



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
30 June 2018

The past week:

What a great afternoon out in the paddocks on Saturday afternoon when the club's cross-country championship were held. 69 headed off around the course that had ups and downs with some great underfoot running/walking surface thrown in.

A picnic like atmosphere was created around the finish area when the Lake City café (courtesy of the Gallagher family) and a continuous afternoon were set up.

Now to thank those that made the fabulous afternoon happen:

1. Thanks to those that supplied the soup, eats and person power to "man" the cafe
2. Thanks to those that helped in the start / finish area
3. Thanks to those that scoped the course and marked it.
4. Great to see the course being dismantled in a far shorter time than it took to set up – thank you
5. A very special thanks is extended to the property owners, the Paiaka Trust and the farm manager who for the two events held on the property has been most generous with his time in dealing with us.
6. Thanks to all that participated. It was great to see an increase in number attending.

Well done all!

Friday evening saw a number head to the Motion Centre's ten pin bowling alley for an evening of fun.

Events: Local and out of Rotorua

SATURDAYS

This 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. When you get there you will find out what Matt has dreamed up for us when we head out around the lake. If you wish bring a thermos, milk etc plus some eats for yourself to have after the exercise bit.

Come and run or walk in an area new to many.

Saturday 7 July - A choice this day: Locally is 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.

Saturday 14 July – The second of our out town events More over the coming weeks

Saturday 21 July – the Athletics Waikato BOP cross-country championships based at the Te Teko race course. The days programme will be published nearer the event. If you wish to enter now go to Athletics Waikato BOP website and click on the cross-country banner on the right of the home page.

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, 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:

Saturday 21 July



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!

Running/walking in Whakarewarewa Forest:

In response to a query to Rotorua Lakes Council regarding as to which part of the forestry roads Lake

City Club members should be running/walking on we have been advised the following;

“Essentially, the national road rules do apply in the Whakarewarewa Forest and therefore walking/running towards oncoming traffic is the safest and preferred method.”

This means that we should all be running/walking on the right hand side of the forestry roads except on blind bends when we should be on the outside of the bend in order to improve forward vision for ourselves as well as vehicle drivers and cyclists coming towards us.

A point to note is that as on public roads traffic does have the right of way, remembering that the forest roads are built and provided for forestry traffic with very little shoulder to accommodate pedestrians or cyclists. So although recreational users can use them, they do need to take extra care.

Rob Colledge - President

Volunteer week:

Last week was National Volunteer Week and the following has been received from our parent body Athletics New Zealand.

“In celebration of National Volunteer Week I want to say a huge thanks to all the Volunteers out there in clubs across the country. Every single one of you plays an important role in delivering athletics to your communities. It is greatly appreciated by Athletics NZ and participants across the country. Thanks for all your dedication, time and hard work.

Thanks again from Athletics NZ – Keep up the awesome work!

Catherine O'Sullivan Club Development Manager – Athletics New Zealand”

Athletics Waikato BOP officials training days - 2018

Sunday 22nd July, Jumps and Throws, Edgecumbe 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).

NORTH ISLAND CROSSCOUNTRY RACES

Saturday 7 July 2018

Spa Thermal Park, Taupo

Please note that 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.

RESULTS

Lake City Athletic Club – cross-country championships – 23 June 2018 – Paiaka Trust farmland – top Utuhina Road, Rotorua

These results are provisional until membership status has been established.

| <i>Girls 10 – 1800 metres</i> | | | |
|-------------------------------|--|-------|--|
| Hannah Hickson | | 10.42 | |
| Tyla Albrecht | | 11.45 | |

