



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
28 July 2018

The past week:

A very successful quiz evening and social function was held at the Neil Hunt Park club rooms on Saturday evening. The quiz winners were the “Village Idiots”, with two tables sharing the “dress-up table” prize.

Thanks are extended to the club’s social committee who put the evening together.

At the Athletics Waikato BOP cross-country championships held on a flat, dry course based at the Te Teko racecourse complex, the club had a small representation, but this did not preclude a number of podium places coming back to Rotorua. Results are below.

There were 8 from the junior section of the club and 7 from the senior section in attendance.

Events: Local and out of Rotorua

SATURDAYS

This 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.

Saturday 5 August – Note this event is Saturday not Sunday as listed on the formal winter programme. It’s the Lake Okareka pair’s handicap race starting from the picnic / car park area, Acacia Road, Lake Okareka. Meet at 1.30pm, for a 2.00pm start. Be there by 1.30pm so that the “pairs’ can be made up.

Sunday 6 August – the New Zealand cross-country championships at Grenada Park, Wellington - Entries have closed.

Saturday 11 July – the Minster Cup and associated events out at the Blue Lake - further details over the coming weeks.

Looking ahead – championship events out of Rotorua:

Saturday 18 August – The Athletics Waikato BOP road championships are at St Peter’s School, Cambridge Visit AWBOP website for entry details and the programme. All those wishing to be part of a club team heading to the Takahe to Akaroa relay note this is one of participation events that the club selector is looking at peoples form.

Saturday 1 September – the Athletics NZ road champs at St Peters School. Visit Athletics NZ website for entry details etc. Note early entry closes Tuesday 21 August at 11.59pm. This is also a Takahe to Akaroa relay selection guideline form event.

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, 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 you head light and Hi Vis vests on these evenings.

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

Still not returned:

After the cross-country championships (23/6) someone inadvertently picked up a wrong club hoodie jacket. Those of you that were in attendance and had your 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. **Jan is still waiting the return of her jacket.**

Athletics Waikato BOP - officials training days - 2018

This 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).

RESULTS

Athletics Waikato BOP cross-country championships – 21 July 2018 – Te Teko race course – flat and dry underfoot.

Boys under 11	2000 metres		
David Sinclair	Cambridge	1st	8.15
Jonah Funnell		4th	8.49
Samuel Massey		6th	9.46
Declan Albrecht		10th	11.57
Girls under 11	2000 metres		
Eleanor Pugh	Tauranga	1st	8.40
Amber Lysaght		3rd	9.56
Tyla Albrecht		7th	11.35
Vesty Simes		8th	12.35
Amber Albrecht		9th	12.37
Boys under 13	2000 metres		
Elliott Pugh	Tauranga	1st	7.10
Cooper Simes		6th	8.48
Women 18	Women 18		
Gemma Baldey	Whakatane	1st	15.12
Hannah Gapes		2nd	15.52
Master women	6000 metres		
65-69			
Kathy Howard		1st	32.03
Masters men	6000 metres		
75-79			
Peter Vyver		1st	39.08
Masters men	8000 metres		
40-44			
Adrian Lysaght		1st	31.37
45-49			
Michael Pugh	Tauranga	1st	27.58
Jason Cameron		4th	30.54
50-54			
Tony Broadhead		1st	30.24
Kerry Robinson		2nd	32.40

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