



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 11 May 2019

The past week:

What a great day the 55th Rotorua Marathon and associated events was. Even the weather, after a rather chilly start turned out brilliant. There was no sign of the rain that is usually associated with an anniversary event.

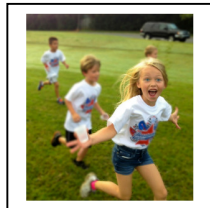
Many from club took part in one of the events on offer. Congratulations and well done to all.

To those from the Club and in many instances their family members and friends that volunteered pre event and on the day, a big thank you is extended to you.

Results can be found by visiting www.rotoruarunners.co.nz

Found last Saturday:

Found in the room allocated to the Club in the Energy Events Centre a blue jacket (half zip front) with a business logo on the left chest. Please call 07 348 8448 if it's yours.



This weekend:

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

Notes:

1. Park at the Hannahs Bay Reserve carpark and meet at the BBQ area
2. Event briefing is 10.20am onsite
3. Event start time is 10.30am
4. The course is a loop of about 1.7km and people can run/walk 1, 2, 3 laps on gravel paths, grass with a small amount of broad walk plus 3 small hurdles per lap.
5. 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 this 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.

The following weekend:

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 in the longer event 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.

Looking further ahead:

Saturday 25 May - Tauranga Cross-country races, at Waipuna Park, Kaitemako Road - off Welcome Bay Road Tauranga. Races for all grades and abilities in a park like setting. Early entry closes 22 May but entry will be accepted on the day for an extra \$2.00.

Grade	PROGRAMME		Entry fee
	Distance	Start time	
Boys & Girls 10	1000m	12.40 pm	\$7.00
Boys & Girls 12	2000m	12.55 pm	\$7.00
Girls 14	3000m	1.20 pm	\$8.00
Boys 14	3000m	1.20 pm	\$8.00
Senior Women	4000m	1.40pm	\$15.00
Masters Women	4000m	1.40 pm	\$15.00
Junior Women U20	4000m	1.40 pm	\$15.00
Youth Women U18	4000m	1.40 pm	\$15.00
Junior Men U20	6000m	2.00 pm	\$15.00
Youth Men U18	600m	2.00 pm	\$15.00
Senior & Masters Men	8000m	2.00pm	\$15.00

Email entry to janmal@xtra.co.nz and post copy with payment to Tauranga Ramblers P O Box 2376, Tauranga. Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

SUNDAYS

See "this weekend" for this Sunday's event

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)