



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

**GUFF SHEET**  
**7 July 2018**

### The past week:

A keen group headed to Lake Okaro for a lap or 2 or 3 or 4 around the 2.3km circuit of the Lake. The afternoon after a very frosty morning start was bathed in brilliant sunshine with no wind.

Comments after the exercise were; I never knew this was here; what a great location; A great social event catering for all; we must do this again etc.

The afternoon was capped off with the Lake City Café being on site. Thanks again to the Gallagher family for bringing the BBQ, sausages and to those that brought food.

### Taken home in error:

After the cross-country championships someone has inadvertently picked up a wrong club jacket. Those of you that were in attendance and had your club jacket with you please check you have the correct one. The one picked up by mistake has the name of Jan on the label. Please text or ring Jan at 027 6956401 if you have the jacket.

### Events: Local and out of Rotorua

#### **SATURDAYS**

**This Saturday 7 July** - A choice this day:

Locally is a Mokopuna Dash in the Redwoods which starts 2.00pm from the corner of Long Mile and Tarawera Roads. Although the event is timed it is for all. From the social runner/walker to those who whip around the course in a quick time to others who chat for most of the distance they choose to do. Some choose one lap (approx. 1800 metres) while others do two or three laps. The young thru to senior citizens are welcome.

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 that the early entry date has passed. The on the day entry is humoungus.

**Saturday 14 July** – The second of our out town events.

If you missed the Lake Okaro event don't miss this one. We are heading out to Lake Okataina for another social event taking in some of the tracks in that region. Meet 1.30pm sharp at the Neil Hunt Park club rooms to carpool to the venue.

**Saturday 21 July** – the Athletics Waikato BOP cross-country championships based at the Te Teko race course. The days programme is below. 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, 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. **It is necessary that you indicate in the next few days your interest in being a team member.**

## **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!

## **Whakarewarewa Forest:**

### Running and walking

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*

### Verge mowing

Timberlands will have a large Mower operating in Whakarewarewa Forest from Monday 2nd July 2018 for approximately two weeks.

The operation will be taking place on the majority of roads in the forest and will begin as early as 6.00am and as late as 5.00pm and only on weekdays. There will be lead and tail pilot/security vehicles blocking off and unblocking mountain bike and walking tracks as they go and stopping members of the public on the road while the mower is operating.

## **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

**Sunday 7th October**, 9:30am, Track events - Tauranga (exact venue to be confirmed)

**Sunday 14th October**, 9:00am, Jumps and Throws - Tauranga (exact venue to be confirmed)

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

## NORTH ISLAND CROSSCOUNTRY RACES

**This 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](http://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](mailto: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.

### Athletics Waikato BOP

#### 2018 Cross-country championships

Saturday 21 July 2018

Te Teko racecourse, Hogbin Road, Te Teko

#### 1.00pm

Boys/girls 10 and under	2000 metres	\$8.00
Boys/Girls under 13 (11,12yrs)	2000 metres	\$8.00

#### 1.20pm

Boys/Girls under 15 (13,14yrs)	3000 metres	\$10.00
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#### 1.45pm

Women under 18 (15, 16, 17yrs)	4000 metres	\$10.00
Men under 18 (15, 16, 17yrs)	6000 metres	\$12.00

Women under 20 (18,19yrs)	6000 metres	\$12.00
Masters Women 35 plus	6000 metres	\$12.00
Masters Men 65 plus	6000 metres	\$12.00

#### 2.20pm

Men under 20 (18, 19yrs)	8000 metres	\$14.00
Masters Men 35-64	8000 metres	\$14.00
Men 20 (20-34)	10000 metres	\$16.00
Women 20 (2-34)	10000 metres	\$16.00

**Course:** The course is run at Te Teko racecourse, through surrounding park land.

**Prize-giving:** Presentations will be held at the venue after the completion of the final event.

**Facilities:** The venue has toilets on site

**Eligibility:** to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered as a competitive athlete with AWBOP. Social registered and non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals. **Child athletes note that you must have registered for the new season starting 1 April 2018 to be eligible for the Championships. Your previous summer membership from last season has now expired.**

**Please wear your club uniform.**

**Ages:** Masters is age on the day: all other grades ages as at 31 December 2018. Where races are combined the grades will be separated in the results

**Entry closing:** Entries are to be made on online by 14 July. All entries after the 14 July will be \$5.00 extra per person and must be made on the day. There will no refund of entries after the early entry closing date. Enter online at <https://wbopxc2018.eventsdesq.com/> Please direct any queries to [administrator@athleticswbop.org.nz](mailto:administrator@athleticswbop.org.nz).

#### Sunday 5 August- the Athletics NZ Cross-country championships, Wellington

The AWBOP team to the National cross-country championships will be selected from those entered at close of the ANZ championship entries. Athletes must enter themselves via [www.athletics.org.nz](http://www.athletics.org.nz) before entry closing date –Tuesday 24 July at 11.59pm. Late entry until Tuesday 31 July however late entry will incur a \$20.00 late entry fee.

Please note that an athlete subsidy of NZ cross-country championship entry fee will be available for athletes selected to represent AWBOP. This will be \$50,00and maybe received only by athletes who have entered the AWBOP cross-country championships in 2018. The AWBOP uniform is to be worn at the ANZ championships.

## **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