



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 4 May 2019

The past week:

This past week those in the running / walking clinic and taking part in an event this coming weekend started on their tapering for the big day.

Sunday morning the customary champagne breakfast was held at Sky Line Sky Rides. This was thoroughly enjoyed by those attending. Thanks are extended to Annemarie Gallagher, Rachael Wright and Jason Cameron for bringing the event together.

Saturday saw the first event on this winter season's calendar when 30 plus took part in either a 2.5km or 5km on the Trout Fly course. Results are below.

This weekend:

Saturday 4 May

Rotorua Marathon number



and associated events



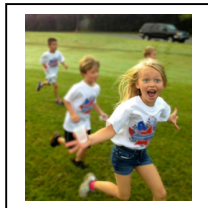
Good luck to all from the Club taking part whether a runner, walker, a volunteer or a supporter

The winter months:

Sunday 12 - Out at Hannahs Bay Reserve Event 1 of the Sunday cross-country series

Notes:

1. Event briefing 10.20am onsite
2. Event start time is 10.30am



3. Duty officers: The winter committee. Please contact Matt Parsonage - 021 0586 189 - if you can assist with course marking, marshalling etc.

You will notice this event is on a Sunday morning so that youngsters involved with Saturday sports can take part as well as their mums, dads, grandparents etc. Distances will be varied, and all will be catered for.

Kids don't let that Mini Marathon training you have done at school go to waste. Come along and join us after a Sunday morning sleep in.

Saturday 18 May - The Novice, Veteran and Costello Cup races for those aged 15 plus which is a sealed handicap event of about 7km on road and reserve areas. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance. To be trophy winner athletes must be a current financial member of the Club prior to the event.

1. Meet 379A Old Taupo Road at 1.30pm and then walk to the start
2. Event start time is 2.00pm.
3. Bring a plate for afternoon tea, please.
4. Duty officer: Matt Parsonage 021 0586 189 and his helpers. Please contact Matt if you can assist with course marking, marshalling etc.

Saturday 25 May - Tauranga Cross-country races, Waipuna Park, Welcome Bay, Tauranga. Races for all grades and abilities in a park like setting. Event details on Athletics Waikato BOP website – www.athleticswaikatobayofplenty.org.nz

Marathon weekend volunteers:

Thanks to all that have indicated they can assist in the area of registration etc on Friday 3 May. This is greatly appreciated. The list is now at Neil Hunt Park clubrooms confirming the time slots people have indicated. It is also with this guff sheet.

On Friday please report to the Energy Events Centre, Government Gardens if possible just before the time frame you have indicated and then go to registration and ask for Aimee or Jenna – this is most important.

SUNDAYS

Distance athletes

Those that run – Distance running groups leave from the clubrooms. Some groups leave 7.00 am or later and sometimes from different venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Some groups leave earlier. Contacts are: Rob Colledge 07 348 7768; Marieke Wass 07 347 9885 ah or 027 462 8572; Sarah Wiwarena – Ph: 027 347 8115

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm - Refer to the contacts listed in "Sunday".

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

THURSDAYS

Walkers

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

Pm - Refer to the contacts listed in "Sunday".

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

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 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** - 027 347 8115

Annemarie Gallagher - Ph 027 6229688 (adults)



No matter what event you are in this Saturday - don't start too fast!

RESULTS

Opening event of 2019 winter season 27 April	Trout Fly course	
2.550 metres		
Jamie Hall	10.12	
Freya Lord	12.22	
Edward Twiddy	13.32	
Nikita Harding	14.11	
Ryan Lei	14.15	
Declan Albrecht	14.16	
Tyla Albrecht	14.23	
Sarah Lei	14.28	
Annemarie Hunt	18.02	
Kathryn Murphy	19.08	
Keira Murphy	19.09	
Will Wyatt	20.54	
Alyssa Hall	22.00	
Shona Sorensen	22.03	
Macey Albrecht	23.42	
Katharine Twiddy	24.06	
5000 metres		
Chris Corney	18.30	
Adrian Lysaght	19.14	
Tony Broadhead	19.18	
Andrew Twiddy	19.28	
Siobhan Griffiths	21.10	
Rusty Clarke	22.13	
Sian Twiddy	23.37	
Bella Wyatt	23.59	
Chris Lord	23.59	
Chris Bycroft	24.57	
Phil Gulbransen	24.59	
Gavin Voss	26.55	
Dee Horne	27.54	
Sam Atkinson	29.49	
Sue Byers	33.31	
Peter Vyver	34.09	
Angela Grunwell	34.30	
Gay Timpany	43.45 =	Walk
Diane Barrett-Kendall	43.25 =	Walk