



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 23 June 2018

The past week:

Thanks to those that helped with the hosting of the weekly Saturday morning Park run. The next time the club hosts the event is Saturday 25 August when 7 different club members will be called upon to be volunteers.

At Taupo at the New Zealand Secondary Schools cross-country champs on Saturday there were a small number of club members representing their schools taking part. Congratulations to these members on their performances in the large fields which ranged from 150 to nearly 200 athletes per event. A finish in the top 100 is a creditable effort: The top 50 an extra creditable effort and in the top 5 an exceptional effort. For results visit the New Zealand Secondary Schools website.

Events: Local and out of Rotorua

SATURDAYS

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

Event details are below together with some dos and don'ts. Please make yourself familiar with these and the start time of your event – Thank you.

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: 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. **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. The wearing of your club uniform will be appreciated
9. **Afternoon tea:** This will be on site. A plate for afternoon tea will be appreciated. As there is no hot water available if you wish bring your thermos, cup etc.

The programme is:

1.30pm

Distance 4000 metres – approx. (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 – approx. (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 – approx. (4 laps)

Senior men (20-34)

Distance 6000 metres- approx. (3 laps)

Senior Women (20-34)

Men 19 (18, and 19)

Masters Men (35 to 64)

Masters Men (65 plus)

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.

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

Saturday 30 June - Is the first of club's out of town events this winter. We will be heading to Lake Okaro. Where is this lake you may be asking? Its south of Rotorua so head to the road to Murupara (State Highway 38) and then take the next road to your left (Okaro Road) and the lake is about 1km down Okaro Road. Car-pooling will be done from the Neil Hunt Park clubrooms, so meet there at 12.30pm.

Saturday 7 July - A choice this day: Locally a Mokopuna Dash event which starts 2.00pm from the corner of Long Mile and Tarawera Roads. A plate of goodies will be appreciated for afternoon tea at the clubrooms. Contact Matt on 021 0586 189 if you can volunteer to do course marking, marshalling, recording etc.

Out of town are the popular North Island cross-country champs at Spa Park Taupo. The days programme and entry details etc are below. Note the early entry closing date.

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

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 24 June**, and then 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

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

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

Distance athletes

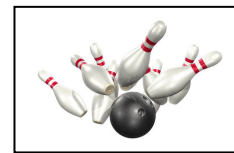
Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. Please wear your head light and Hi Vis vests on these evenings.

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:

This Friday 22nd June: - No 1



Ten pin bowling

Meet 6.30pm at the 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!

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).

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

NORTH ISLAND CROSSCOUNTRY RACES

Saturday 7 July 2018

Spa Thermal Park, Taupo

**Please note the on the day entry fee is double the
listed entry fee – don't get caught**

PROGRAMME

Grade	Distance	Start time	Entry fee
1. Girls 10 and under	1000m	9.45am	\$7.00
2. Boys 10 and under	1000m	9.55am	\$7.00
3. Girls 12 (11, 12)	2000m	10.05am	\$7.00
4. Boys 12 (11, 12)	2000m	10.15am	\$7.00
5. Girls 14 (13, 14)	3000m	10.30am	\$12.00
6. Boys 14 (13, 14)	3000m	10.45 am	\$12.00
7. Master's men 35-49	6000m	11.00am	\$25.00
8. Masters women 35+	5000m	11.20am	\$25.00
9. Master's men 50-75+	6000m	11.45am	\$25.00
10. Women U18 (15, 16, 17)	4000m	12.15pm	\$25.00
Women U20 (18, 19)	4 000m	12.15pm	\$25.00
11. Men U18 (15, 16, 17)	5000m	12.30pm	\$25.00
Men U 20 (18, 19)	5000m	12.30pm	\$25.00
12. Senior women (20-34)	5000m	12.45pm	\$25.00
13. Senior Men (20-34)	9000m	1.20 pm	\$25.00

To enter go to www.taupoharriers.com and use the official
entry form. Post with entry fee to NIXCC race, Taupo
Harrier Club, P O Box 1112, Taupo 3351 or email to
nicc@live.com prior to **Tuesday 3 July**. Cheque payable
to Taupo Harrier Club or pay to 03 0430 024 5892 00 with
personal name and club name as the Reference The name
of your club is Lake City – Rotorua

They are preferring entries in bulk from the Club so
someone from the Club will need to get names/entry fee of
those going and forward entries to Taupo. No entries will
be processed until full fees are paid.

Late entry fee surcharge of \$5.00 per athlete applies after
Tuesday **3 July** up until race day, and on the day is double
the listed entry fee (i.e. entry fee = \$25.00 – on the day
\$50.00. No late entry accepted after 9.00am on race day.

Please ensure you are entering in the correct age group –
ages as at 31 December 2018, except for master graded
athletes – age on race day.