: There are three trophies at stake this day and to be a winner you are to be a fully paid up financial member of the club prior to the event.

Come and enjoy an afternoon out in the countryside with fabulous views of the City with some exercise thrown in.

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, Tutaneikai 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, Tutaneikai 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.

Athletics courses available: up and coming

officials courses:

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

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

Sunday 8th July (TBC) - 9.30am start covering throws rues, 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 17th 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

AWBOP courses are below

Athletics Waikato-Bay of Plenty officials training courses are being planned for the following dates

Sunday 22nd July - at Edgecumbe College for jumps and throws events

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

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

Sunday 30th - 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

Great news!

We have a new 'Facebook' Page called "LCAC, Find a Run" to encourage people to keep Running over Winter! Anyone can join and 'post' a run on the page. To join, search for the page through your FB account and request to join. It's that simple!

Then 'post your planned run: Who it's suitable for: Fit Fasties; Average Amblers, Slow Groovers or Everyone! and where to meet, what time and how long you plan to run / walk. It would be great to see other 'club' pages posting their runs here, as well.



Mid-Winter Xmas Quiz

Saturday evening - 21st July 2018

- 7.00pm kick off, cash bar open at 6.30pm - NO BYO
- Please bring - 1 secret Santa present for under the Xmas tree per person (under \$5) and a couple of plates to share per table/team.
- Teams of 6 - Must be booked prior on the list at the club rooms before 14th July - 12 teams maximum, first in first served!
- If you do not have a full team please write the number of people and we will make composite teams on the night.
- Dress up in theme - there are prizes!

RESULTS

Tauranga Cross-country, Waipuna Park, Welcome Bay, Tauranga – 26 May 2018

Masters men	50-64	8060 metres	
Tony Broadhead	1st	31.57	
Alan Crombie	2nd	35.38	
Masters men	65 plus	6060 metres	
Trevor Ogilvie	2nd	29.30	
Peter Vyver	5th	40.30	
Girls 14 and under		2950 metres	
Katie Tapsell	3rd	12.20	Lakes High
Giselle Howard	7th	12.32	
Anja Crombie	9th	13.40	

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