



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
14 July 2018

The past week:

Thanks to those that volunteered on Saturday when the Mokopuna Dash was held. The results of those that either walked or run the 1.8km lap once, a couple or three times are below.

At Taupo the annual North Island Cross-country champs were held. No results are currently available for the small number of club members that took part.

Lake City Athletic Club - notice AGM:



Annual General Meeting

Our Annual General Meeting will be held in the Clubrooms at 7:30pm on the 22 August 2018

Nomination forms can be downloaded from our Website and they will also be at the Clubrooms

The Agenda will be advertised in the newspaper shortly and will also be on the Website and at the Clubrooms

Taken home in error:

After the cross-country championships (23/6) 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 that 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. **To date Jan has not heard from the person that inadvertently took the jacket.**

Events: Local and out of Rotorua

SATURDAYS

This Saturday 14 July – This is the Saturday of our second out of 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.

If you want eats and a hot drink after your exercise please bring your own requirements.

Saturday 21 July – the Athletics Waikato BOP cross-country championships are 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.

This event is only “down the road” and all are welcome to take part whether a competitive or social member so head to the sunny BOP for a run on a course that has been described as flat with a slight rise. We will find out how big the rise is on arrival! Let's have at least, if not more, than the small number that has been turning out to cross-country events out of the City! Don't be put off by the word championships.

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, 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

This 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 (this Saturday) - 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.

Whakarewarewa Forest:

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

Saturday 21 July, distance running clinic at Te Teko race course. For details visit Athletics Waikato BOP website and on the home pages right hand side click on the course details.

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

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).

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

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.

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 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 \$50.00 and 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.

RESULTS

Mokopuna dash - No 2 - 7 July 2018

	No laps	Age	Time
Cooper Simes	1	9	9.36
Tyla Albrecht	1	9	12.05
Amber Albrecht	1	7	12.06

Rachel Wright	1	SW	12.21
Bruce McGregor	1	8	13.40
Declan Albrecht	1	7	14.55
Macey Albrecht	1	4	15.03
Alan Ryan (w)	1	M70	15.38
George McGregor	1	6	18.10
Ryan Stevens	1	6	18.11
Doris Bragg (w)	1	W70	20.33
Max Bragg (w)	1	M70	20.34
James McGregor	2	9	20.55
Adrian Lysaght	3	M40	23.12
Hamish McGregor (+ pram)	1		23.23
Faith McGregor	3		26.46
Denise Caudwell (w)	2	W60	27.01
Dee Horne	3		35.02
Diane Barrett-Kendall	3	W55	49.39

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