



Website: www.lakecity.co.nz

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Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
9 June 2018

The past week:

Another quite week on the club scene, but there is a big club event coming up this coming weekend. For details of the event please see below.

Events: Local and out of Rotorua

SATURDAYS

This 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 (3 laps) 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.

Please read the dos and don'ts that go with 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
This Saturday 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 responsibility. 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. Note there is 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, 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.

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.

Friday 22nd June: Club social event - No 1

Ten pin bowling



Meet 6 30pm at Motion Entertainment Centre, Te Ngae Road. Cost \$23 per person (2 games): \$18 for children (under 15). Come have fun bowling with fellow Lake City members. Put your name down at the clubrooms or ring / text - Tony at 0274927026

Saturday 21 July: Club social event - No 2



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!

Athletics Waikato BOP marathon championship medal winners:

Congratulations to the following 29 club members who have won a medal at the above championship which was held in conjunction with the Rotorua Marathon on 5 May 2018. Please uplift your medal from the table in the Neil Hunt Park clubrooms.

Sjors Corporaal	1st	M20
Michael Voss	3rd	M20
Matt Parsonage	1st	M35

Brendon Keenan	1st	M40
Stephen Parker	2nd	M40
Andy Twiddy	3rd	M40
Tony Broadhead	1st	M50
Bruce Edwards	1st	M55
Gaine Petterson	2nd	M45
Scott Curran	3rd	M45
Peter Vyver	1st	M75
Megan Grant	2nd	W20
Clare Barratt-Wood	3rd	W20
Johanna Ottosson	1st	W40
Gillian Shapley	2nd	W40
Leonie Smith	3rd	W40
Siobhan Griffiths	1st	W45
Annemarie Gallagher	2nd	W45
Glennis Hennessy	1st	W50
Gay Timpany	2nd	W50
Christine Butler	1st	W55
Robyn Skelton	2nd	W55
Louise Rickard	3rd	W55
Denise Caudwell	1st	W60
Jeannette Dekker	2nd	W60
Jessica Pickering	3rd	W60
Jan Adolph	1st	W70
Mary Kururangi	2nd	W70
Linda Montgomery	3rd	W70

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