



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
21 July 2018

The past week:

A wet, damp cold Saturday put off many from heading out to Lake Okataina. Those that fronted up enjoyed a run/walk over different terrain even if it was cold, wet underfoot and raining. Thanks to Matt for organizing the afternoon.

The provisional results from the North Island cross-country champs on 7 July are below.

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 the Club's Website and they will also be at the Clubrooms

The Agenda will be advertised in the newspaper shortly and is now on the club's website and at the Clubrooms

Events: Local and out of Rotorua

SATURDAYS

This Saturday 21 July – the Athletics Waikato BOP cross-country championships are based at the Te Teko race course. The days programme is below. Online entry has closed. Entry accepted on the day - \$5.00 extra.

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.

Not going to Te Teko then head to the Park Run 8.00am by Migs Gym, Puarenga Park.

Saturday 28 July - the annual River Trail Trot. Meet at the Neil Hunt Park clubrooms at 12:45pm for organizing carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival everyone will be divided up into teams.

Each person will accumulate points for their team by running or walking within a 30 minute time limit a set distance of their choice from the following options: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0, 5.5, 6.0, 6.5 or 7.0km. On the way home we will stop at the Beez Neez for refreshments (Bring some cash or plastic) and prize giving. This event is suitable for anyone, including children, who can cover 2.5km or more within 30 minutes on gentle well-formed scenic trails. There will also be a shorter distance (1.5km) fun run/walk option for children not doing the main event. Contact Adrian Lysaght (027 615 3496) or adrian.lysaght@xtra.co.nz if you have any questions. This is a great fun event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about.

If you've e not been to this event before come along and see what it's all about.

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 this Sunday morning?

Then head along to the RATS (Rotorua Association of Triathletes) winter duathlon series at the Waipa Mountain Bike carpark this **Sunday morning 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. **It is necessary that you indicate in the next few days your interest in being a team member.**

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.**

Athletics Waikato BOP - officials training days - 2018

This 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.

This 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).

The club's social scene:

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.
- 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

2018 Cross-country championships

This 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

RESULTS

North Island Cross-country championships – Spa Park, Taupo – 7 July 2018 (Provisional results)

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: Online entries have closed. 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. 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.

Boys 10	1000 metres	Place	Time
Oliver Harland	Wellington	1st	3.42
Jonah Funnell		12th	4.30
Girls 12	2000 metres		
Renee Carey	Tauranga	1st	7.25
Trelise Howard		26th	10.07
Girls 14	3000 metres		
Bella Earl	Whangarei	1st	11.11
Katie Rose Tapsell		9th	12.01
Gisele Howard		14th	12.29
Women 18	4000 metres		
Hannah O'Connor	Egmont Athletics	1st	14.06
Hannah Gapes		8th	15.21
Masters Women	5000 metres		
65-59			
Barbara Scarfe	Auckland YMCA	1st	26.24
Kathy Howard		2nd	26.44
Masters Men	6000 metres		
50-54			
Peter Stevens	Wellington Scottish	1st	21.48
Tony Broadhead		2nd	22.03
Kerry Robinson		8th	24.34
65-69			
Gavin Smith	Tauranga	1st	26.08
Trevor Ogilvie		2nd	27.50
75-79			
Peter Vyver		1st	39.24

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