| Keira Murphy | | 11.50 | |
|------------------------------------|--|-------|--|
| Amber Albrecht | | 12.00 | |
| Katharine Twiddy | | 16.17 | |
| <i>Boys 10 – 1800 metres</i> | | | |
| James McGregor | | 9.28 | |
| Elliot Castle | | 9.34 | |
| Bruce McGregor | | 10.22 | |
| Declan Albrecht | | 12.06 | |
| George McGregor | | 14.53 | |
| Edward Twiddy | | 18.58 | |
| Alan Twiddy | | 19.17 | |
| <i>Girls 12 – 1800 metres</i> | | | |
| Trelise Howard | | 9.52 | |
| Naitarah Hunia | | 10.39 | |
| Zephania Hunia | | 10.50 | |
| <i>Girls 14 – 1800 metres</i> | | | |
| Katie Tapsell | | 7.43 | |
| Gisele Howard | | 7.51 | |
| Anja Crombie | | 8.39 | |
| <i>Boys 14 - 1800 metres</i> | | | |
| Phoenix Hunia | | 9.21 | |
| <i>Women 17 – 3600 metres</i> | | | |
| Hannah Gapes | | 14.50 | |
| <i>Masters women – 3600 metres</i> | | | |
| <i>40-44</i> | | | |
| Sian Twiddy | | 19.26 | |
| Jodie Hickson | | 20.03 | |
| <i>45-49</i> | | | |
| Siobhan Griffiths | | 17.29 | |
| Kerryn Barker | | 18.29 | |
| Kathryn Murphy | | 20.37 | |
| Nyree Grigsby | | 21.38 | |
| <i>50-54</i> | | | |
| Rina Joy | | 22.59 | |
| Luanna George | | 23.03 | |
| <i>65-69</i> | | | |
| Kathy Howard | | 21:31 | |
| <i>Women - 5400 metres</i> | | | |
| <i>20-34</i> | | | |
| Clare Barratt-Wood | | 26.12 | |
| Rachael Wright | | 41:21 | |
| <i>Men - 7200 metres</i> | | | |
| <i>20-34</i> | | | |
| Raihi Hunia | | 32.05 | |
| Sam Rossiter | | 32.37 | |
| Aaron Perry | | 34.28 | |
| <i>Masters men – 5400 metres</i> | | | |
| <i>35-39</i> | | | |
| Adam King | | 26.39 | |
| <i>40-44</i> | | | |
| Adrian Lysaght | | 23.07 | |

| | | | | |
|----------------------------------|--|-------|--|--|
| Fred Shilton | | 24.07 | | |
| Andy Twiddy | | 24.52 | | |
| 45-49 | | | | |
| Daniel Gapes | | 24.51 | | |
| Chris Bycroft | | 31.10 | | |
| 50-54 | | | | |
| Tony Broadhead | | 21:35 | | |
| Kerry Robinson | | 23.24 | | |
| Alan Crombie | | 24:25 | | |
| Peter Roy | | 24.37 | | |
| 65-69 | | | | |
| Trevor Ogilvie | | 26.14 | | |
| Peter Bloore | | 36.58 | | |
| 70-74 | | | | |
| Max Bragg | | 35.01 | | |
| 75-79 | | | | |
| Peter Vyver | | 39.49 | | |
| Walk events – 3600 metres | | | | |
| Masters Women | | | | |
| 50-54 | | | | |
| Glennis Hennessy | | 27.41 | | |
| Gay Timpany | | 34.50 | | |
| Helen Ferguson | | 34.50 | | |
| 55-59 | | | | |
| Marieke Wass | | 28.46 | | |
| Shan Tapsell | | 31.57 | | |
| Jenny Burns | | 32.07 | | |
| Linda Johnston | | 35.01 | | |
| Diane Barrett-Kendall | | 36:55 | | |
| 60-64 | | | | |
| Denise Caudwell | | 27.40 | | |
| Robynne Robins | | 30.54 | | |
| Jacqui Butler | | 31.42 | | |
| 70-74 | | | | |
| Jan Adolph | | 31.59 | | |
| Doris Bragg | | 37.06 | | |
| Maureen Rolfe | | 41:15 | | |
| 75-79 | | | | |
| Maureen Heald | | 44:18 | | |
| Masters men | | | | |
| 65-69 | | | | |
| Neil Butler | | 27.31 | | |
| | | | | |

The following ran extra distance to their competition grade:
 Saknra Forester 28.30: Jason Cameron 29.52: Daniel
 Gallagher 31.36: Josh Gallagher 36.55: Jonathan Forester
 38.47:

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