



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
16 June 2018

The past week:

A brilliant Saturday afternoon was had out in the country side when the annual Foster, Smyth and Lamason open handicap race was held. The sun shone: there was no wind: underfoot conditions were dry but rough in places.

Yes, it got rather hectic at times around the start finish area, but the results below were achieved. The trophy winners are still to be established.

As with all events volunteers are needed to make them happen and thanks are extended to those that stepped up to assist with the various tasks pre event and on the day.

Thanks are also extended to the property owners, and the farm manager for allowing the use of the area. This is hugely appreciated.

Events: Local and out of Rotorua

SATURDAYS

This Saturday 16 June - This is the first morning that the club hosts the Puarenga Park run. The event starts at 8.00am behind MIGS Gym off Te Ngae Road. If taking part please wear your club uniform and some form of club clothing if marshalling. Runners and walkers are catered for. There is no club event this day so rise early and head to Puarenga Park. See www.parkrun.co.nz for information on how to register.

Good luck to those secondary school club members who are taking part in the New Zealand Secondary schools cross-country champs at Spa Park, Taupo. Around 1000 athletes from throughout the country will be taking part in one of the 6 events which start at 10.30am. How about heading to Taupo after the Park run to see a great day of racing?

1

Saturday 23 June – the Club's cross-country championships on the farmland at the top of Utuhina Road. Event details are below. Please make yourself familiar with location and start times. Should you be able to volunteer please contact Matt on 021 0586 189.

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.

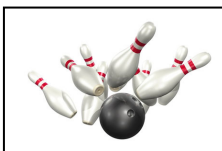
New Zealand Road Relay – 6 October 2018 –

Takahe to Akaroa

The sheets (one for men and another for women) are now at the Neil Hunt Park clubrooms for members to express their interest in being a team member in one of the teams. Before placing your name on the list please read the club's team selection policy which is beside the sheets.

The club's social scene:

Friday 22nd June: - 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: - 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!

RESULTS

Foster, Smyth and Lamason Trophy event - Paia Trust farmland at the top Uthina Road, Rotorua - 9 June 2018. Weather Brilliant - sunny with no wind – dry underfoot but rough in places: Distance approx. 3300 metres per lap

1 lap	Finish time	Hdcap	Net time
Hannah Gapes	14.52		
Cody Shilton	18.03		
Pheonoix Hunia	19.15		
Naitarah Hunia	19.43		
Elliot Castle	21.13		
Hannah Shilton	22.02		
James McGregor	22.14		

Amber Lysaght		22.15		
Emma Hickson		22.16		
Phil Gulbransen		23.35		
Harry Gallagher		24.02		
Daniel Gallagher		24.04		
Zephania Murray		25.21		
Rachel Wright		27.19		
Mike Gallagher		27.20		
Erica Shilton		33.24		
Rhonda Herring		33.42		
Hannah Hickson		37.47		
Katharine Twiddy	Late	start		
Alan Twiddy	Late	start		
Edward Twiddy	Late	start		
Sian Twiddy	Late	start		
2 laps				
Neil Butler	Walk	88.05	24.30	63.35
Linda Johnston	Walk	92.06	6.30	85.36
Shan Tapsell	Walk	92.06	6.30	85.36
Tania Lear	Walk	93.01	6.30	86.31
Diane Barrett-Kendall	Walk	99.06	45.00	54.06
3 laps				
John Shivas	Tga	79.32	13.57	65.36
Peter Vyver		90.04	13.30	76.34
Kathryn Murphy		96.05	32.30	63.35
Lance Shilton		97.01	39.30	57.31
Denise Caudwell	Walk	99.05	16.30	82.35
Mike Bray		100.03	51.00	49.03
Peter Roy		100.04	51.00	49.04
Fred Shilton		100.06	52.30	47.36
Tracey Hay		101.05	47.30	52.35
Trevor Ogilvie		102.10	48.30	53.40
Stephen Bjarnesen		102.48	53.00	49.38
Kerryn Barker		103.35	46.00	57.35
Tony Broadhead		103.52	60.00	43.52
Adrian Lysaght		104.27	55.40	48.47
Sam Rossiter		105.17	57.00	48.17
Gavin Smith	Tga	105.53	52.30	53.23
Dee Horne		106.36	37.30	69.06
Andrew Twiddy		106.56	56.30	50.26
Siobhan Griffiths		106.59	54.00	52.59
Matt Parsonage		108.20	64.00	44.20
Max Bragg		108.52	30.00	78.52
Paul Wollaston		112.01	42.00	70.01
Mike Plant	Visitor	112.10	53.00	59.10
Robynne Robins	Walk	112.11	12.00	101.11
Alan Ryan	Walk	112.16	11.30	100.36
Rebecca Speirs	Tga	117.02	42.00	75.02
Colin Earwaker		118.04	55.40	62.24

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

Athletics Waikato BOP officials training days - 2018

Sunday 22nd July, Jumps and Throws, Edgumbe College, 9am start

Sunday 29th July, Out of Stadia (cross country, road etc.) Cambridge Athletic Club clubrooms, 9.30am start

Sunday 12th August, Track, Porritt Stadium 9.30am start, then moving on to Sport Waikato

Wendy Fox-Turnbull will be present to assist with information for starters

Sunday 9th September, Jumps and Throws, Sport Waikato, Hamilton, 9am start

If you wish to attend, please contact Heather O'Hagan (ohagan@visique.co.nz).



CROSS-COUNTRY CHAMPIONSHIPS

Don't be put off by the word "championship"
All abilities welcome – runners and walkers

Saturday 23 June 2018

On farmland at the top of Utuhina Road

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 the farm track. No speeding or hooning to be done. Please obey the speed signs – 20km maximum. Allow extra time to drive up and to walk to the start which is about 300 metres from the parking area.

The programme is:

1.30pm

Distance 4000 metres (2 laps)

Women 17 (15, 16, 17)

Men 17 (15, 16, 17)

Women 19 (18, and 19)

Masters Women (35 plus)

Walkers (all grades)

2.05pm

Distance 2000 metres (1 lap)

Boys/girls 10 (5, 6, 7, 8, 9 and 10)

Boys /girls 12 (11 and 12)

Boys/girls 14 (13 and 14)

2.20pm

Distance 8000 metres (4 laps)

Senior men (20-34)

Distance 6000 metres (3 laps)

Senior Women (20-34)

Men 19 (18, and 19)

Masters Men (35 to 64)

Masters Men (65 plus)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2018 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member (prior to the event)** of the Lake City Athletic Club Inc.

3. Plate for afternoon tea at the venue please. As there is no hot water available if you wish bring your thermos, cup etc.

4. The wearing of your club uniform will be appreciated.

5. There will be more on the does and don'ts relating to the event with next week's guff sheet.

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