



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 25 May 2019

The past week:

The second winter season club event was held on Saturday, this being the Novice, Veteran, Costello and Tihi-O-Tonga trophy event. The event took in the green area on the corner Old Taupo Road and Moncur Drive and the Tree Trust area.

The trophy winners will be advised once membership status has been and which category the small number of participants fall into. Thanks are extended to the course markers etc. marshalls and our host of the afternoon – Peter Vyver.

Results are below.

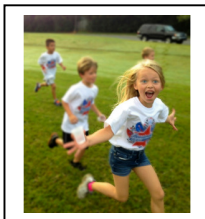
Over at Hawkes Bay a number from the club took part in the marathon and associated events on offer. The grapevine says there were some excellent performances turned in by club members. Visit Hawkes Bay Marathon for results.

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:

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 has closed but entry will be accepted on the day for an extra \$2.00.



Grade	Distance	PROGRAMME		Entry fee
		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	6000m	2.00 pm	\$15.00
Senior & Masters			
Men	8000m	2.00pm	\$15.00

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

Locally is an Orienteering event at Okere Falls, starting 2.30pm. The meeting point is at the carpark on Trout Pool Rd at Okere Falls. Lake City Athletic Club members will get the members discount (\$5 for under 18, \$10 for adult individuals, \$20 maximum for a family). Event details etc follow.

Autumn Rogaine Series event 2 and Sister Clubs Day

Registration open 12.30 to 2pm - please arrive early
Maps handed out at 2.15pm. Coaching starts at 1.15pm - meet at registration. You must email orienteeringbop@gmail.com before Wednesday if you want to receive coaching (introductory level). Rogaine starts 2.30pm. Rogaine finishes 3.30pm (or earlier if wish).

Format and Rules

60 minute Rogaine - .Deduction of 20 points per minute or part minute late. Other - Free short course on offer afterwards for those wanting to practice linear courses. Available from 1130-1230 Entry. You can pre-enter all events here. NORMALLY you need to be a member of OBOP or another orienteering club to get the members rates. RATS, Rotorua Trail Runners, Lake City Athletic Club get members discount to this event.

You are welcome to do the event as a team. Don't forget to bring cash for your entry fees as per below if you do not pre-enter. More info at Obop.org.nz

The following weekend:

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

Looking further ahead:

Saturday 8 June - Lake Okaro fun run. Details of meeting time and car- pooling will be advised nearer the event.

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.

Athletics Waikato BOP officials training days:

Details of two training days have been confirmed

1. Throws events - Sunday 16 June, 10am start, Cambridge Athletic Club clubrooms, Cambridge. Those wishing to attend must contact Heather O’Hagan by Sunday 9 June by text 0274 713220 or email ohagan@visique.co.nz
2. Jumps events - Sunday 30 June, 10am start, Cambridge Athletic Club clubrooms, Cambridge. Those wishing to attend must contact Heather O’Hagan by Sunday 23 June by text 0274 713220 or email ohagan@visique.co.nz

RESULTS

Novice, Veteran, Costello and Tihi-O-Tonga Trophy event – 18 May 2019 - Moncur Drive green area and Tree Trust, Rotorua

2.00km approx.			
Amber Lysaght			9.59
Keira Murphy			10.25
Edward Twiddy			28.19
George Mc Gregor			36.38
4.00km approx.			
James McGregor			24.06
? ? McGregor			27.27
3 Emma Hickson			27.30
Bruce McGregor			36.50
Alan Twiddy			36.51
Gay Timpany	(walk)		37.48
Sharon Caulfield	(walk)		49.11
7.00km approx.	Finish	Hdcap	Net
Tony Broadhead	28.17	0.00	28.17
Andrew Twiddy	28.18	- 2.30	25.48
Adrian Lysaght	28.34	-1.30	27.04
Russell Clarke	36.48	-6.00	30.48
Jody Hickson	37.02	-9.30	27.32
Faith McGregor	38.02	-8.00	30.02
Phil Gulbransen	40.25	-9.30	30.55
Kathryn Murphy	45.04	-15.00	30.04
Rina Joy	45.04	-19.00	26.05
Peter Bloore	47.45	-16.00	31.45
Max Bragg	50.05	-17.30	32.35
Denise Caudwell (walk)	51.51	- 26.00	25.51
Peter Vyver	61.06	- 21.00	40.06

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)