



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET **8 September 2018**

The past week:

Locally on Saturday saw the last of this winter's Mokopuna Dash series being held. Thanks to those that assisted with the event and those that actually took part. Results are below.

Sunday saw a number from the Club contesting the Athletics New Zealand Road championships at St Peters School, Cambridge. Some excellent performances were turned in, with Tony Broadhead taking championship double gold in his age group this winter (cross and road). Another to double was Kathy Howard when she placed second on Sunday, this to go with her cross-country performance. Results are below.

Events: Local and out of Rotorua

SATURDAYS

Red Stag Redwoods Forest relay:

This Saturday (8/9)

All team members please read below it is important.

The teams formulated by the club selectors are below. Should circumstances have changed and you are not now able to run or walk, please contact Kim Stevenson (07 346 3068 – runners) or Denise Caudwell (07 346 8431 – walkers) urgently.

Participants please note the following:

On arrival on Saturday morning someone from your team is to please pick up your teams race pack from the collection desk, which will open at **8:00 am**. The race pack will have team race numbers allocated to the team, plus corresponding relay baton, a copy of race rules, and a team confirmation sheet. This sheet must be returned by all teams prior to **9.15am** to the race collection

area so packs must be picked up by **9.00am** at the latest. **please keep reading**.

Team members may be replaced with emergencies but not to rearrange the order. i.e. if runner/walker doing the Lap 2 has had to withdraw the replacement person is to do Lap 2. The order of running/walking shall be as stated at time of the **original** entry – see teams below. No changing of team participation order to be made.

- Club uniform is to be worn.
- Event start time is 10.00am on the Long Mile Road.
- Read the race rules in the pack.
- This is a club promoted and organized event so please help prior to the event start and after the event finish.

Those that are marshalling if you have not been contacted you will be Wednesday or Thursday evening.

Saturday 15 September – No club event this day but head to the morning Parkrun if you wish an event.

Sunday 16 September – The Cambridge Half marathon, which doubles as the Athletics Waikato half marathon championships. Details of entry etc can be made by visiting the Cambridge Harriers website. Check out when early entry closes. There are also shorter events on the programme.

Saturday 22 September - The club road championships out a Hannahs Bay, Rotorua. More on this event next week.

Other week day Club happenings

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, Tutaneaki Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm.

THURSDAYS

Walkers

Am – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm – Meet 5.30pm at the old City Focus, Tutaneaki Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm.

Athletics Waikato BOP - officials training days - 2018

This 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)

Club Red Stag Redwood Relay teams:

Running

Masters men	No 1
Lap 1	Matt Parsonage
Lap 2	Adrian Lysaght
Lap 3	Jason Cameron
Lap 4	Bruce Edwards
Lap 5	Tony Broadhead
	No 2
Lap 1	Kerry Robinson
Lap 2	Dave Cronshaw
Lap3	Mike Bray
Lap4	Akan Crombie
Lap 5	Gaine Petterson
Masters women	No 1
Lap 1	Sarah Lei
Lap 2	Sian Twiddy
Lap 3	Gillian Shapley
Lap 4	Kelly Mitchell

Lap 5	Jodie Hickson
Composite	
Lap 1	Greg Malcolm
Lap 2	Kathryn Murphy
Lap 3	Rachael Wright
Lap 4	Dee Horne
Lap 5	Peter Vyver

Walk

	Team 1
Lap 1	Glennis Hennessy
Lap 2	Denise Caudwell
	Team 2
Lap 1	Robynne Robins
Lap 2	Gay Timpany
	Team 3
Lap 1	Neil Butler
Lap 2	Jacqui Butler

RESULTS

Mokopuna Dash - No 3 – 1 September 2018

	No laps		Time
Hannah Hickson	1		12.59
Faith McGregor	1	Walk	18.01
Alan Ryan	1	Walk	18.02
Emma Hickson	2		19.11
Kathryn Murphy	2		20.04
Matt Parsonage	3		21.38
Rina Joy	2		21.41
James McGregor	2		22.30
Diane Barrett-Kendall	2	Walk	27.21
Peter Vyver	2		28.18
Jodie Hickson	3		32.49

Athletics New Zealand Road Championships – St Peters School, Cambridge 2 September 2018

Women under 18	5000 metres		
Isabella Richardson	Auckland	1st	18.26
Hannah Gapes		8th	19.01
Masters men	10000 metres		
Men 50			
Tony Broadhead		1st	35.44
Chris Corney		9th	39.56

Men 55			
Paul Hewitson	Wellington	1st	36.52
Bruce Edwards		4th	37.26
Dave Cronshaw		10th	40.29
Men 70			
Peter Vyver		1st	62.19
Masters women	5000 metres		
Women 65			
Margaret Flanagan	Christchurch	1st	24.20
Kathy Howard		2nd	24.30

Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, track suit 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

Supporting clothing

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are:

Sarah Wiwarena – Ph: 346 3289 (evenings):

Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)

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 out what you want to purchase