



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 18 May 2019

The past week:

Sunday saw out at Hannahs Bay the first of the Club's Sunday winter events. There was a good attendance even though it was Mother's Day. All enjoyed the new location.

Thanks to all who participated and those that acted as "officials" to make the event happen. Results are below.

Those that took part in the Rotorua Marathon or an associated event have been in recovery mode this past week.

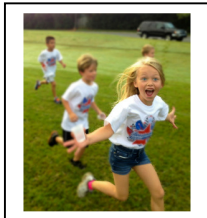
Left at the Rotorua Marathon:

Found in the room allocated to the Club in the Energy Events Centre a dark 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 Saturday 18 May –

The Novice, Veteran and Costello Cup races (the trophies are for those aged 15 plus). The event is a sealed handicap (mass start) 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.

Notes:

1. Meet 379A Old Taupo Road at 1.30pm and those doing the longer event check in with Moustache (the club handicapper) to make sure you are on his handicap list. 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.

The following weekend:

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

Locally is an Orienteering event at Okere Falls, starting 2.30pm. Contact Matt on 021 0586 189 for details

Looking further ahead:

Saturday 1 June - Queen's Birthday - no club event. Club members feel free to organize a pack run/walk from the clubrooms or take part in the Puarenga Park Run – behind Migs Gym, 200 Te Ngae Road. 8.00am start

2019 winter season programme:

This can be viewed by going to the Club's website - www.lakecity.co.nz and clicking on Cross-country on the left hand side bar of the home page.

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.

RESULTS

**Hannahs Bay Reserve – Sunday 13 May 2019 -
1 lap approx. 1.7km**

	Age	Lap	Time
James McGregor	10	1lap	8.50
Bruce McGregor	8	1 lap	9.03
Alan Twiddy	8	1 lap	9.04
Edward Twiddy	7	1 lap	9.10
Ryder Moke	7	1 lap	9.11
Keira Murphy	8	1 lap	11.07
Tamsin Joy	10	1 lap	13.46
Rena Joy	50+	1 lap	13.48
Holly Caulfield	8	1 lap	14.18
Sharon Caulfield	45	1 lap	14.23
Ronan Griffiths	15	2 laps	15.02
Gisele Howard	14	2 laps	16.27
Jayda Moke	10	2 laps	17.49
Jodie Hickson	45	2 laps	18.39
Kathryn Murphy	48	2 laps	21.19
Hollie Brown	5	1 lap	21.29
Grant Unkovich	50+	2 laps	21.31
Andrew Hickson	46	3 laps	21.40
Russell Clarke	35	3 laps	24.06
George McGregor (Bike)	6	1 lap	24.42
Sheryl Pearson	50+	2 laps	26.09
Siobhan Griffiths	47	3 laps	26.43
Faith McGregor	46	3 laps	27.30
Sian Twiddy	40+	3 laps	34.12
Hannah Hickson	10	3 laps	34.13
Max Bragg	75	3 laps	34.41
Peter Vyver	75	3 laps	39.10

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)